

CAPABILITY ENHANCEMENT AND SKILL DEVELOPMENT SCHEMES



YOGA AND WELLNESS

1. Yoga and Wellness

a. Yoga Sessions for Undergraduate students across various programs

Yoga as a therapy has been in existence for Physiotherapy graduates in the Subject Fundamentals of Kinesiology and Kinesiotherapy. M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center, conducts Yoga sessions for students of Medical college in Aurangabad.



**Demonstration of Breath Control exercises
for stress management**



Yoga session for students

b. International Yoga Day Celebration

International Yoga day is celebrated on 21st June every year. Various activities and Yoga sessions are conducted by MGMIHS on this day. Various external agencies have been a part of this program, namely heartfullness, Patanjali Yoga Samiti, International Research and health centre etc. These sessions help to create awareness on effects of Yoga on Body and mind and stress management.



Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 17th July, 2014

To,

Dr. (Mrs.) A.E. Pandva Madam,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

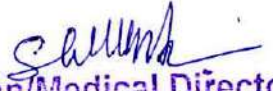
SUBJECT: Request for yoga sessions for Under Graduate Medical students for the
Academic year 2014-15.

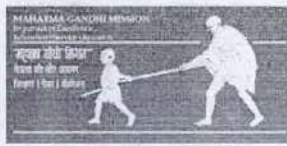
Madam,

Many of the Under Graduate Medical students of M.G.M Medical College, Aurangabad, are interested in attending the Yoga sessions conducted by your Institution. We kindly request you to make the suitable arrangements for the same.

We look forward for your kind co-operation.

Thanking You.


Dean/Medical Director
Dean / Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No. 0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 20th July, 2014.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dating 17/07/2014 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad.

Respected Dean Sir,

In regard to your letter request dating 17/07/2014 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad, we are keen for conducting Yoga sessions for them as per the date and time convenient for the students.

We look forward to co-ordinate the date and time suitable for the sessions.

Thanking you.



Dr. (Mrs.) A.E. Pandya,

Center Incharge,

M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.
Ph-0240-6601100, Fax: -0240-2484445, 2487727
E-mail: mgmmca@themgmgroup.com

Date: 21st April, 2015

To,

Dr. (Mrs) A.E. Pandva Madam,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

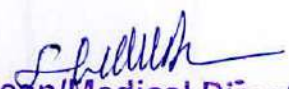
SUBJECT: Requesting the names of the Undergraduate Medical Students who attended the Yoga sessions held in Year 2014-15.

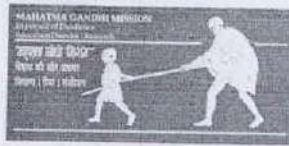
Madam,

Thank you for your support and co-operation in conducting the Yoga sessions in your Center for students of MGM Medical College, Aurangabad.

We request you to provide the names of all the Undergraduate Medical Students from MGM Medical College, Aurangabad who participated in these sessions for academic year 2014-15.

Thanking you for your cooperation.


Dean/Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No. 0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 29th April, 2015.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dated 21/04/2015 for the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2014-15.

Respected Sir,

In response to your letter requesting the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2014-15.

I hereby attach the list of all the students who attended the sessions in our Institute.

Thanking you..

Yours Sincerely.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



List of Medical Students who attended
Yoga Sessions in Year 2014-15

1	Nikita Gupta
2	Anushruti Gupta
3	Rohit Jacob
4	Bhanushali Sagar
5	Snehal Chavan
6	Chopra Akshita
7	Daptardar Rutuja
8	Nisha George
9	Ankush Rawal
10	Akshay Babhalgaonkar
11	Amogh Joshi
12	Manjiri Joshi
13	Paridhi Kasturi
14	Desai Nirali
15	Nimisha Nair
16	Amruta Loya
17	Ayushi Lodha
18	Namrata Rajput
19	Trupti Patil
20	Anushree Patel
21	Hemali Shevgan
22	Zohra Shaikh
23	Vishal Salve

24	Palak Bohra
25	Sidhhant Gandhi
26	Komal Bhakkad
27	Aishwarya Aher
28	Ambika Gupta
29	Disha Jain
30	Ashwini Kadam
31	Bilal khan
32	Divya Khatwani
33	Ashwini Kulkarni
34	Mayank Sisodiya
35	Shweta Patil
36	Pranav Rajendra
37	Abhijeet Mahajan
38	Azhar Shaikh
39	Monika Solanki
40	Sayali Kendre
41	Aishwarya Upasani
42	Sheel Vardhan
43	Rachit Batra
44	Shiksha Dahia
45	Shahin Bhujawala
46	Zainab Khan
47	Saif Khan
48	Trija Banerjee

49	Shivani Dixit
50	Nishant Roy
51	Namrata Ratankar
52	Akshay Paknikar
53	Payal Saoji
54	Pinaki Saoji
55	Shreya Sirohi
56	Rahi Vaidya
57	Madhuri Tayade
58	Pragya Yadav
59	Sonali Shevgan
60	Shweta Sawant
61	Shreeyanjali Acharya
62	Jatin Bindra
63	Sheetal Dube
64	Mohini Eklare
65	Pratiksha Kachru
66	Arushi Thakur
67	Yash Nagariya
68	Ashwin Patil
69	Gargi Padalkar





School of Biomedical Sciences, Aurangabad

Email: deptofbiomedicalsscience2015@gmail.com

NOTICE

Date: 24/09/2014

All I/II/III year B.Sc.(AHS) students are hereby inform that there will be Yoga training program is arranged on 28/09/2014 at Masicon Hall in morning from 7 am to 9 am. Interested students can take part in the Yoga training. It will be free of cost. Admission for Yoga training will be first come first serve basis.

Dr. V.S.Hatolkar.
Chief Co-ordinator(AHS)
University Dept.of
Bio-Medical Sciences
Aurangabad.

Copy to: Notice Board for information



School of Biomedical Sciences

MGM Campus, N-6, Cidco , Aurangabad

Student list who have participated in Yoga Training held on 28/09/2014

Sr. No.	Name of Student
1	MIRPAGAR AISHWARYA G.
2	GADGE RUTUJA SIDDHESHWAR
3	SHAIKH FARZANA GAFFAR
4	SHAIKH ASMA SHAIKH MAZHAR
5	ANSARI ASMA AZIMUDDIN
6	AWHAD SAMSON KAMLAKAR
7	APARNA ANILRAO BHOSLE
8	PALVADE BHAGWAT MANIK
9	DANDGE PRATIKSHA BABURAO
10	MAHORE SACHIN SHIVRAJRAO
11	SALUNKE GANESH PUNDLIKRAO
12	AKSHAY SANJAY SHINDE
13	SHIMPI SHUBHAM SHIVAJI
14	KADAM SANDEEP SHIVAJIRAO
15	MIRZA NUMAAN BAIG
16	KAMBLE NIKHIL PRASAD
17	LONIKAR AKSHAY ABHAY
18	SHAIKH IBRAHIM RASHID
19	TAJNE SWAPNIL RAMNATH
20	LAHANE MINAKSHI SANCHIT
21	NALAWADE VAISHALI DATTU
22	SHINDE VARSHA NAMDEV
23	TEKALE KOMAL SUBHASH
24	DESHMUKH SHOEB SHAFIK
25	HAJARE NEETA BALASAHEB
26	HASHMI MADIHA SAYYED AHMED HASHMI
27	KHAN SALMAN LATIF
28	KABIR JULHA SAMEER CHAND PASHA
29	PATHAK POOJA JAYANT
30	MERAJ ANJUM MOIN
31	RESHWAL SHEETAL CHHAGAN
32	SALVE SWATI JOHNSON
33	SYED ATHAR ALI SYED AFSAR ALI
34	BORWADE AJIT UTTAM
35	KATHAR DURGESH PANDURANG
36	SHAIKH FARUKH RAFIK
37	UNE HEMLATA PANNALAL

Uln

Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

38	KASTURE GANESH JANKILAL
39	THOKAL DINESH SANJAY
40	SHRAVANE SWATI HIRALAL
41	SHAHA FAIYYAJ KADIR SHAHA
42	KAKDE VARSHA RAJENDRA
43	SHAHA MONIKA SHAYM
44	SHAIKH RAZZAK AHMED
45	SALUNKE AJINATH ASHRUBA
46	THAKUR DARSHAN AMITSING
47	KALE DIPALI SHIVAJI
48	PATIL HARSH RAJENDRA
49	MEHRIN MONA MAHYAR
50	WAGH VRUSHALI BHAGWANRAO
51	WAKADE PRANALI PRAKASH
52	KEDARE NILESH ANANDA
53	GAIKWAD VICKY ASHOK
54	DESHMUKH YAHYAN HAMEED SHARIF
55	PATHADE PANDURANG RAMNATH
56	KATHAR SACHIN DIGAMBAR
57	KHAJEKAR VRUSHALI SUDHAKAR
58	JADHAV ISHWAR DAGDU
59	SHAN MOHD SIDDIQUE ALAM SHAH
60	ANSARI ARSHIYANAUSHEEN ABDUL NAJEEB
61	MHASKE SARUBAI AMBADAS
62	SANAP VIJAY ASHROBA
63	SANGLE SHRIKRISHNA TULSHIRAM
64	SHAIKH YAHYA ALI SHAIKH LAIQUE ALI
65	NITESH KUMAR
66	PATHAN AFREEN ASIF KHAN
67	SATPUTE SUKANYA SAINATH
68	PRADHAN KAJAL ARUN
69	EPPAR SHUBHANGI BALU
70	GHATE JYOTI RAVINDRA
71	PAWAR ATISH BALASAHEB
72	GARAD KRUSHNA KADUBA
73	SURADKAR SANTOSH MADHUKAR
74	WAVHAL DIKSHA LAXMAN
75	SHINDE KOMAL SUDHAKAR
76	SHAIKH UMME AMMARAH AFZAL MUKARRAM
77	PATEL MUKTAR AJIJ


 Chief Co-ordinator(AHS)
 University Dept.of
 Bio-Medical Sciences
 Aurangabad.

**Department of Physiology
MGM Medical College Navi Mumbai**

Date: 2.12.2014

CIRCULAR

All I MBBS students are informed that they should attend the lecture on "Sahaja Yoga Meditation –Simple and Fast way to Reduce Stress" by Dr.Madhur Rai on 18.12.2014, 2-3 pm in Lecture hall I, MGM Medical College, Navi Mumbai.



Dr.R.S.Inamdar
Prof.& HOD, Dept. of Physiology
MGM MC, NM

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
1st MBBS PHYSIOLOGY THEORY ATTENDANCE SHEET 2014-15 batch
AY: Thursday DATE: 18/12/14 TIME: 2-3 pm THEORY (LEC.)/PRACT/TUT/DEMO
TEACHER: Dr. M. Rai TOPIC: Sahaja Yoga Meditation - Simple & fast way to Reduce Stress

S.N.	STUDENT NAME	SIGNATURE	S.N.	STUDENT NAME	SIGNATURE
1	QUINCY NORMAN VAZ	<i>Quincy Vaz</i>	26	SHREYA PATTIWAR ARORA DIKSHIT RAJAN	<i>Arora</i>
2	DEVI GAYATHRI P R	<i>Devi</i>	27	RANA KOMALBEN HARENDRASINH	<i>Komal</i>
3	KUNTE SHUBHANKAR RAJENDRA	<i>Kunte</i>	28	SWAMI MANSI MAHENDRA	<i>Mansi</i>
4	CHAVAN MANSI SUNIL	<i>Mansi</i>	29	SAIKIA SANJUKTA PRADEEP	<i>Sanjuka</i>
5	RADHAKRISHNAN ANILSHREE	<i>Radha</i>	30	JOY VIVEK ANTO	<i>Vivek</i>
6	ASRANI DEVESH HITESH	<i>D.H. Asrani</i>	31	NAIR TANYA HARI	<i>Tanya</i>
7	CHOPRA MEGHA	<i>Chopra</i>	32	SALUNKE PARAS VIJAY KLIMAR	<i>S. Paras</i>
8	SRINIVASAN AISHWARYA	<i>Srinivasan</i>	33	YADAV GARGI SUNIL	<i>G. Yadav</i>
9	SHETTY RIYA NAGESH	<i>Riya Shetty</i>	34	SARMA ANUJA PARAMMANANDA	<i>Anuja</i>
10	MAHAJAN JANHAVI NITIN	<i>Janhavi</i>	35	PRADHAN RUCHA PRAFULLA	<i>R. Pradhan</i>
11	RAODEO ANSHRUTA	<i>Anshruta</i>	36	RUMAO RHEA ROBERT	<i>Rumao</i>
12	SHETTY RACHANA SURESH	<i>Rachana</i>	37	PATEL HUMERA AB SAMAD	<i>Humera</i>
13	SINGH KRITTEYA SUBHASH	<i>Kritteya</i>	38	ARORA DIKSHIT RAJAN	<i>Dikshit</i>
14	DAS SANGHAMITRA PRADIP KLIMAR	<i>Das</i>	39	JAIN VIPUL YASHWANT	<i>Vipul</i>
15	DATTA ASMITA AMITABH	<i>Datta</i>	40	KANCHANWALA AASHNA VATILILA	<i>Aashna</i>
16	KARLATHUKARAN MONICA BOSE	<i>Monica</i>	41	BALDIA BIPASHA SAMPAT	<i>B. Baldia</i>
17	AGRAWAL LAKSH ABHAY	<i>Laksh</i>	42	PATNE HARSHADA RAMCHANDRA	<i>Harshada</i>
18	YADAV SHIVANGI JAI BHAGWAN	<i>Shivangi</i>	43	VERMA SHUBHRA RAJIV	<i>Shubhra</i>
19	AISHA FAROOQ ADAM	<i>Aadam</i>	44	KEETIKAL ELVIN ANTO	<i>Elvin</i>
20	ZOJWALLA AZHAR MOIZ	<i>Azhar</i>	45	SHUKLA IRA NARENDRA	<i>Ira</i>
21	CHALKE TANVI SUDHAKAR	<i>Tchalke</i>	46	SHASWAT PRABHAV RAKESH SINGH	<i>P. Shaswat</i>
22	RAY AISHWARAYA PRASHANT	<i>A. Ray</i>	47	NAYAK JASMIN SUBHASH CHANDRA	<i>Jasmin</i>
23	NAIK SWAPNALI VINAY	<i>Swapna</i>	48	YADAV ADITYA RAJRSH	<i>A. Yadav</i>
24	PRUTHA THORAT AJIT	<i>Prutha</i>	49	SINGH AYUSHI RAVIRANIAN	<i>Ayushi</i>
25	SINGH PRIYAMVADA RAJEEV	<i>Priyamvada</i>	50	DHAM HARJAS SINGH HARVINDER SINGH	<i>Harjas</i>

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI

1st MBBS PHYSIOLOGY THEORY ATTENDANCE SHEET 2014-15 batch

DAY: Thursday **DATE:** 18/12/14 **TIME:** 2-3/pm **THEORY (LEC.)/PRACT/TUT/DEMO**

TEACHER: Dr. N. Rai **TOPIC:** Sahaja Yoga Meditation - Simple & Fast way to Reduce Stress

S.N.	STUDENT NAME	SIGNATURE	S.N.	STUDENT NAME	SIGNATURE
51	VISHWANATH ADITHI D	<u>Adithi</u>	76	TIPARE POOJA MANOJ	<u>Pooja</u>
52	HAWALE PRAVIN SOMINATH	<u>Pravin</u>	77	RANA ANKITA BHUPINDER	<u>Ankita</u>
53	VOTAVAT YUKTI PRAKASH	<u>Yukti</u>	78	OZA HIRAK RAJIV	<u>Hirak</u>
54	BHATTI AKANXA TEJINDER	<u>Akanxa</u>	79	SINGH ANKUR BHARAT	<u>Ankur</u>
55	PREMAN AISHWARYA	<u>Aishwarya</u>	80	SAWANT JEEVAN PRAKASH	<u>Jeevan</u>
56	BOTHRA RUSHABH VISHWAS	<u>R. V. Bothra</u>	81	RAO SHREYA SANJIV	<u>Shreya</u>
57	SINGH PRIYA ARUN KUMAR	<u>Priya</u>	82	SINHA ANOUSHKA ARVIND	<u>Anoushka</u>
58	RAI ISHA ANAND	<u>Isha</u>	83	JAIN TANAY VIVEK	<u>Tanay</u>
59	GHARAT ASMITA JAGDISH	<u>Asmita</u>	84	KHADAS IFTIKAR SHAMSUDDIN	<u>Iftikar</u>
60	AGRAWAL SHASHANK AJAY	<u>Shashank</u>	85	ANAM JAVERIA SHAFI	<u>Javeria</u>
61	KAWADE SIDDHI DATTA	<u>Siddhi Kawade</u>	86	DESAI CHINMAYEE SHHAAM	<u>Chinmayee</u>
62	BALHERA NIDHI MAHAVIR	<u>Nidhi</u>	87	NIRMAY SANJAY SONAR	<u>Nirmay</u>
63	SINGH SHIVANGI GIRISH CHANDRA	<u>Shivangi</u>	88	VASAN PRAKASH SINGH SWARAN SINGH	<u>Vasan</u>
64	SHARMA AAKANKASHA S	<u>Aakanksha</u>	89	SHIVRAJ MAHADEO BHIDE	<u>Ak</u>
65	JAIN SAKSHI SHITAL KUMAR	<u>Sakshi</u>	90	SWATIKA GUPTA	<u>Swatika</u>
66	SINGH SHASHANK	<u>Shashank Singh</u>	91	HEBBALKAR KANAK NINAD	<u>Kanak</u>
67	MALIK SIMRAN NARENDRA SINGH	<u>Simran</u>	92	KALE PRATHAMESH MAHESH	<u>Prathmesh</u>
68	KATHURIA SHERNYA RAJ KUMAR	<u>Shreya</u>	93	SIDDHARTH BISHNOI	<u>Bishnoi</u>
69	REVANKAR SHREYAS LIMESH	<u>Shreyas</u>	94	ANUSH JAIN	<u>Anush</u>
70	IYER SOMA SURESH	<u>Siyer</u>	95	AIMAN FATIMA PERVEZ	<u>Aiman</u>
71	YADAV RICHA PHOOLCHAND	<u>Richa</u>	96	KHANDELWAL RAHUL YOGESH KUMAR	<u>Rahul</u>
72	WADHWA KAPIL HARESH	<u>Kapil</u>	97	MARTYRES NISHA	<u>Nisha</u>
73	NAGPAL SRISHTI PARVEEN	<u>Srishti</u>	98	DUSHYANT BISHNOI	<u>Dushyant</u>
74	GAIKWAD GAYATRI DEEPAK	<u>Gayatri</u>	99	KHAMAR DARSHALI SHAILESH	<u>Darshali</u>
75	PATIL PRIYANKA VIJAY	<u>Priyanka</u>	100	SWASTI SHARMA	<u>Swasti</u>

Dr. N. Rai

**DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI**

1st MBBS PHYSIOLOGY THEORY ATTENDANCE SHEET 2014-15 batch

DATE: Thursday 8/12/14 **TIME:** 2-3pm **THEORY (LEC.)/PRACT/TUT/DEMO**

TEACHER: Dr. M. Bai **TOPIC:** Sahaja Yoga Meditation - Simple & fast way to Reduce Stress

S.N.	STUDENT NAME	SIGNATURE	S.N.	STUDENT NAME	SIGNATURE
101	KOTHA ADITYA VIJAY	Aditya	126	SINGH DHARMAESH KALPANATH	D. Singh
102	MANEK YOGESH BHAGWAN	Yogesh	127	GOURISARIA CHHAVI SUNDER KUMAR	CHHAVI
103	CLERIN JOHN	Ab	128	BAKSH HAAJRA AMBEREE SYED	Haaajra
104	CHAUDHARY VARU SUNUL	Varu	129	MODAK NEHA SANGRAM	Neha
105	KHILLARI SNEHALI SAHEBRAO	Snehal	130	BAROT ROHIL SHAILESH	Rohil
106	SHAKIL SHADAN AHMED	Shadan	131	SANGHVI TEJAS BHARAT	T. Sanghvi
107	DORIK AARTI RAMKRISHNA	Aarti	132	NONGTHOMBAM DHANENDRAJIT SINGH	N. D. Singh
108	KODAMNALLI SHWETA SHANTREDDY	Shweta	133	SOUMYA DEEP MAZUMDER	Soumya
109	SUBHEDAR SANJANA NARENDRA	Sanjana	134	GOLLA HARINANDAN REDDY	Harin
110	KUKERAJA SHASHANK NARENDRA	Shashank	135	P RAHUL S/O P SREENIVASULA NAIDU	P. Rahul
111	EBRAHIM DANISHA ZERRENNIA	Danisha	136	SURANA SUYASH DILIPKUMAR	Suyash
112	PITHADIA DRASHTI VIJAY	Drashti	137	SHAH RAJVI AMISH	Rajvi
113	SHRIVASTAVA NEHA AJAY	Neha	138	INAMDAR AKASH SUNIL	Inamdar
114	MOHAMMED UMAR AYUB QURESHI	Umar	139	MUNDE ANAND RAJARAM	Anand
115	KASLE MIHIR MANGESH	Mihir	140	BAFNA VARUN VIPUL	Varun
116	THAKKAR HARSH BHARAT	Harsh	141	BHANUSHALI TORAL JETHALAL	TORAL
117	UPPAL SANSKRITI LALIT	Sanskriti	142	VIPUL ANIL KUMAR THAKUR	Ab
118	SHAIKH IRAM ARAFAT	Iram	143	KIRDATPATIL PRAJAKTA PRAKASH	P. Kirdat
119	GUDE OMSHREE SURVANARAVANA	Omsree	144	KRIKKA DILIP KUMAR	Ab
120	PATIL PAYAL GOVIND	Payal	145	PHALKE ADHEESH RAJESH	Adheesh
121	ARORA KABIR UPNESH KUMAR	Kabir	146	AMEYA GAIKWAD	A. P. Gaikwad
122	SHRIMALI SALONI SATISH	Saloni	147	SHUBHANGI MAHESH	Shubhangi
123	SNEHA SUNIL	Sneha	148	PATYANE POOJA ANIL	Ab
124	SHINGOTE APURVA SANJAY	Apurva	149	QUASMI BUSHRA MOHD BABARALI	Bushra
125	CHAURASIA VIPIN MUNNALI	Vipin	150	PEREIRA JESSICA JUDE	Jessica

FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY

(Didactic – 100 Hrs & Practical / Laboratory – 150 Hrs) TOTAL 250 HRS

COURSE DESCRIPTION:

This course covers the definition of various terms used in mechanics, biomechanics kinesiology as well as its importance in physical therapy. It applies the mechanical principles to simple equipments of therapeutic gymnasium and familiarizes the candidate to its use. It covers the types of human motions as well as planes and relative axes of motion. It also explains the inter-relationship among kinematic variables and utilizes this knowledge to describe and analyze motion. It covers the classification of the joints and muscles along their distinguishing characteristics and skill of measurement of its ranges in various planes and axes. This course additionally covers therapeutic principles and skills of application of massage, yoga, aerobic exercise and use of suspension therapy. It also enhances the skill of evaluation of vital parameters & sensory system.

Sr. No.	Topics	Didactic Hours	Practical/ Laboratory Hours	Total Hours
1	MECHANICS & BASIC BIOMECHANICS	25	---	25
2	BIO-PHYSICS RELATED TO KINESIOTHERAPY	20	25	45
3	CLASSIFICATION OF MOVEMENTS	10	15	25
4	BASIC EVALUATION	15	35	50
5	MASSAGE	05	20	25
6	RELAXATION	05	10	15
7	AEROBIC EXERCISE	05	05	10
8	YOGA	15	40	55
TOTAL		100	150	250

OBJECTIVE:

Cognitive:

At the end of the course, the candidate will be able to:

- a) Define the various terms used in relation to Mechanics, Biomechanics & Kinesiology
- b) Recall the basic principles of Biophysics related to mechanics of movement / motion & understand the application of these principles to the simple equipment designs along with their efficacy in Therapeutic Gymnasium & various starting positions used in therapeutics.

Sr. No.	Topic	Didactic Hours	Practical/Laboratory Hours	Total Hours
8	YOGA	15	40	55
	a. Definition b. Principles of Yoga c. Yogasana- Technique, Benefits, Contraindications & cautions for each Asanas: i. Asanas in supine a) Pawanamuktasana b) Ardha Halasana c) Halasana d) Setubandhasana e) Naukasana f) Matsyasana g) Shavasana h) Sarvangasana ii. Asanas in prone a) Bhujangasana b) Ardha-Shalabhasana c) Dhanurasana d) Makarasana iii. Asanas in sitting a) Padmasana, Siddhasana, Sukhasana b) Yogamudrasana c) Virasana d) Vajrasana e) Gomukhasana f) Pashchimottanasana iv. Asanas in standing a) Padhastasana, Padangusthasana, Uttanasana b) Utkatasana c) Tadasana d) Trikonasana v. Pranayama a) Anulom-vilom b) Kapalbhati			



MGM INSTITUTE OF HEALTH SCIENCES
(Deemed University u/s 3 of UGC Act, 1956)
Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY
Sector-1, Kamothe, Navi Mumbai - 410209

Yoga Lecture Hours for 2014-2015 batch

Class: IBPT

No of Students: 71

Yoga Instructor: Mr Shabir Shaikh

DATE	TIME	HOURS
5/12/2014	2.00-4.00	2
9/1/2015	2.00-3.00	1
16/1/2015	2.00-3.00	1
23/1/2015	2.00-4.00	2
13/3/2015	2.00-4.00	2
23/3/2015	2.00-4.00	2
3/4/2015	12.30-4.00	3.5
10/4/2015	12.30-4.00	3.5
17/4/2015	2.00-3.00	1
Total Lecture Hours		18
EXAMS		7
Total payment Hours		25hours


Dr Meruna Bose (PT)
Academic In-charge




Dr Bela Agarwal (PT)
I/C Principal



Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 20th July, 2015

To,

Dr. (Mrs.) A.E. Pandva Madam,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

SUBJECT: Request for yoga sessions for Under Graduate Medical students for the
Academic year 2015-16.

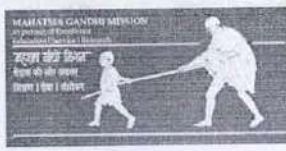
Madam,

Many of the Under Graduate Medical students of M.G.M Medical College, Aurangabad, are interested in attending the Yoga sessions conducted by your Institution. We kindly request you to make the suitable arrangements for the same.

We look forward for your kind co-operation.

Thanking You.

Dean / Medical Director.
Dean/Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No.0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 22th July, 2015.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dating 20/07/2015 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad.

Respected Dean Sir,

In regard to your letter request dating 20/07/2015 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad, we are keen for conducting Yoga sessions for them as per the date and time convenient for the students.

We look forward to co-ordinate the date and time suitable for the sessions.

Thanking you.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.





Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 21st April, 2016

To,

Dr. (Mrs) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

SUBJECT: Requesting the names of the Undergraduate Medical Students who attended the Yoga sessions held in Year 2015-16.

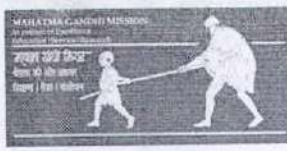
Madam,

Thank you for your support and co-operation in conducting the Yoga sessions in your Center for students of MGM Medical College, Aurangabad.

We request you to provide the names of all the Undergraduate Medical Students from MGM Medical College, Aurangabad who participated in these sessions for academic year 2015-16.

Thanking you for your anticipation.


Dean / Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003
Phone No. 0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 29th April, 2016.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dated 20/04/2016 for the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2015-16.

Respected Sir,

In response to your letter requesting the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2015-16.

I hereby attach the list of all the students who attended the sessions in our Institute.

Thanking you for your co-operation.

Yours Sincerely.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



List of Medical Students who attended
Yoga Sessions in Year 2015-16

1	Apala Singh
2	Rajat Chandak
3	Anshul Yadav
4	Ayushi Pandey
5	Akash Khanchandani
6	Ankit Hooda
7	Kartik Doshi
8	Ketki Naik
9	Barsha Bharti
10	Shamlee Bharuka
11	Snehal Dangad
12	Sayali Pachpor
13	Namrata Rai
14	Tanvi Sharma
15	Deepali
16	Monica Chand
17	Jatin Pawar
18	Anjali Nehra
19	Ridhi Gulati
20	Aditya Mishra
21	Jai Naik
22	Twisha Jain
23	Mehak Malhotra

24	Komal Dhage
25	Spriha Singh
26	Ankita Ghatge
27	Sahil Chowdhary
28	Ruturaj divekar
29	Tanya Dabas
30	Kajal Gupta
31	Ibadat Singh
32	Revathi Bhuvaneshwaran
33	Pragya Tiwari
34	Parinda Patel
35	Mansi Parab
36	Akshat Mishra
37	Sushmita Rangdal
38	Neha Patil
39	Garima Sharma
40	Shivani Tamane
41	Aishwarya Upasani
42	Sheel Vardhan
43	Rachit Batra
44	Shiksha Dahia
45	Shahin Bhujawala
46	Zainab Khan
47	Saif Khan
48	Trija Banerjee

49	Shivani Dixit
50	Nishant Roy
51	Namrata Ratankar
52	Akshay Paknikar
53	Payal Saoji
54	Pinaki Saoji
55	Shreya Sirohi
56	Rahi Vaidya
57	Madhuri Tayade
58	Pragya Yadav
59	Sonali Shevgan
60	Shweta Sawant
61	Shreeyanjli Acharya
62	Jatin Bindra
63	Sheetal Dube
64	Mohini Eklare
65	Pratiksha Kachru
66	Arushi Thakur
67	Yash Nagariya
68	Ashwin Patil
69	Gargi Padalkar
70	Medha Pandey
71	Palak Bohra
72	Apoorva Deshmukh
73	Komal Bhakkad

74	Pranav Rajendra
75	Abhijeet Mahajan
76	Monika Solanki
77	Pratibha Pandey
78	Kavita Yadav
79	Kirti Khole
80	Bhawana Bohidar
81	Prajakta Bhavikar
82	Rohi Khan
83	Ilma Khan





MAHATMA GANDHI MISSION

School of Biomedical Sciences, Aurangabad

Email: deptofbiomedicalscience2015@gmail.com

NOTICE

Date: 01/09/2015

All I/II/III year B.Sc.(AHS) students are hereby inform that there will be Yoga training program is arranged on 05/09/2015 at Masicon Hall in morning from 7 am to 9 am. Interested students can take part in the Yoga training. It will be free of cost. Admission for Yoga training will be first come first serve basis.


Dr. V.S. Hatolkar.
Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

Copy to: Notice Board for information



School of Biomedical Sciences

MGM Campus, N-6, Cidco, Aurangabad

Student list for Yoga Training held on 05/09/2015

Sr. No.	Name of Student
1	SOLAT SUREKHA BABASAHEB
2	SOLANKE KRISHNA VASANT
3	MUNDHE MEGHA ASHOK
4	SHIRSAT HINA SHIVAJI
5	SANAP PARMESHWAR DNYANESHWAR
6	YADAV ABHIJEET DEVISINGH
7	JADHAV SWATI LAXMAN
8	DHANDAGE AMIT KAILAS
9	JAYBHAYE VITTHAL BABASAHEB
10	DHIWAR VISHAKHA DEEPANKAR
11	NALAWADE KOMAL SUDAM
12	GANGADHARE TEJAS GANESH
13	GANGANE NANASAHEB UDDHAVRAO
14	KAMLE MAHESH NARSING
15	MOHITE VAISHALI SURESH
16	MORE AISHWARYA CHANDRAKANT
17	RATHOD POOJA JAYPRAKASH
18	KAMBALE JYOTI GUNWANTH
19	MOHD. YASER MOHD. SALEEM
20	SHAIKH JAFAR SHAIKH GAUS
21	BHALERAU RADHIKA BANDU
22	BHALE PRITI PRABHAKAR
23	TAHNIYAT JAMAL AHMED MOHIUDDIN
24	SAPKAL GANESH LAXMAN
25	SHINDE SHAMBALA BHAGWAT
26	SOLANKE KRISHNA VASANT
27	SAYYEDA BUSHRA SALEEM
28	MUNDHE MEGHA ASHOK
29	SHIRSAT HINA SHIVAJI
30	SANAP PARMESHWAR DNYANESHWAR
31	YADAV ABHIJEET DEVISINGH
32	JADHAV SWATI LAXMAN

Wk
Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad.

33	SHAIKH SAMEER GAFUR
34	SHAIKH SHANVAJ MANZUR
35	DHANDAGE AMIT KAILAS
36	JAYBHAYE VITTHAL BABASAHEB
37	DHIWAR VISHAKHA DEEPANKAR
38	NALAWADE KOMAL SUDAM
39	GANGADHARE TEJAS GANESH
40	GANGANE NANASAHEB UDDHAVRAO
41	SHINDE VAIBHAV KISHOR
42	JADHAV PRASHANT GOPAL
43	KAMLE MAHESH NARSING
44	MOHITE VAISHALI SURESH
45	MORE AISHWARYA CHANDRAKANT
46	KADAM AJINKYA SANJAY
47	BORWADE AJIT UTTAM
48	KATHAR DURGESH PANDURANG
49	SHAIKH FARUKH RAFIK
50	UNE HEMLATA PANNALAL
51	KASTURE GANESH JANKILAL
52	THOKAL DINESH SANJAY
53	SHRAVANE SWATI HIRALAL
54	SHAHA FAIYYAJ KADIR SHAHA
55	SATPUTE SUKANYA SAINATH
56	PRADHAN KAJAL ARUN
57	EPPAR SHUBHANGI BALU
58	GHATE JYOTI RAVINDRA
59	PAWAR ATISH BALASAHEB
60	GARAD KRUSHNA KADUBA
61	SURADKAR SANTOSH MADHUKAR
62	WAVHAL DIKSHA LAXMAN
63	SHINDE KOMAL SUDHAKAR
64	SHAIKH UMME AMMARAH AFZAL MUKARRAM
65	PATEL MUKTAR AJI
66	JADHAV MADHAV SANDIPAN
67	BAIG TARANNUM BEGUM SALIM
68	KOLE KANCHAN SUDHAKAR
69	GAIKWAD VARSHA PRAKASH
70	SYED NEHA TABASSUM SYED AHMED ALI
71	SHINDE AMOL RAMESH
72	SHINDE DIPAK ANIL
73	SHAIKH ABDUSSALAM CHANDSHA
74	PAIKRAO KIRAN ANIL

[Handwritten Signature]

Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

75	SHAIKH ARSHAD SHAFIULLA
76	SYEDA TUBA TAZEEN SYED GHAZAN FARUDDIN
77	SHAISTA BEGUM MOHD. SAEED
78	Deshmukh Shantanu Pradeep
79	Nagre Uddhav Dharmaraj
80	Bendre Sunil Pundlik
81	Kale Komal Arun
82	Nirwal Satish Dnyanoba
83	Hake Onkar Prakash
84	Kathar Shubham Kailas
85	Nachan Baliram Ramkisan
86	Salunke Bhausahab Kailas
87	Shah Ejaj Siraj
88	Shaikh Zarrar Shaikh Mohd.



Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

**Department of Physiology
MGM Medical College Navi Mumbai**

Date: 11.04.2016

CIRCULAR

All I MBBS students are informed that they should attend the lecture on "Sahaja Yoga Meditation for Stress Reduction" by Dr. Madhur Rai on 15.04.2016, 9.30-10.30 am in Lecture hall I, MGM Medical College, Navi Mumbai.



Dr. R.S. Inamdar
Prof. & HOD, Dept. of Physiology,
MGM MC, NM

DEPARTMENT OF PHYSIOLOGY
M.G.M. MEDICAL COLLEGE, KAMOTHE, NAVI MUMBAI

1st MBBS Physiology-Theory Attendance Sheet- 2015-16 - Batch

Day Friday Date 15-9-2016

Time: 9.30 - 10.30 am.

Teacher: Dr. M. Rai

Topic: Sahaja Yoga Meditation for Stress Reduction

S.N.	Name of Student	Sign.	S.N.	Name of Student	Sign.
1	SADAFULE GAURAV LALIT	<i>Sadafule</i>	26	KARIA RIDDHI JAYANT	<i>Riddhi</i>
2	KOMAL D/o ANIL KUMAR SINGH	<i>Komal</i>	27	ANIKET RAJESH KOLTE	<i>Aniket</i>
3	SHIVANI D/o SANTOSH	<i>Shivani</i>	28	SHIVANGI SINGH	<i>Shivangi</i>
4	TRESHA R PARSANIA	<i>Tresha</i>	29	MANGUKIYA MAHEK	<i>A</i>
5	EKTA NEGI	<i>EKTA</i>	30	SURBHIT ANAND	<i>A</i>
6	AAKRITI SOOD	<i>Aakriti</i>	31	AISHWARYA VILAS BIRADAR	<i>Aishwarya</i>
7	MAHIMA AGRAWAL	<i>Mahima</i>	32	SUBODH BHUMI REDDY	<i>Subodh</i>
8	RAGHAV BAGGA	<i>Ragha</i>	33	CHIRAG THAKKER	<i>Chirag</i>
9	TANUSHREE SANGHI	<i>Tanushree</i>	34	DAVE CHINMAY	<i>Chinmay</i>
10	ADITYA RAJ SHARMA	<i>Aditya</i>	35	GANVIR ADITYA GAUTAM	<i>Aditya</i>
11	SAWANT AISHWARYA DAYANAND	<i>Aishwarya</i>	36	PRAGYAA KUMAR	<i>Pragya</i>
12	TAMANNA KALRA	<i>Tamanna</i>	37	SAKSHAM AKHIL	<i>Saksham</i>
13	YASH KALRA	<i>Yash Kalra</i>	38	OAK BAGESHREE AJIT	<i>BAGAL</i>
14	POOJA AJAY CHAURASIA	<i>Pooja</i>	39	MEGH DESAI	<i>Megha</i>
15	YESHA JAYESH THAKKER	<i>Yeshaj Thakker</i>	40	SPRIHA SINGH	<i>Spriha Singh</i>
16	MANASWEETA BORAH	<i>Manasweta</i>	41	ISHAAN SINGH GANDHOK	<i>Ishaan</i>
17	MAHARSHI NATH	<i>Maharshi</i>	42	MADHURA CHAVAN	<i>Madhura Chavan</i>
18	YAKUTA TEHJUL ZARIWALA	<i>Yakuta</i>	43	NOUNI HARSHITA HARISHCHANDRA	<i>Nouni</i>
19	ANKUSH DAWRA	<i>Ankush</i>	44	MOHIT VARDEY	<i>Mohit</i>
20	NENON PRIYANKA SHIVADAS	<i>Nenon</i>	45	GUPTA PRAMILA RADHEYSHYAM	<i>PrAMILA</i>
21	SHAMBHAVI SAHAY	<i>Shambhavi</i>	46	SHAHEEN TANHA	<i>Shaheer</i>
22	PRAGYA BHARTI	<i>Pragya</i>	47	SHARMISTHA SINGHA	<i>Sharmistha</i>
23	UTKARSH PANDEY	<i>Utkarsh</i>	48	GUPTA BIKKI MADAN	<i>Bikki</i>
24	RANE SHRUTI ARVIND	<i>Shruti</i>	49	CHETAN S/o SATISH KUMAR	<i>Chetan</i>
25	ASHIMA NAGPAL	<i>Ashima</i>	50	NARWAT HI L CHEN	<i>Narwat</i>

Teacher's Signature: *M. Rai*

DEPARTMENT OF PHYSIOLOGY
M.G.M. MEDICAL COLLEGE, KAM' THE, NAVI MUMBAI

1st MBBS Physiology-Theory Attendance Sheet- 2015-16 - Batch

Day Friday Date 15-4-2016

Time: 2.30 - 10.30 am

Teacher: Dr. M. Rai

Topic: Sahaja Yoga Meditation for stress

Reduct

S.N.	Name of Student	Sign.	S.N.	Name of Student	Sign.
51	PRAGATI SINGH	<i>Pragati</i>	76	PRANSHI AGRAWAL	<i>Pran</i>
52	EITHY SOLANKI	<i>Eithy</i>	77	PATEL JALINDIBAHEN KANUBHAI	<i>Jalindi</i>
53	ISHA MUKESH	<i>(A)</i>	78	DANGI ROHAN ABHAY	<i>(A)</i>
54	SIDDESH GUPTA	<i>Siddesh</i>	79	TEERTHA BARNWAL	<i>Teertha</i>
55	DESAI DARSHANA DILIP	<i>Desai</i>	80	SWAPNIL MISHRA	<i>Swapnil</i>
56	PRASIDH S/o VIJAY	<i>Prasidh</i>	81	DEVESH TEOTIA	<i>(A)</i>
57	ADITYA GUPTA	<i>Adi</i>	82	MALIK REHAN MUNIR AHMED CHICKTAY	<i>Rehan</i>
58	SIDDIQUE AKIB AJAZ	<i>Siddique</i>	83	CHANDRASHEKHAR SHUBHAM RATNAKAR	<i>(A)</i>
59	ZOYA HABIB	<i>Zoya</i>	84	NIRAV JAIN	<i>(A)</i>
60	KIRDAK VIJAY SHARAD	<i>Kirdak</i>	85	DNYANESH ZAMBRE	<i>(A)</i>
61	KONAR ARUNADEVI BALAKRISHNAN	<i>Konar</i>	86	GOKHALE ADITI MILIND	<i>Aditi</i>
62	PRIYAL SHROFF	<i>Priyal</i>	87	TAKALKAR SAMEER SANJAY	<i>Samy</i>
63	ANUSHKA ASHOK SINGH	<i>Anushka</i>	88	FARHEEN AZIMUR RAHMAN FAIZ	<i>(A)</i>
64	CHAVAN AISHWARYA MANGAL VIHA	<i>Chavan</i>	89	NAUSHEEN AZIZUR RAHMAN FAIZ	<i>(A)</i>
65	JUILEE PRASHANT JOSHI	<i>Juilee</i>	90	NAIK ANKITA AVINASH	<i>Ankit</i>
66	PATEL KAJAL YOGESH	<i>Kajal</i>	91	BAIRAJ MIHIR MAHESH	<i>Mihir</i>
67	AAKANKSHA SINGH	<i>Aakanksha</i>	92	SUGHOSH JAY APRAKASHAN	<i>Sughosh</i>
68	LAMBHATE ABHISHEK SURESH	<i>Abhishek</i>	93	SHARMA NALISHA	<i>Nalisha</i>
69	PATEL SMIT JETHABHAI	<i>(A)</i>	94	SIDDIQUI SUHAIB RAFIQUE	<i>(A)</i>
70	ABHISHEK CHABUKSWAR	<i>Abhishek</i>	95	ANMOLPREET KAUR	<i>Anmol</i>
71	SHAIKH SAMREEN	<i>(A)</i>	96	REDDY RAJLAXMI BHASKAR	<i>Rajlaxmi</i>
72	AMAAN GAJIWALA	<i>(A)</i>	97	SUJAL JADHAV	<i>Sujal</i>
73	DOLAS KUNAL YOGENDRA	<i>(A)</i>	98	AISHWARYA DEEPAK CHAVARKAR	<i>Aishwarya</i>
74	PEREIRA PRINOY JUSTIANO	<i>Prinoy</i>	99	ANSARI ARSHIYA SADAF ABDUL QADIR	<i>Arshiya</i>
75	TANMAY AWASTHI	<i>(A)</i>	100	SHREYA VIJAY	<i>Shreyas</i>

Teacher's Signature: _____



MGM Institute's University Department of Nursing
Kamothe, Navi Mumbai – 410 209.

International Yoga Day Celebration Report

International yoga day was observed at MGM Institute's University Department of Nursing, Kamothe on 16.06.2016. All nursing students and faculty members participated with great zeal to make it a grand success. Various activities were conducted on the occasion like;

- Brief orientation on importance of Yoga in life by Mrs. Renu Nagar, a trained Yoga instructor.
- Exercise on different asanas.
- Practice of Pranayama and Anulom Vilome.

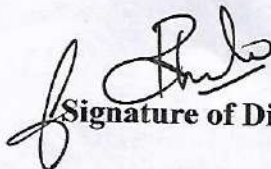
The activities were co-ordinated well by the Ms. Remya Philip, Ms. Ritika Roque and Ms. Renu Nagar the faculty members of MGM Institute's University Department of Nursing. Following are the photographs of the activities organized on International Yoga Day.

Brief Orientation on Importance of Yoga in life




Signature of Organizer




Signature of Director

Exercise on different asanas by students



Practice of Pranayama and Anulom Vilome by students



Exercise on different asanas by faculty



FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY

(Didactic – 100 Hrs & Practical / Laboratory – 150 Hrs) TOTAL 250 HRS

COURSE DESCRIPTION:

This course covers the definition of various terms used in mechanics, biomechanics kinesiology as well as its importance in physical therapy. It applies the mechanical principles to simple equipments of therapeutic gymnasium and familiarizes the candidate to its use. It covers the types of human motions as well as planes and relative axes of motion. It also explains the inter-relationship among kinematic variables and utilizes this knowledge to describe and analyze motion. It covers the classification of the joints and muscles along their distinguishing characteristics and skill of measurement of its ranges in various planes and axes. This course additionally covers therapeutic principles and skills of application of massage, yoga, aerobic exercise and use of suspension therapy. It also enhances the skill of evaluation of vital parameters & sensory system.

Sr. No.	Topics	Didactic Hours	Practical/ Laboratory Hours	Total Hours
1	MECHANICS & BASIC BIOMECHANICS	25	---	25
2	BIO-PHYSICS RELATED TO KINESIOTHERAPY	20	25	45
3	CLASSIFICATION OF MOVEMENTS	10	15	25
4	BASIC EVALUATION	15	35	50
5	MASSAGE	05	20	25
6	RELAXATION	05	10	15
7	AEROBIC EXERCISE	05	05	10
8	YOGA	15	40	55
TOTAL		100	150	250

OBJECTIVE:

Cognitive:

At the end of the course, the candidate will be able to:

- a) Define the various terms used in relation to Mechanics, Biomechanics & Kinesiology
- b) Recall the basic principles of Biophysics related to mechanics of movement / motion & understand the application of these principles to the simple equipment designs along with their efficacy in Therapeutic Gymnasium & various starting positions used in therapeutics.



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Yoga Lectures for I BPT 2015-2016 batch

Class: IBPT

No of Students: 70

Yoga Instructor: Mr Neeraj

Month	Hours	DURATION
November	05	9.30-12.30
December	06	9.30-12.30
January	06	9.30-12.30
February	06	9.30-12.30
	Total Hours	23hours

Dr Meruna Bose (PT)
Academic In-charge



Dr Bela Agarwal (PT)
I/C Principal



Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 17th September, 2016

To,

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

SUBJECT: Request for yoga sessions for Under Graduate Medical students for the
Academic year 2016-17.

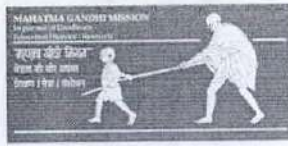
Madam,

Many of the Under Graduate Medical students of M.G.M Medical College, Aurangabad, are interested in attending the Yoga sessions conducted by your Institution. We kindly request you to make the suitable arrangements for the same.

We look forward for your kind co-operation.

Thanking You.


Dean / Medical Director,
MGM Medical College
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No. 0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 20th September, 2016.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dating 17/09/2016 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad.

Respected Dean,

In regard to your letter request dating 17/09/2016 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad, we are keen for conducting Yoga sessions for them as per the date and time convenient for the students.

We look forward to co-ordinate the date and time suitable for the sessions.

Thanking you.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.





Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 21st March ,2017

To,

Dr. (Mrs) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

SUBJECT: Requesting the names of the Undergraduate Medical Students who attended the Yoga sessions held in Year 2016-17.

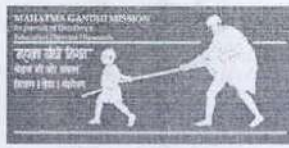
Madam,

Thank you for your support and co-operation in conducting the Yoga sessions in your Center for students of MGM Medical College, Aurangabad.

We request you to provide the names of all the Undergraduate Medical Students from MGM Medical College, Aurangabad who participated in these sessions for academic year 2016-17.

Thanking you for your anticipation.


Dean / **Dean/Medical Director**
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No.0240-2482499, E mail- mgm_naturo@rediffmail.com

Date :1st April, 2017.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dated 21/03/2017 for the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2016-17.

Respected Sir,

In response to your letter requesting the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2016-17.

I hereby attach the list of all the students who attended the sessions in our Institute.

Thanking you for your co-operation.

Yours Sincerely.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



List of Medical Students who attended
Yoga Sessions in Year 2016-17

1	Rajat Chandak
2	Apala Singh
3	Anshul Yadav
4	Akash Khanchandani
5	Ayushi Pandey
6	Ketki Naik
7	Kartik Doshi
8	Ankit Hooda
9	Barsha Bharti
10	Shamlee Bharuka
11	Snehal Dangad
12	Sayali Pachpor
13	Namrata Rai
14	Tanvi Sharma
15	Deepali
16	Monica Chand
17	Jatin Pawar
18	Anjali Nehra
19	Ridhi Gulati
20	Aditya Mishra
21	Jai Naik
22	Twisha Jain
23	Mehak Malhotra

24	Komal Dhage
25	Spriha Singh
26	Ankita Ghatge
27	Sahil Chowdhary
28	Ruturaj Divekar
29	Tanya Dabas
30	Kajal Gupta
31	Ibadat Singh
32	Revathi Bhuvaneshwaran
33	Pragya Tiwari
34	Parinda Patel
35	Mansi Parab
36	Akshat Mishra
37	Sushmita Rangdal
38	Neha Patil
39	Garima Sharma
40	Shivani Tamane
41	Aishwarya Upasani
42	Sheel Vardhan
43	Rachit Batra
44	Shiksha Dahia
45	Shahin Bhujawala
46	Zainab Khan
47	Saif Khan
48	Trija Banerjee

49	Shivani Dixit
50	Nishant Roy
51	Namrata Ratankar
52	Akshay Paknikar
53	Payal Saoji
54	Pinaki Saoji
55	Shreya Sirohi
56	RahiVaidya
57	Madhuri Tayade
58	Pragya Yadav
59	Sonali Shevgan
60	Shweta Sawant
61	Shreeyanjli Acharya
62	Jatin Bindra
63	Sheetal Dube
64	Mohini Eklare
65	Pratiksha Kachru
66	Arushi Thakur
67	YashNagariya
68	Ashwin Patil
69	Gargi Padalkar
70	Medha Pandey
71	Sadiya Shaikh
72	Kalindi Singh
73	Taral Patil

74	Deeksha Singh
75	Shrika Jaiswal
76	Priyansh Jesani
77	Arushi Jhaveri
78	Vrushali Jadhav
79	Rutuja Gohad
80	Pratik Ingle
81	Snehal Kabra
82	Nisha Kanke
83	Anmol Gulati
84	Vishal Karnawat
85	Vidhi Katruwar
86	Irshad Khan
87	Shefali Khan
88	Muskan Goenka
89	Yash Jain
90	Sameeksha Sharma
91	Isha Singh
92	Neha Meel
93	Arunabh Adarsh
94	Sirsha Ghosh
95	Dhanashree Kadam
96	Hardik Dabas
97	Hardik Lohiya
98	Ria Phulwani

99	Aviraj Godha
100	Pratibha Saha
101	Shrutika Kumawat
102	Shrutika Tiwari

[Handwritten signature]





MAHATMA GANDHI MISSION

School of Biomedical Sciences, Aurangabad

Email: deptofbiomedicalsscience2015@gmail.com

NOTICE

Date: 24/12/2016

All I/II/III year B.Sc.(AHS) students are hereby inform that there will be Yoga training program is arranged on 27/12/2016 at Masicon Hall in morning from 7 am to 9 am. Interested students can take part in the Yoga training. It will be free of cost. Admission for Yoga training will be first come first serve basis.


Dr. V.S. Hatolkar.
Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

Copy to: Notice Board for information



MAHATMA GANDHI MISSION

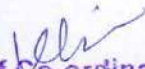
School of Biomedical Sciences
MGM Campus, N-6, Cidco, Aurangabad

Student List for Yoga Training held on 27/12/2016

Sr. No.	Name of Student
1	DESHMUKH SHANTANU PRADEEP
3	NAGRE UDDHAV DHARMARAJ
4	BENDRE SUNIL PUNDLIK
5	NIRWAL SATISH DNYANOBA
6	HAKE ONKAR PRAKASH
7	KATHAR SHUBHAM KAILAS
8	SALUNKE BHAUSAHEB KAILAS
9	SHAH EAJ SIRAJ
10	SHAIKH ZARRAR MOHD
11	SHAIKH ISTEKHAR SATTAR
12	SHAIKH FALAK NAZ ABDUL JALEEL
13	SHAIKH KANWAL FATEMA SHAIKH QAMERUDDIN
14	SHAIKH KAUSAR NAAZ SHAIKH ABDUL SALAM
15	PAWAR ARATI GANESH
16	SHAIKH SHAZIA SULTANA ABDUL KALEEM
17	PARWE BHAGYASHALI MADHAV
18	MAGAR ASHWINI SIDDHARTH
19	KADAM EKNATH ASHOK
20	GAIKWAD PRADNYA BHUJANGRAO
21	SANAP PARMESHWAR DNYANESHWAR
22	Salve Santosh Anil
23	Sangram Anam
24	Sathe Sandesh Robert
25	Shah Samreen Siraj
26	Shaikh Farzana
27	Shaikh Juned Shaikh Farid
28	Shaikh Nagma Khudboddin
29	Shaikh Navid Shaikh Farid
30	Shaikh Sajid Saleem

Chief Co-ordinator (AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad.

31	Shaikh Samira Michail
32	Sharnagat Alok Bhagwan
33	Shinde Tushar Prakash
34	Suradkar Ashwini Vilas
35	Taur Priyanka Rajabhau
36	Thakur Linpadmaja
37	Vaygave Pandurang Ram
38	Wagh Komal Kakasaheb
39	Waghchaure Amol Balasaheb
40	Wankhede Anil Prakash
41	Wetal Kishor Sainath
42	Bhise Rohini Vishnu
43	Bhosale Akshay Vitthal
44	Chudvekar Mahesh Namdev
45	Devkar Pallavi Vijay
46	Gawai Mayuri Ramdas
47	Ghaytidak Pawan Namdev
48	Ghodke Akash Ashok
49	Janjal Geeta Sukhdev
50	Janjal Pooja Dadarao
51	Janjal Shivkumar Ankush
52	Joshi Vidula Gopal
53	Kangule Waghambar Ganpat
54	Kazi Shoaib Jamiloddin
55	Kazi Sohail Akhiloddin
56	Khade Pramod Sambhu


 Chief Co-ordinator(AHS)
 University Dept. of
 Bio-Medical Sciences
 Aurangabad.

Department of Physiology
MGM Medical College Navi Mumbai

Date: 12.06.2017

CIRCULAR

All I MBBS students are informed that they should attend the lecture on "Stress coping mechanisms -Sahaja Yoga Meditation" by Dr.Madhur Rai on 14.06.2017 8.30-9.30 am in Lecture hall I, MGM Medical College, Navi Mumbai.


Dr.R.S.Inamdar
Prof.& HOD, Dept. of Physiology
MGM MC, NM

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS-2016-17 BATCH

DAY: Wednesday DATE: 14/6/17TIME: 8.30-9.30 amTEACHER: Dr. M. RaiTOPIC: Stress Coping Mechanisms - Sahaja Yoga Meditation

R.N.	Name	Sign.	Sr.No	Name	Sign.
1	LAKSHAY MITTAL	<u>Laksh</u>	26	MASOOM WARIS KHAN	<u>M. Waris</u>
2	ANKIT SHARMA	<u>A</u>	27	PRIYA MAKAR	<u>Priya</u>
3	NARESH NAGAR	<u>A</u>	28	VIDUSHI MEHTA	<u>Vidushi</u>
4	AANCHAL MITTAL	<u>Aanchal</u>	29	SHIVANI SHAILESH MESWANI	<u>Shivani</u>
5	PRIYA CHAUDHARY	<u>A</u>	30	NIKITA CHANANA	<u>Nikita</u>
6	ANKIT KUMAR	<u>A</u>	31	ANTONY JOSEPH PATHINANGIL	<u>Antony</u>
7	PRERNA VEER	<u>Prerna</u>	32	YASH BAFNA	<u>Yash B</u>
8	MAZAHAR HUSAIN	<u>Husa</u>	33	SAIE SHRIKANT RANADE	<u>Saie</u>
9	VICKY KUMAR	<u>Vicky Kumar</u>	34	NILIND BHARDWAJ	<u>Nilind</u>
10	CAMELLIA CHAUDHURI	<u>Camellia</u>	35	PRAGYA PANDEY	<u>Pragya</u>
11	CHANDAN KUMAR	<u>Chandan</u>	36	AAKANKSHA ARORA	<u>Aakanksha</u>
12	SARA SAYED	<u>Sara</u>	37	JAYATI NEEMA	<u>Jayati</u>
13	RACHIT PAHWA	<u>Rachit</u>	38	CHIRAG AGARWAL	<u>Chirag</u>
14	SHIVANI GAUR	<u>Shivani</u>	39	MOHAMMAD FAISAL KHAN	<u>Faisal</u>
15	ASHISH PATIDAR	<u>Ashish</u>	40	REDDY SNEHA BHEEMESHWAR	<u>Sneha</u>
16	ANURAG BANSAL	<u>Anurag</u>	41	PANKHURI SAXENA	<u>Pankhuri</u>
17	DEVANSHI YADAV	<u>Devanshi</u>	42	RAYA KUNDU	<u>Raya</u>
18	HARIKRISHNAN A	<u>Hari</u>	43	MISHRA BHAVESH PRABHAKAR	<u>Bhavesh</u>
19	TARUN GARG	<u>Tarun</u>	44	NAMAN MANOJ AGRAWAL	<u>Naman</u>
20	PRATISHRUTI	<u>Pratishruti</u>	45	RHEA BANGERA	<u>Rhea</u>
21	KIMMY BANSAL	<u>K. Bansal</u>	46	PREEETY KUMARI	<u>Preeety</u>
22	MEHAK GOYAL	<u>Mehak</u>	47	MUKUL RATHI	<u>Mukul</u>
23	JITHIN JOSE	<u>Jithin</u>	48	SANDIP KUMAR JENA	<u>Sandip</u>
24	PRAGYA SHARMA	<u>Pragya</u>	49	BORATE ADITYA ANIL	<u>Aditya</u>
25	AKSHAT MISHRA	<u>Akshat</u>	50	NIDHI MANDHANA	<u>Nidhi</u>

Total-50

Present-48

Absent-02

Teacher's Signature (with date):

M. Rai
14-06-2017

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI

FIRST YEAR MBBS-2016-17 BATCH

DAY: Wednesday DATE: 14/6/17

TIME: 8.30-9.30am

TEACHER: Dr. M. Ran TOPIC: Stress Coping Mechanisms - Sahaja Yoga Meditation

R.N.	Name	Sign.	S.N.	Name	Sign.
51	GAYAKWAD RAAVI DINESH	<u>Raavi</u>	76	CHIVNE ARFAT MD SALIM	<u>Arfat</u>
52	ARCHITA BHATTACHARYA	<u>Archita</u>	77	TALATHI JANHAVI DHANANJAY	<u>Janhavi</u>
53	BANGAD SWARA JAY	<u>Swara</u>	78	KARANDE TANVEE PRASAD	<u>Tanvee</u>
54	ANSHU BHARGAVA	<u>Anshu</u>	79	ABHISHEK VIDESH GALGAT	<u>Abhishek</u>
55	SNEHAL DEVENDRA UDATE	<u>Snehal</u>	80	KADAM SHARVARI DILIP	<u>Sharvari</u>
56	SONALI RAI	<u>Sonali</u>	81	SONALI GANJOO	<u>Sonalif</u>
57	SINGH VIDISHA SUMANKUMAR	<u>Vidisha</u>	82	SHINDE VISHWAJEET BALAJI	<u>Vishwa</u>
58	MUKUND RAKESH SARAF	<u>Mukund</u>	83	PRATIKSHA DUTTA	<u>Pratiksha</u>
59	SHAGUFTA JABEEN HUSSAIN	<u>Shagufta</u>	84	BUTIYANI APURV KISHOR	<u>Butiyani</u>
60	JANHAVI SACHIN DAHAKE	<u>Janhavi</u>	85	SHINI CHOUBEY	<u>Shini</u>
61	DHAMELIA ARCHI KISHORBHAI	<u>Archi</u>	86	MIRZA SAMREEN NIYAZ AHMED	<u>Samreen</u>
62	BADLANI SWATI MUKESH	<u>Swati</u>	87	ASHISH JANGID	<u>Ashish</u>
63	ATIF RASHID	<u>Atif</u>	88	KARAN VINAYAK WAGH	<u>Karan</u>
64	PALDIWAL SHREYA ANAND	<u>Shreya</u>	89	KHAN JUVERIYA SIRAJ AHMED	<u>Juveri</u>
65	GURME RUCHA VIVEK	<u>Rucha</u>	90	TANAYA S MISHRA	<u>Tanaya</u>
66	BAKAL SHIVANI RAVINDRAKUMAR	<u>Shivani</u>	91	ADARSH SINGH	<u>Adarsh</u>
67	RITIKA SINGH	<u>Ritika</u>	92	ARKA CHAKRABARTY	<u>Arka</u>
68	NINAWEMANSI SURESH	<u>Ninawa</u>	93	SEJAL SETH	<u>Sejal</u>
69	TAUR PRANJAL PANDITRAO	<u>Pranjal</u>	94	ANKESH KUMAR	<u>Ankesh</u>
70	RITU CHANDRA PRAKASH TATED	<u>Rituprakash</u>	95	MANPREET KAUR	<u>Mk</u>
71	NEHA RISWADKAR	<u>Neelam</u>	96	PAWAR PRACHI SANJAY	<u>Prachi</u>
72	COATWALA AADILA ABDUL HAMID	<u>Aadila</u>	97	SHIRAJ MUKHERJEE	<u>Shiraj</u>
73	ANURITI MANOJ	<u>Anuriti</u>	98	PARINDITA SARMAH	<u>Pari</u>
74	AKSHITA RUDRAKANT MISHRA	<u>Akshita</u>	99	DEVYANI MOHANLAL BATHANI	<u>Devyani</u>
75	TUSHAR JANGIR	<u>Tushar</u>	100	SANJNA R DURGADA	<u>Sanjna</u>

Total-50	Present- <u>50</u>	Absent- <u>00</u>
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Teacher's Signature (with date):

M. Ran
14-06-2017

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS 2016-17 BATCH

DAY: Wednesday DATE: 14/6/17TIME: 8-30-9-30amTEACHER: D. H. PaiTOPIC: Stress Coping Mechanisms - Sahaja Yoga Meditation

R.N.	Name	Sign.	S.N.	Name	Sign.
101	SPARSHA	A	126	HAWAI SARAH REHAN	Sarah
102	MAAN LUVPREET KOUR	<i>ma</i>	127	TISEKAR SAFA AKBAR	<i>Tisekar</i>
103	NAVALE OMKAR VILAS	A	128	SINGH AROOSHI VIJAY	<i>Arushi</i>
104	DHAIRYA HITESH SHAH	<i>Dhairy</i>	129	ANUSHKA MAKHIJA	<i>Anushka</i>
105	RATHI SAURABH SANTOSH	<i>Rathi</i>	130	MEHTA DHRUMI AMISH	<i>Dhru</i>
106	MAHAK SHAHDADPURI	<i>Mahak</i>	131	PATIL KARISHMA ARUN	<i>Karishma</i>
107	WAVHAL SURABHI	<i>Wavhal</i>	132	SRISHTI KALRA	<i>Srishti</i>
108	AKASHDEEP SINGH	<i>AS</i>	133	VAIDEHI MANE	<i>Vaidehi</i>
109	VERMA VIVEK UMAPATI	A	134	SUPRIYA SINGH	<i>Supriya</i>
110	AKANKSHA ASUDANI	<i>Akanksha</i>	135	ANNABEL AUSTINE	<i>Annabel</i>
111	NEHA PUNJABI	<i>NP</i>	136	PARAB SHREYASH GOVIND	A
112	SAVEEN KADIAN	<i>Saveen</i>	137	SHINDE SHWETAL VIVEK	<i>Shwetal</i>
113	DIYA GHOSHAL	<i>DG</i>	138	MORE SAWALI MANGESH	<i>More</i>
114	PUROHIT SHIVANI NITIN	<i>Purohit</i>	139	SABLE SHUBHAM PRASHANT	<i>Sable</i>
115	AKANKSHA KESHAV	<i>Akanksha</i>	140	BIYANI MUSKAN MANOJ	<i>Muskan</i>
116	AKHIL KAMAL GAILOT	<i>Ak</i>	141	ZEIN FAROOQUE KHAN	<i>Zein</i>
117	VISHWESH AGARWAL	<i>Vishwesh</i>	142	KARANDE RIDDHI	<i>Riddhi</i>
118	PAYEL DUTTA	A	143	GITEKAR NUTAN ANIL	<i>Nutan</i>
119	TRINAYAN BURAGOHAIN	<i>Trinayan</i>	144	BRADDHA REVINIPATI	A
120	MAHIMA ANEJA	<i>Meha</i>	145	VEDSHRI SUVRAT PATEL	<i>Patel</i>
121	KHAN MOHAMMAD SAIM	A	146	SHRUTIKA P JAWDE	<i>Shrutika</i>
122	KHAN AKHTAR ALI	<i>Akhtar</i>	147	PRATITI SADANAND	<i>Pratiti</i>
123	GOTEKAR KRUTIKA AKNATH	<i>Gotekar</i>	148	TIWARI ASHUTOSH SANTOSH	<i>Ashutosh</i>
124	AMI RAJESH MARU	<i>Ami</i>	149	MHATRE MANSI MANGESH	<i>Mansi</i>
125	ARUNDHATI ASHOK	<i>Arundhati</i>	150	SANKHLA KARAN	<i>Sankhla</i>

OB-1	TUSHAR PATIL	<i>Tushar</i>	OB-2	GUFRAAN ALI KAMDAR	A
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Total-50+OB-2/42	Present-	Absent- 08
Total-150+OB-2	Present-142	Absent- 10

Teacher's Signature (with date): M. H. Pai
14-06-2017



Mahatma Gandhi Mission
MEDICAL COLLEGE

Sector-18, Kamothé, Navi Mumbai - 410 209, India
Ph: (022) 27421723, 27422459, 7423404, Fax: (022) 27420320
E-mail: mgmmcnb@gmail.com Web: www.mgmmumbai.ac.in

2016-17
Total - 124

Date: 21/06/17 1st MBBS-2016-17 Subject: Anatomy
Time: 2:00 - 4:00 Teacher: Dr. Babuana J.
Topic: Yoga & Meditation By Bj

Roll No.	Name of Student	Sign	Roll No.	Name of Student	Sign
1.	LAKSHAY MITTAL		26.	MASOOM WARIS KHAN	
2.	ANKIT SHARMA		27.	PRIYA MAKAR	
3.	NARESH NAGAR		28.	VIDUSHI MEHTA	
4.	AANCHAL MITTAL		29.	SHIVANI SHAILESH MESWANI	
5.	PRIYA CHAUDHARY		30.	NIKITA CHANANA	
6.	ANKIT KUMAR		31.	ANTONY JOSEPH PATHINANGIL	
7.	PRERNA VEER		32.	YASH BAFNA	
8.	MAZAHAR HUSAIN		33.	SAIE SHRIKANT RANADE	
9.	VICKY KUMAR		34.	NILIND BHARDWAJ	
10.	CAMELLIA CHAUDHURI		35.	PRAGYA PANDEY	
11.	CHANDAN KUMAR		36.	AAKANKSHA ARORA	
12.	SARA SAYED		37.	JAYATI NEEMA	
13.	RACHIT PAHWA		38.	CHIRAG AGARWAL	
14.	SHIVANI GAUR		39.	MOHAMMAD FAISAL KHAN	
15.	ASHISHI PATIDAR		40.	REDDY SNEHA RHEEMESHWAR	
16.	ANURAG BANSAL		41.	PANKHURI SAXENA	
17.	DEVANSHI YADAV		42.	RAYA KUNDU	
18.	HARIKRISHNAN A		43.	MISHRA BHAVESH PRABHAKAR	
19.	TARUN GARG		44.	NAMAN MANOJ AGRAWAL	
20.	PRATISHRUTI		45.	RHEA BANGERA	
21.	KIMMY BANSAL		46.	PREETI KUMARI	
22.	MEHAK GOYAL		47.	MUKUL RATHI	
23.	JITHIN JOSE		48.	SANDIP KUMAR JENA	
24.	PRAGYA SHARMA		49.	BORATE ADITYA ANIL	
25.	AKSHAT MISHRA		50.	NIDHI MANDHANA	

(The attendance should be marked by own handwriting by the student itself.
If any difference in handwriting, will be marked absent)





Mahatma Gandhi Mission
MEDICAL COLLEGE

Sector-18, Kamothe, Navi Mumbai - 410 209, India
Ph: (022) 27421723, 27422459, 7423404, Fax: (022) 27420320
E-mail: mgmmenb@gmail.com Web: www.mgmmumbai.ac.in

Date: _____

1st MBBS-2016-17

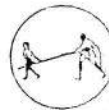
Subject: _____

Time: _____

Teacher: _____

Topic: _____

Roll No.	Name of Student	Sign	Roll No.	Name of Student	Sign
51.	GAYAKWAD RAA'I DINESH	<i>[Signature]</i>	76.	CHIVNE ARFAT MD SALIM	<i>[Signature]</i>
52.	ARCHITA BHATTACHARYA	<i>[Signature]</i>	77.	TALATHI JANHAVI DHANANJAY	<i>[Signature]</i>
53.	BANGAD SWARA JAY	<i>[Signature]</i>	78.	KARANDE TANVEE PRASAD	<i>[Signature]</i>
54.	ANSHU BHARGAVA	<i>[Signature]</i>	79.	ABHISHEK VIDESH GALGAT	<i>[Signature]</i>
55.	SNEHAL DEVENDRA UDATE	<i>[Signature]</i>	80.	KADAM SHARVARI DILIP	<i>[Signature]</i>
56.	SONALI RAI	<i>[Signature]</i>	81.	SONALI GANJOO	
57.	SINGH VIDISHA SUMANKUMAR	<i>[Signature]</i>	82.	SHINDE VISHWAJEET BALAJI	
58.	MUKUND RAKESH SARAF	<i>[Signature]</i>	83.	PRATIKSHA DUTTA	<i>[Signature]</i>
59.	SHAGUPTA JABEEN HUSSAIN	<i>[Signature]</i>	84.	BUTIWANI APURV KISHOR	<i>[Signature]</i>
60.	JANHAVI SACHIN DAHAKE	<i>[Signature]</i>	85.	SHINI CHOUBEY	
61.	DHAMELIA ARCHI KISHORBHAI	<i>[Signature]</i>	86.	MIRZA SAMREEN NIYAZ AHMED	<i>[Signature]</i>
62.	BADLANI SWATI MUKESH	<i>[Signature]</i>	87.	ASHISH JANGID	<i>[Signature]</i>
63.	ATIF RASHID		88.	FARAN VINAYAK WAGH	<i>[Signature]</i>
64.	PALDIWAL SHREYA ANAND	<i>[Signature]</i>	89.	KHAN JUVERIYA SIRAJ AHMED	<i>[Signature]</i>
65.	GURME RUCHA VIVEK	<i>[Signature]</i>	90.	TANAYA S MISHRA	<i>[Signature]</i>
66.	BAKAL SHIVANI	<i>[Signature]</i>	91.	ADARSH SINGH	<i>[Signature]</i>
67.	RITIKA SINGH		92.	ARKA CHAKRABARTY	<i>[Signature]</i>
68.	NINAWA MANSI SURESH	<i>[Signature]</i>	93.	SEJAL SETHI	<i>[Signature]</i>
69.	TAUR PRANJAL PANDITRAO	<i>[Signature]</i>	94.	ANKESH KUMAR	<i>[Signature]</i>
70.	RITU CHANDRA PRAKASH TATED	<i>[Signature]</i>	95.	MANPREET KAUR	
71.	NEHA RISWADKAR	<i>[Signature]</i>	96.	PAWAR PRACHI SANJAY	<i>[Signature]</i>
72.	COATWALA AADILA ABDUL HAMID	<i>[Signature]</i>	97.	SHIRAJ MUKHERJEE	<i>[Signature]</i>
73.	ANURITI MANOJ		98.	PARINDITA SARMAH	<i>[Signature]</i>
74.	AKSHITA RUDRAKANT MISHRA	<i>[Signature]</i>	99.	DEVYANI MUTHANLAL BATHANI	<i>[Signature]</i>
75.	TUSHAR JANGIR	<i>[Signature]</i>	100.	SANJNA R DURGADA	<i>[Signature]</i>



Mahatma Gandhi Mission

MEDICAL COLLEGE

Sector-18, Kamothe, Navi Mumbai - 410 209, India

Ph: (022) 27421723, 27422459, 7423404, Fax: (022) 27420320

E-mail: mgmmcnb@gmail.com Web: www.mgmmnmbai.ac.in

Date: _____

1st MBBS-2016-17

Subject: _____

Time: _____

Teacher: _____

Topic: _____

Roll No.	Name of Student	Sign	Roll No.	Name of Student	Sign
101.	SPARSHA		127.	TISEKAR SAFA AKBAR	
102.	MAAN LUVPREET KOUR		128.	SINGH ARDOOSHI VIJAY	
103.	NAVALE OMKAR VILAS		129.	ANUSIKA MAKHIJA	
104.	DHAIRYA HITESH SIAH		130.	MEHTA DHRUMI AMISH	
105.	RATHI SAURABH SANTOSH		131.	PATIL KANISHKA ARUN	
106.	MAHAK SHAHDADPURI		132.	SINSHI KALRA	
107.	WAVHAL SURABHI DATTATRAY		133.	VAIDYANI MANE	
108.	AKASHDEEP SINGH		134.	KUPRA SINGH	
109.	VERMA VIVEK UMAPATI		135.	ARNABE LAUSTINE	
110.	AKANKSHA ASUDANI		136.	PARADHI BYASH GOVIND	
111.	NEHA PUNJABI		137.	SINDE SHIVETAL VIVEK	
112.	SAVEEN KADIAN		138.	CHURE SAKALI MANGESH	
113.	DIYA GHOSHAL		139.	CHURE SAKALI MANGESH	
114.	PUROHIT SHIVANI NITIN		140.	CHURE SAKALI MANGESH	
115.	AKANKSHA KESHAV CHODKE		141.	CHURE SAKALI MANGESH	
116.	AKHIL KAMAL GAILOT		142.	CHURE SAKALI MANGESH	
117.	VISHWESH AGARWAL		143.	CHURE SAKALI MANGESH	
118.	PAYEL DUTTA		144.	CHURE SAKALI MANGESH	
119.	TRINAYAN BURAGOHAIN		145.	CHURE SAKALI MANGESH	
120.	MAHIMA ANEJA		146.	CHURE SAKALI MANGESH	
121.	KHAN MOHAMMAD SAIM		147.	CHURE SAKALI MANGESH	
122.	KHAN AKHTAR ALI		148.	CHURE SAKALI MANGESH	
123.	GOTEKAR KRUTIKA AKNATH		149.	CHURE SAKALI MANGESH	
124.	AMI RAJESH MARU		150.	CHURE SAKALI MANGESH	
125.	ARUNDHATI ASHOK SHINGARE		151.	CHURE SAKALI MANGESH	
126.	HAWAI SARAH REHAN		152.	CHURE SAKALI MANGESH	

(The attendance should be marked by own hand writing. If any difference in handwriting, will be marked as absent itself.)





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Report on Yoga Day Celebration

Date : 21/06/2017

Duration: 1 day

Name of the Activity : International yoga day celebration

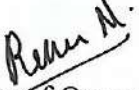
Organizing Institute : MGM Institute of Health Sciences, Navi Mumbai

Venue : 4th Floor classroom, MGMNB CON

Number of participants: 96

Brief of the activity:

MGM New Bombay College of Nursing Kamothe, Navi Mumbai, observed International Yoga day on 21st June 2017. Faculty and students of 4th year B.SC Nursing actively participated in the activity. There was a lecture by Mrs. Renu Nagar regarding benefits of yoga and explained the different types of yoga which has to be done. Session were divided in two batches and separate for students and faculty.


Signature of Organizer




Signature of Director



MGM INSTITUTE OF HEALTH SCIENCES

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MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai – 410 209

Yoga Day Celebration on 21.06.2017

Exercise on Difference Asanas by Faculty



FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY

(Didactic – 100 Hrs & Practical / Laboratory – 150 Hrs) **TOTAL 250 HRS**

COURSE DESCRIPTION:

This course covers the definition of various terms used in mechanics, biomechanics kinesiology as well as its importance in physical therapy. It applies the mechanical principles to simple equipments of therapeutic gymnasium and familiarizes the candidate to its use. It covers the types of human motions as well as planes and relative axes of motion. It also explains the inter-relationship among kinematic variables and utilizes this knowledge to describe and analyze motion. It covers the classification of the joints and muscles along their distinguishing characteristics and skill of measurement of its ranges in various planes and axes. This course additionally covers therapeutic principles and skills of application of massage, yoga, aerobic exercise and use of suspension therapy. It also enhances the skill of evaluation of vital parameters & sensory system.

Sr. No.	Topics	Didactic Hours	Practical/ Laboratory Hours	Total Hours
1	MECHANICS & BASIC BIOMECHANICS	25		25
2	BIO-PHYSICS RELATED TO KINESIOTHERAPY	20	25	45
3	CLASSIFICATION OF MOVEMENTS	10	15	25
4	BASIC EVALUATION	15	35	50
5	MASSAGE	05	20	25
6	RELAXATION	05	10	15
7	AEROBIC EXERCISE	05	05	10
8	YOGA	15	40	55
TOTAL		100	150	250

OBJECTIVE:

Cognitive:

At the end of the course, the candidate will be able to:

- a) Define the various terms used in relation to Mechanics, Biomechanics & Kinesiology
- b) Recall the basic principles of Biophysics related to mechanics of movement / motion & understand the application of these principles to the simple equipment designs along with their efficacy in Therapeutic Gymnasium & various starting positions used in therapeutics.



MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Yoga Lectures for IBPT batch 2016-17 Batch

Class: IBPT

No of Students: 71

Yoga Instructor: Mr Girish Nehte

Sr No	Date of Lecture	Duration of lecture	Total hours
1	28/01/2017	9.00-1.00	4.5
2	04/02/2017	9.00-1.30	4.5
3	11/02/2017	9.00-12.30	3.5
4	18/02/2017	9.00-12.30	3.5
5	04/03/2017	9.00-12.30	3.5
6	11/03/2017	9.00-12.30	3.5
7	18/03/2017	9.00-12.30	3.5
8	29/04/2017	9.00-12.30	3.5
Total			30hours


Dr Meruna Bose (PT)
Academic In-charge




Dr Bela Agarwal (PT)
I/C Principal



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

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MGM Institute's University Department of Physiotherapy

Sector-I, Kamothe, Navi Mumbai – 410209

MGM/ IUDOP/251/2017

Date: 21/6/2017

To,
The Registrar,
MGM Institute of Health Sciences,
Kamothe, Navi Mumbai.

Subject: Report of Yoga Day celebration at MGMIHS and Physiotherapy OPD

Respected Sir,

With reference to letter MGM/01/A-56/2017/1106 dated 20th June 2017, on the occasion of "International Yôga Day" on 21st June 2017, MGM Institute's University Department of Physiotherapy had organized 2 Yoga Session for all faculty members at MGMIHS and for patients at Physiotherapy OPD, MGM Hospital, Kamothe. The yoga session was conducted by Mr. Girish Nehete

Please find the attached report on Yoga Day Celebration

Thanking you

Kind Regards,

Dr. Rajani Mullerpatan

Professor - Director

University Department of Physiotherapy

MGMIHS, Navi Mumbai





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

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MGM Institute's University Department of Physiotherapy

Sector-1, Kamothe, Navi Mumbai - 410209

MGM/UDOP/ /2017

Date: 23/6/2017

International Day of Yoga 2017

Preamble:

1. This Program was organised by MGM Institute's University Department of Physiotherapy at MGM Institute of Health Science, Navi Mumbai on occasion of celebration of International Day of Yoga.
2. Location of Event: Room opposite Academic Section, MGMIHS, Kamothe
3. Event date and time: 21.06. 2017, Morning 10.00 a.m-11.30pm.

Objectives:

1. To bring about awareness of importance of Yoga among students and staff members of MGMIHS.
2. To sensitize participants to adopt Yoga on a daily basis.
3. Practical demonstration on Yogasanas.

Activity

1. The program was coordinated by Dr. Rajani Mullerpatan, Dr Monal Shah (PT) and Dr. Nikita Sinha (PT).
2. Yoga Session was carried by Yoga Instructor, Mr Girish Nehte, A qualified Yoga instructor with a masters degree in Yogaabhyas.
3. Awareness programme for importance Yoga based on AYUSH protocol were demonstrated to participants in morning between 10.00-11.30 am and active participation were ensured. 15 faculty members actively participated in the session.
4. Mr. Girish Nehte briefly introduced the ancient science of Yoga and enlightened on common myth regarding yoga.

Tel. No. : 022-65143108 E-mail : udpt.mgmihs@gmail.com Website : www.mgmudpt-nm.edu.in





MGM INSTITUTE OF HEALTH SCIENCES

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MGM Institute's University Department of Physiotherapy

Sector-1, Kamothe, Navi Mumbai - 410209

5. He demonstrated various Yoga Asana useful for day to day life and gave excellent tips on how to incorporate their use in daily routine even if it was not possible to dedicate special time for the same.
6. Asanas in standing and sitting posture were performed which emphasised on balance and muscle stretchability.
7. Breathing techniques like Anulom Vilom, Bhramari Pranayam and Omkar were performed.

Outcome:

1. All the participants were advised to practice Yoga on daily basis by integrating it with activities of daily living.
2. Faculty members from various departments benefited from Yoga session.

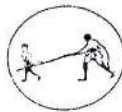
Welfare Committee

Dr Monal Shah (PT), Dr Nikita Sinha(PT)

I/C Principal

Dr Bela Agarwal(PT)





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

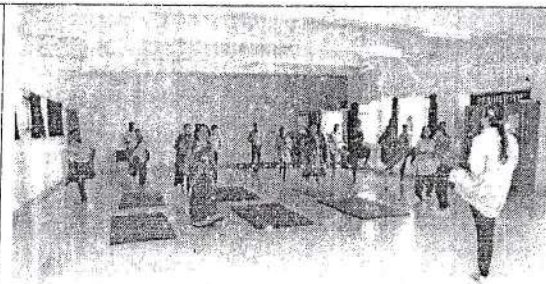
Grade 'A' Accredited by NAAC

MGM Institute's University Department of Physiotherapy

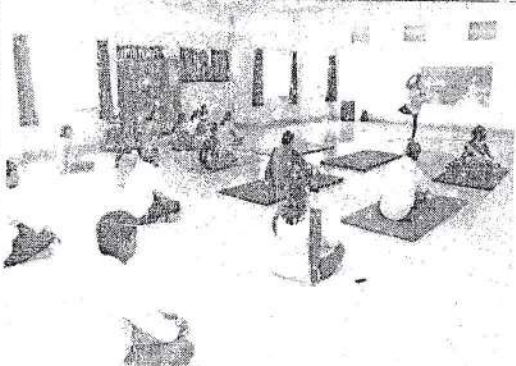
Sector-I, Kamothe, Navi Mumbai - 410209



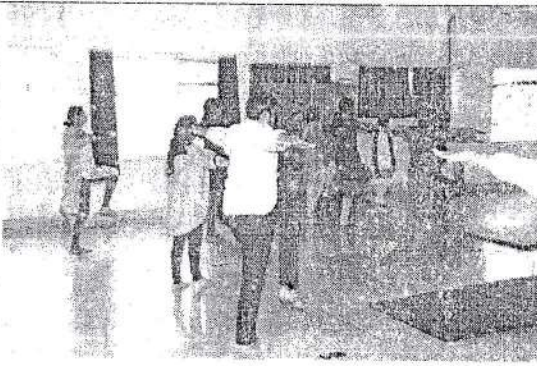
Dr Rajani Mullerpatan introducing the Yoga instructor Mr Girish Nehte



Participants practicing the Yogasana



Participants practicing the Yogasana



Dr Rajani Mullerpatan felicitating Mr Girish Nehte



Group Photo at the end as the closing ceremony

Tel. No. : 022-65143108 E-mail : udpt.mgmihs@gmail.com Website : www.mginudpt-nm.edu.in

Raj





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

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MGM Institute's University Department of Physiotherapy

Sector-1, Kamothe, Navi Mumbai - 410209

Report on Yoga Session

The Women's Day of year 2017 on 8th March was celebrated with a much sharper and sensitive awareness about Human mind and yoga.

A brief yoga session that included few repetitions of Suryanamaskar, its importance and role in life was conducted by Dr. Nikita Sinha (PT).

It was an interactive session with brief explanation of each step and the right technique to do it. About 90% students benefited from the session.

Students were made aware about how simple stretches improves the physical and mental well-being.

A short meditation session of 20 minutes was also conducted.

Students shared their feedback after 20 minutes and reported a peaceful experience.

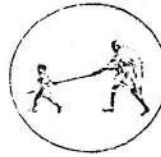
Regular and periodic yoga sessions are being planned for all students to enhance their physical and mental well being.


Student Welfare Committee



I/C Principal





MGM INSTITUTE OF HEALTH SCIENCES's.
(A Deemed University u/s 3 of UGC Act 1956)
Grade "A" Accredited by NAAC

MGM Institute's University Department of Biomedical Sciences

Ref No: SBS/17/02/ 136

Date:-15/02/2017

To,
The Hon'ble VC,
MGMIHS
Kamothe, Navi Mumbai.

Through Proper Channel

Subject: Budget planning for CME-Tuning in to your Heart scheduled for 24th and 25th of February

Respected Sir,

This is to bring to your kind attention that MGMIUDBS is organizing the subject CME. Request your sanction for the following items / logistics.

Day 1 & 2:-

1. Refreshments:-Cost about - Rs. 20,000/- per day
 - o Breakfast - Time - 8.30 am - Tea and snack
 - o Tea break - Time 11.40am - Tea and biscuits
 - o Lunch - Time 1.30 pm
 - o Tea break - Time 4pm - Tea and biscuits
2. Certificates :-Cost about - Rs.85,000/-
 - o No. of Certificates - 85 nos.
 - o Cost per head Rs. 1000/-
3. Other expenses :-Cost about - Rs.5000/-
 - o Flower Bouquets for dignitaries on the stage - 5 nos.
 - o Flowers for lamp
 - o Small Bisleri (500ml) water bottles for stage and dignitaries - about 25 bottles
 - o Memento during vote of thanks - depending on the number of speakers (abt 10-12)
 - o Notepad & Pen-100 no.

Since - 8/5/17

N



MGM Institute Of Health Sciences

INWARD NO. 847

DATE: 15/2/17

Approved

Annexure 1

Expenditure	Amount Rs.		Income	Amount
	To be Borne by MGMSBS	To be Borne by MGMIHS		
Printing of banner and stationery	6345		6 registrations(external)	600
Lunch and refreshments (4 days)	39740			
ME certificates (48 nos)		48000		
Total	46085	48000		600





MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF BIOMEDICAL SCIENCES
(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC
Sector - I, Kamothe, Navi Mumbai - 410 209
Tel: 022-27437678/022-27432890

Ref. NO SBS/17/13/197

March 8, 2017

To,
The Dean,
MGM Medical College
Kamothe, Navi Mumbai.

Thru - proper channel

Subject: Auditorium No 2 for CME-Tuning in to your Heart scheduled on 24th and 25th of March 2017 (second phase of the event).

Respected Sir,

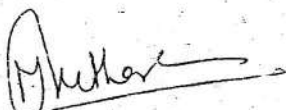
This is to bring to your kind attention that MGMIUDBS on instructions from Hon'ble VC is organizing the second phase of the CME on 24th & 25th of March 2017. Request your sanction for the following.

1. Auditorium no. 2 on the ground floor along with Audio Visual facility.
2. One adjacent classroom for arrangement of Lunch and Tea.

Request your kind approval so as to proceed with arrangements.

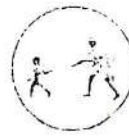
Thanking you.

With warm regards,


FC Director
MGMIUDBS




8/3/17



MGM INSTITUTE OF HEALTH SCIENCES's

(A Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

MGM SCHOOL OF BIOMEDICAL SCIENCES

Sector 1, Kamothe Navi Mumbai-410209, Maharashtra, India Tel.No.: 022-27437631, 27432890

Ref No. MGMSBS/17/05/ 525

08/05/2016

To,
The Hon'ble VC,
MGMIHS
Kamothe, Navi Mumbai.

Through – Proper channel

Subject: CME-“Tuning into your Heart” conducted on 24th, 25th of February & 24th, 25th of March 2016 - Report.

Respected Sir,

We wish to convey our heartfelt thanks for your permission to conduct the Heartfulness CME for doctors and our staff in our Medical College.

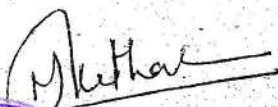
Attaching here with the CME docket and expenses, which as discussed have to be shared by MGMIHS & MGMSBS.

The cheque for certificates should be made in the name of SMSF.

Request your approval.

Thanking you.

With warm regards,


I/C Director
MGMIHSDBS

Encl: Expenses Annexure 1





MGM INSTITUTE OF HEALTH SCIENCES
(A Deemed University u/s 3 of UGC Act 1956)
Grade "A" Accredited by NAAC
MGM School of Biomedical Sciences

Ref: SBS/17/05/532

To.
The Hon'ble Vice chancellor
MGMIHS, Kamothe

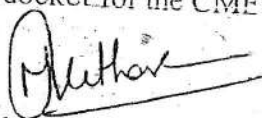
Subject: Report of CME-"Tuning into your Heart"

Respected Sir,

I, on behalf of the entire fraternity of School of Biomedical Sciences sincerely thank you for your corporation to make this CME a grand success.

Sir, we require such cooperation in future also.

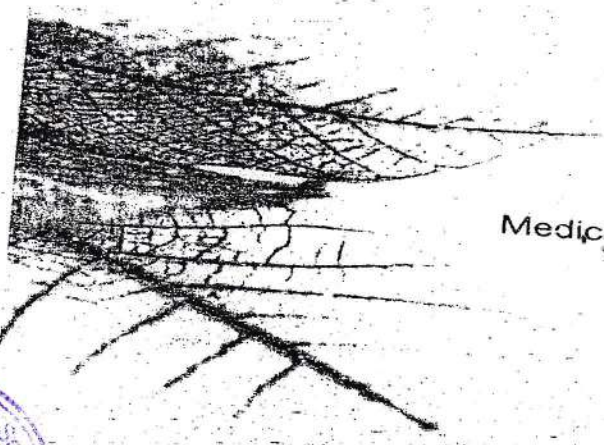
The docket for the CME is attached herewith.


Dr (Mrs) Mansee Thakur
VC Director
MGM SBS, Kamothe,
MGMIHS



Tuning into your Heart
Heartfulness approach to well-being and balance
February 24-25, 2017

Learn to Meditate
& DISCOVER
creativity, peace,
deeper sleep, intuition,
positivity, empathy



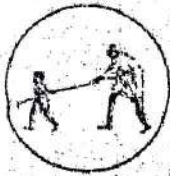
Earn 15 American
Medical Association Credit Points



MGM School of Biomedical Sciences & MGM Institute of Health Sciences,
Navi Mumbai in collaboration with

 ANNENBERG CENTER FOR HEALTH SCIENCES
AT ECEN KOPER
Imparting knowledge. Improving patient care.

& **Heartfulness**



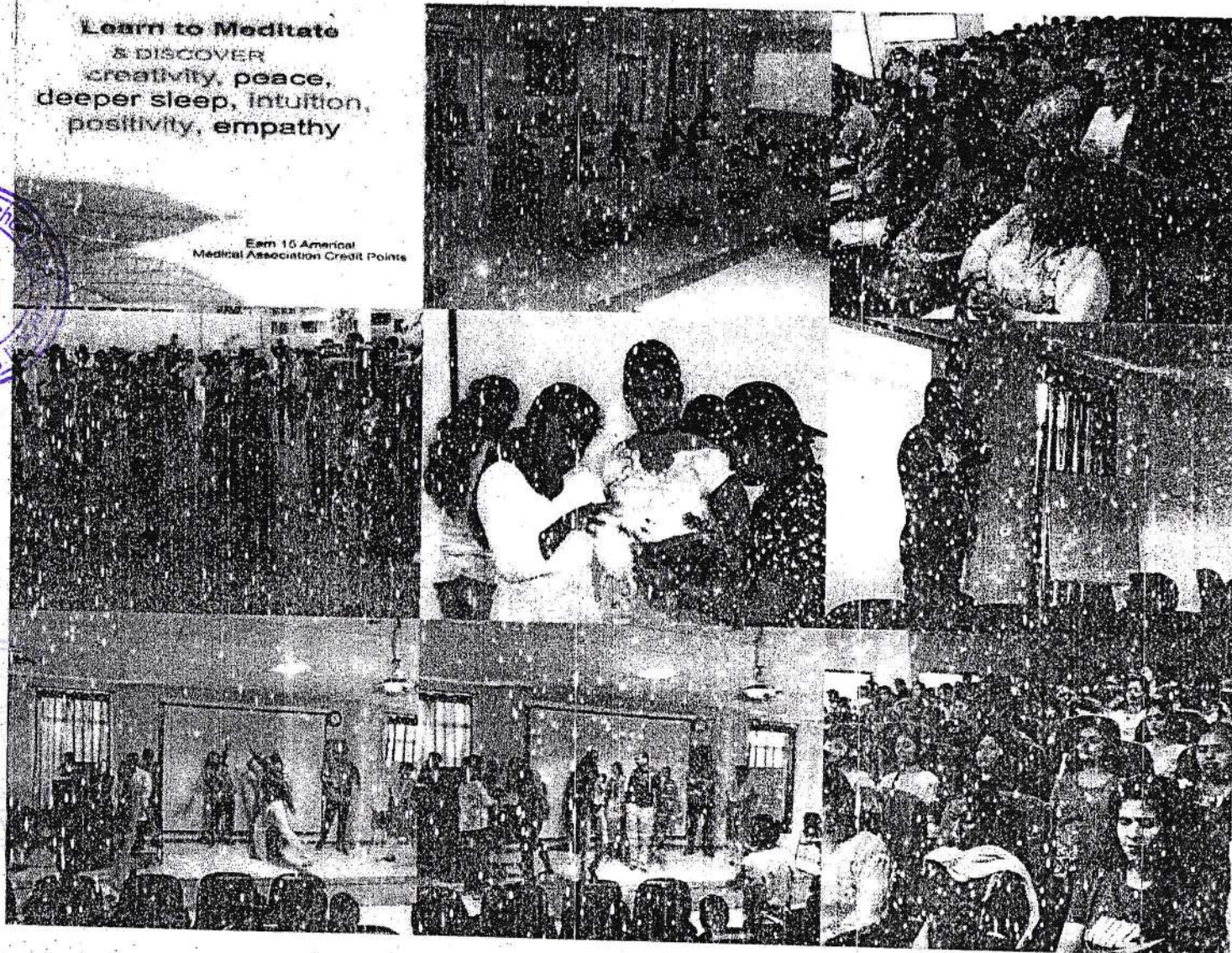
MGM School of Biomedical Sciences

Event - CME –Heartfulness

Conducted for Doctors and health professionals

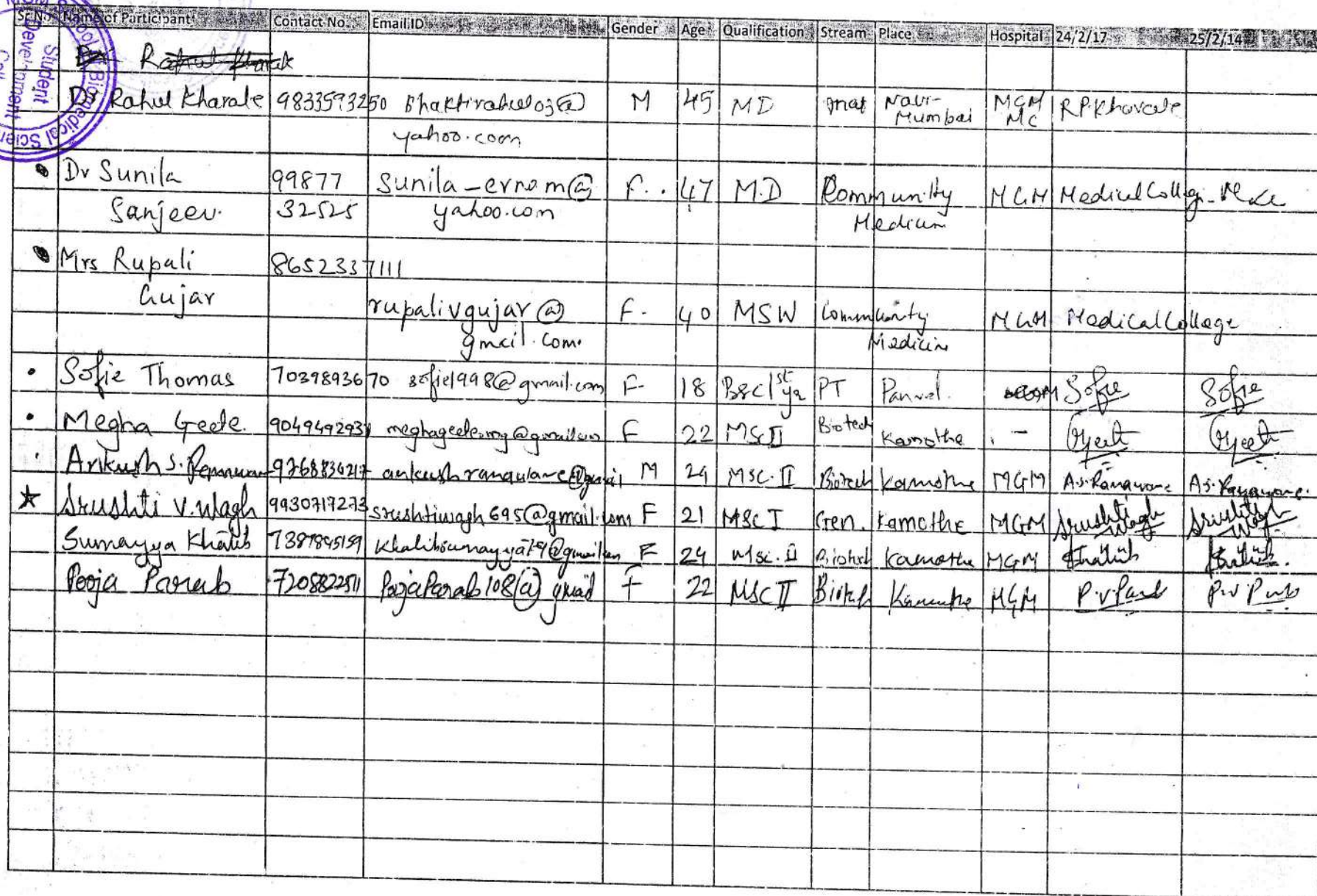
Learn to Meditate
& DISCOVER
creativity, peace,
deeper sleep, intuition,
positivity, empathy

Earn 16 American
Medical Association Credit Points



AID CANDIDATES

	Name of Participant	Contact No.	Email ID	Gender	Age	Qualification	Stream	Place	Hospital	24/2/17	25/2/14
Received	Dr. Vikas Saxena	9460043332	sahajdr.vikase@gmail.com	M	50	MBS	Ortho	Lilavati Hospital	FMER	Sub	Sub
Received	Dr. Girge D.Y.	9423465985	anurag_e_anurag@yahoo.com	M	43	BAMS		Ahmednagar			
Received	Dr. Girge A.D	9421588815	dattugirge@gmail.com	F	42	BAMS		Ahmednagar			
	Dr. Punshotham	9663901546	drpunshotham@gmail.com	M	32	DNB (Paediatrics)		Vellore			
MGM	Dr. Vineet K	9769604390	drvineetk@gmail.com	M	40	MDS	Perioperative	Mumbai			
MGM	Mr. Prabodh	977336131	prabodhmaras564@gmail.com	M	32	Ph.D	Arts	Mumbai			
MGM	Ms Shweta B.	7506162597	shweta.bhawar12@gmail.com	F	23	M.Sc	Bio.				
MGM	Nida Qureshi	9768853150	qureshinida3@gmail.com	F	23	M.Sc	Biochem				
Bandh	Dr. Rajesh Bardi	986706905	drrajeshbardi@gmail.com	M	42	MD (Hons)		Pune			
MGM	Dr. Rachana Bardi	976635305	drachanabardi@gmail.com	F	50	D-11 MD		Pune			
	Padmavati Chougale	897600310	padmavati123@gmail.com	F	36	M.Sc	Med. Sci.	Mumbai			
MGM	Dr A.D. Lihekar	9004433245	mgmmedicall@gmail.com	M	66	MD	Micro	MGM			



[illegible]

Sr No.	Name of Participant	Contact No.	Email ID	Gender	Age	Qualification	Stream	Place	Hospital	24/2/17	25/2/17
16	Dr. Gerakh Beble	8108208217	gorubeble@gmail.com	Male	24	IMDS	Endo	MGM DCH	Dental	Kulkarni	Kulkarni
17	Dr. Sneha	8108496035	drsneshaw9@gmail.com snehakatam.id@gmail.com	Female	26	IMDS	Endo	MGM DCH	Dental	Waghmare	Waghmare
18	Ms Swati Sameleti	9930621107	samaletiswati@gmail.com	Female							
19	Ms Eesha Mody	9769443539	drmaheshmody@yahoo.com / sweeteesha@gmail.com	Female							
20	Dr. Nikita Sinha	9769684727	nikitasinha123@gmail.com	Female							
21	Dr. Pothiraj P	9769497441	pothirajpt@gmail.com	Male		MPT		Kamath			
22	Dr. Shruti Nair	9769323125	shrutinair2008@gmail.com	Female		II		MGM LOP			
23	Dr. Monal Shah	9769436419	shahmonal09@gmail.com	Female		MPT		Kamath			
24	Dr. Kanika Bansal	9769299252	kanika421@gmail.com	Female		MPT		Kamath			
25	Mr. Viral Sarviaya	9987667828	17veeral@gmail.com	Male	21	3rd BPT	EPT	MGM	Physio		
26	Ms. Kukreja Anmol Shankarla	9766060108	kukrejaanmol5@gmail.com	Female							
27	Ms. Manisha Gulshan	9820215450	masandmanisha@gmail.com	Female	21	2nd BPT	BPT	MGM	Physio		
28	Ms. Indrani Sarode	9869836870	sarodeindrane@gmail.com	Female	21	4th BPT	BPT	M.G.M.	Physio	Narain	
29	Ms. Ninisha Patil	9820264927		Female	20	2nd BPT	BPT	MGM	Physio		
30	Dr. Mansee Thakur	9769909212	mansibiotech79@gmail.com	Female	38	Biotech	BT	MGM	SBS		
31	Dr. Mini Mol	9819404596	drminisreeraj@gmail.com	Female	38	Anatomy	Anatomy	MGM	SBS		
32	Dr. Sumi Elizabeth	7498296118	dr.sumi.elizabeth@gmail.com	Female	30	Anatomy	Anatomy	MGM	SBS		
33	Dr. Meenalini Gaikwad	9594896522	drmrinalgaikwad@gmail.com	Female	27	Medicine	Medicine	M.G.M.	SBS		
34	Mrs Renuka Bhosale	9029431393	bhoslerenuka@yahoo.com	Female	38	SBS	Comp	MGM	MGM		



CME Workshop Data

Workshop Date

Workshop Place

Coordinator

Conducted by

Participants Data

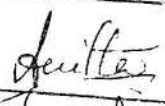
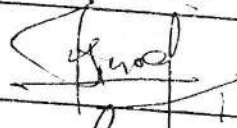
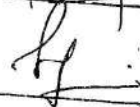
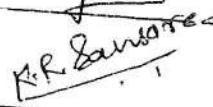
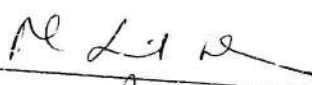
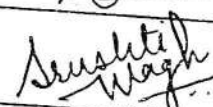
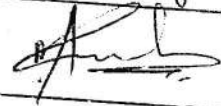
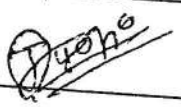
Sr No.	Name of Participant	Contact No.	Email ID	Gender	Age	Qualification	Stream	Place	Hospital	24/2/17	25/2/17
1	Mrs. Swati More	8108928822	swatimane2007@gmail.com	Female	30	MSc. Nsg	CVTS	Kamothe, Navi Mumbai	MGM	<i>[Signature]</i>	
2	Mrs. Renu Nagar	9222281939	renunagar009@gmail.com	Female	30	MSc Nsg	OBC	Kamothe	MGM	<i>[Signature]</i>	<i>[Signature]</i>
3	Mrs. Sunitha John	9594598883	sunithapynada12@gmail.com	Female	29	MSc Nsg	Nsg	Kamothe	MGM	<i>[Signature]</i>	<i>[Signature]</i>
4	Mrs. Anna Hima <i>Thomas</i>	9004961439	annahimathomas@gmail.com	Female	29	MSc Nsg	Nsg	Kamothe	MGM	<i>[Signature]</i>	<i>[Signature]</i>
5	Mrs. Remya Philip	9870792280	danphilips@rediffmail.com	Female	31	BSc Nsg	Nsg	Kamothe	MGM	<i>[Signature]</i>	<i>[Signature]</i>
6	Mrs. Anitta Collins	8976040445	anittacollins@gmail.com	Female	29	MSc Nsg	Nsg	MGM MIDC	MGM	<i>[Signature]</i>	<i>[Signature]</i>
7	Ms. Lijo John	8850409081	lijochn.18@gmail.com	Female	24	MSc Nsg	Nsg	MGM MIDC	MGM	<i>[Signature]</i>	<i>[Signature]</i>
8	Ms. Kshama Sansare	8632369966	kshamasansare1985@gmail.com	Female	30	MSc Nsg	Nsg	MGM MIDC	MGM	<i>[Signature]</i>	<i>[Signature]</i>
9	Mr. Vinod Kumar Prajapati	8286669234	vinodkmr13579@gmail.com	Male	25	MSc Nsg	Nsg	MGM MIDC	MGM	<i>[Signature]</i>	<i>[Signature]</i>
10	Dr. Sabita Ram	9821027613	drsabita53@gmail.com	Female	63	MDS	Dental	Kamothe	Dental	<i>[Signature]</i>	<i>[Signature]</i>
11	Dr. Vanitha Shenoy	9167629730	vanithashenoy@gmail.com	Female	54	BDS MDS	Dental	Kamothe Navi Mumbai	MGM DCH	<i>[Signature]</i>	<i>[Signature]</i>
12	Dr. Manjeet Mapara	9819669326	manjeetmapara@rediffmail.com	Male							
13	Dr. Javeeta Verma	9819246333/ 9918300497	javeetaverma@gmail.com	Female	24	BDS MDS	Dental	Kamothe	Dental	<i>[Signature]</i>	
14	Dr. Priyanka Tidke	9922225255	drpri07@gmail.com	Female							
15	Dr. Pooja Bhavs	9324799597	poojabhavs92@gmail.com	Female	25	MDS	Dental	TAGMD CH	MGM	<i>[Signature]</i>	<i>[Signature]</i>

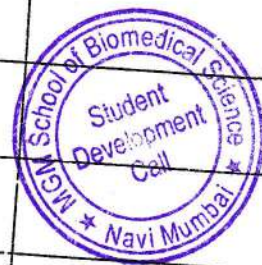


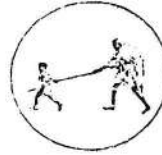
Name	Dept	Sign
Dr VIKAS SAXENA	ANATOMY	
Punshotham	JLNMC-AJMER (Raj)	<i>[Signature]</i>
Manisha Masand	Veilane	<i>[Signature]</i>
Ninisha Patil	BPTH	Mr.
Viral Sarwaiya	BPTH	NSPATIL
Inndrani Sarode	BPTH	<i>[Signature]</i>
DR. VINEET KINI	PERIODONTICS MGMDENTAL	<i>[Signature]</i>
Dr. Sneha Waghmare (PG)	PERIODONTICS MGM (DEANAC)	<i>[Signature]</i>
Dr Pankaj Gupta	Dthopaedics	<i>[Signature]</i>
Dr. Mini Mol	Dept of Anatomy	<i>[Signature]</i>
Dr. Suavi Elizabeth	Anatomy	<i>[Signature]</i>



(4)

Name	Dept	Sign
Mrs. ANITA COLLINS	MSc. Nursing	
Mr. Vinod Kumar Prajapat	MSc. Nursing	
Mrs. Lijo John	M.Sc Nursing	
Mrs. Kshama Sansare	M.Sc Nursing	
DR. Reehana Barde	Pharm	
Dr. Sumit Sagar	P.S.M	
Mrs. Rupali Gujar	PSM	
DR. LALITA CHAMN	Anatomy	
SRUSHTI V. WAGH	MSc. Med. Genetics	
Akshata Raksh	MSc. Med. Biotech.	
Jyoti. H. Kanoojiya	B.Sc. FM (PT)	





MGM INSTITUTE OF HEALTH SCIENCES's
(A Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

MGM Institute's University Department of Biomedical Sciences

Ref No: SBS/17/02/ 136

Date:-15/02/2017

To,
The Hon'ble VC,
MGMIHS
Kamothe, Navi Mumbai.

Through Proper Channel

Subject: Budget planning for CME-Tuning in to your Heart scheduled for 24th and 25th of February

Respected Sir,

This is to bring to your kind attention that MGMIUDBS is organizing the subject CME. Request your sanction for the following items / logistics.

Day 1 & 2:-

1. Refreshments:-Cost about - Rs. 20,000/- per day
 - o Breakfast - Time - 8.30 am - Tea and snack
 - o Tea break - Time 11.40am - Tea and biscuits
 - o Lunch - Time 1.30 pm
 - o Tea break - Time 4pm - Tea and biscuits
2. Certificates :-Cost about - Rs.85,000/-
 - o No. of Certificates - 85 nos.
 - o Cost per head Rs. 1000/-
3. Other expenses :-Cost about - Rs.5000/-
 - o Flower Bouquets for dignitaries on the stage - 5 nos.
 - o Flowers for lamp
 - o Small Bisleri (500ml) water bottles for stage and dignitaries - about 25 bottles
 - o Memento during vote of thanks - depending on the number of speakers (abt 10-12)
 - o Notepad & Pen-100 no.

Director - 8151



MGM Institute Of Health Sciences

INWARD NO. 247

DATE: 15/2/17

Approved

Annexure 1

Expenditure	Amount Rs.		Income	Amou
	To be Borne by MGMSBS	To be Borne by MGMIHS		
Printing of banner and stationery	6345		6 registrations(external)	600
Lunch and refreshments (4 days)	39740			
ME certificates (48 nos)		48000		
Total	46085	48000		600



Name	Dept	Sign
Mr. Renuka Y. Bhosle	IUDBS	<u>R. Bhosle</u>
Mrs Swati More	MGM IUDN	<u>Swati</u>
Mrs Renuka Nagas	MGM IUDN	<u>Renuka</u>
Mrs Remya Philip	MGM IUDN	<u>Remya</u>
Mrs Anna Hima Thomas	MGM IUDN	<u>Anna</u>
Mrs. Sunitta John	MGM IUDN	<u>Sunitta</u>
Dr. Gorakh Beble	MGM DCH	<u>Gorakh</u>
Dr. Pooja Bhane	MGM DCH	<u>Pooja</u>
DR Sahita M Ram	MGM DEWTA	<u>Sahita</u>
Dr. Vanitha Ushany	MGM Dental College	<u>Vanitha</u>
Dr. Girge Dattatraya	Ahmednagar Ayurved	<u>Girge</u>
Dr Girge Archana	Ahmednagar Ayurved	<u>Archana</u>
Dr. Jayeeta Verma	MGM Dental College	<u>Jayeeta</u>
Santosh Kumar Sah	MGM physiology Department	<u>Santosh</u>
Mr. Prakash V. Mane	MGM Medical Anatomy	<u>Prakash</u>
Mr Yogesh N. Patil	MGM SBS - Biotechnology	<u>Yogesh</u>





MGM School of Biomedical Sciences

Event - Intl yoga day
Conducted for UG & PG students



Yoga day Program June 2017

Workshop Date

27th June 2017

Workshop Place

MGM, Kamothe, Navi Mumbai

Coordinator

Dr. Mansee Thakur

Conducted by

Dr. Mohandas Hegde

Participants Data

Sr No	Name of Participant	Contact No	Email ID	Gender	Age	Qualification	Stream
1	Dr. Mansee Thakur	9769509212	mansibiotech79@gmail.com	Female	38	biotech	Allied health sciences
2	Mrs Himanshu Gupta	9969000051	himanshug@gmail.com	Female	42	ph.d scholar	Allied health sciences
3	Ms. Smital Kulkarni	8898172719	smitalkulkarni20@gmail.com	Female	26	phd scholar	Allied health sciences
4	Mrs Poonam Patil	8879326770	poonamparth14@yahoo.in	Female	33	pursuing Msc	Allied health sciences
5	Yogesh Patil	9987227503	yogeshrana1712@gmail.com	Male	24	BE	Allied health sciences
6	Dr. Mini Mol	9819404596	drminisreeraj@gmail.com	Female	38	anatomy	BAMS
7	Dr. Sumi Elizabeth	7498296118	dr.sumi.elizabeth@gmail.com	Female	30	anatomy	BHMS
8	Mrs Renuka Bhosale	9029431393	bhoslerenuka@yahoo.com	Female	38	sbs	Nursing
9	Garish Pai	8424023649	garish.pai123@gmail.com	Male	29	SSS	Biotech
10	Dr. Madhavi Maskar	9819396116	madhavamaskar@gmail.com	Female	40	MD	Health Medical
11	Mrs. Rupali Gujar	8652337111	rupaliguja@gmail.com	F	40	M.B.W	—
12	Anil Chandra Khemare	9819700366	anil.chandra123@gmail.com	Male	28	B.Sc. IT (Hospital)	IT (Hospital)
13	Dr. Yashoda Rattimani	9969642925	yashoda.ravinder@yahoo.com	Female	42	Physiol	Medical
14	Dr. Reta M. Khadkulkar	9619592074	retakulkar@gmail.com	F	43	Physiology	Medical

Sl No	Name of Participant	Contact No	Email ID	Gender	Age	Qualification	Stream
15	Akshata Rakesh.	9821830802	rakshatakshate18@gmail.com	Female	21	M.B.B.S. I	Med B FDTech
16	Dr. Archana Mishra	8605595389	archu.w1@gmail.com	Female	36	Ph.D.	Hospital Administration
17	Dr. Rita Abbi	9821510167	abbi.rita@gmail.com	Female	58	Ph.D.	Biostatistics
18	Dr. RAJESH S. C. F.L.	9821510167	raj1971@gmail.com	M	45	M.D.	Medicine
19	Dr. R. P. Dixit	9821510167	dr.rp.dixit47@gmail.com	M	69	Ph.D.	Med. di' b sci.
20	Dr. V. K. SURI	9819333575	surivk411@gmail.com	M	65	Ph.D.	Post Bacc
21	Ms. Philomena W'silva	9930213155	enemariola65@gmail.com	F	44	Graduate	Staff
22	Ms. Feby Sam	9819079356	feby.sam619@gmail.com	F	23	Graduate	Nursing
23	Ms. Neethu Main Varghese	9594017187	achsanineethu@gmail.com	Female	28	M.Sc.	Nursing
24	Ms. Vaasha S. Patil	9594971956	vaashasunjay2009@gmail.com	F	39	Graduate	MAMMC
25	Mrs. Ramea Philip	9987573373	ramya.austin@yahoo.com	F	32	Graduate	Nursing
26	Ms. Manju Anna Varghese	9930784133	manjuanna@hotmail.com	F	30	B.Sc.	Nursing
27	Ms. Shreya Thampy	7829519573	shreyathampy@gmail.com	F	26	M.Sc.	Nursing
28	Ms. Priyanka Baryjee	8169112567	priyanka.baryjee1712@gmail.com	F	32	M.Sc.	Nursing
29	Mr. Karantha V	772680205	karantha.karantha@gmail.com	F	29	M.Sc.	Nursing
30	Mrs. Anuradha Harichandran	9562391740	kharishu@gmail.com	F	30	M.Sc.	Nursing
31	Dr. Santosh Gaware	9833854058	santoshgaware27@yahoo.in	M	31	MBBS, MD	MEDICAL college
32	Dr. Umita Singh	7833990948	umitasingh3178@gmail.com	M	39	MBBS MD	" "
33	Dr. R. S. Inardar	9322339102	dr.ravindhar@gmail.com	M	65	MBBS MD	MAM Med coll, AM
34	Dr. M. M. Padhye	9819927179	mmpadhye@gmail.com	F	48	MBBS DA	MGM MC.
35	Dr. Prabhakar Patil	986922472	prabhakar.patil@gmail.com	M	6	MBBS, MD	"

HOTMATIC

MGM School

Student Development Cell
Navi Mumbai

Sr No	Name of Participant	Contact No	Email ID	Gender	Age	Qualification	Stream
36	Dr. Anjali Sabnis	982049336	dranjus1003@yahoo.com	F	42	MD	Medical College
37	Dr. Sumi Elizabeth Perry	7498296113	dr.sumi-elizabeth@gmail.com	F	30	Ph.D. (Present)	
38	Dr. Mini M. P.	9819404596	dr.mini.m.p@gmail.com				
39							
40							
41							
42							
43							
44							
45							
46							
47							
48							
49							
50							



MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

Sector 1, Kamothe Navi Mumbai-410209, Tel.No.:022-27437631,27432890

Email: sbsnm@mgmhuhs.com / Website: www.mgmshsnm.edu.in

Ref. No.: SBS/17/6/ 772

Date:24/06/2017

- To:
1. Dean, MGM Medical College, Navi Mumbai
 2. Dean, MGM Dental College & Hospital, Navi Mumbai
 3. Director, MGM School of Physiotherapy, Navi Mumbai
 4. Director, MGM School of Nursing, Navi Mumbai
- 24/6/17
- 24/6/17
- 24/6/17

Sub: Celebration of International Yoga day.

Dear Sir/Madam,

As per the university letter no. MGM/01/A56/2017 dated 20th June 2017 to celebrate International Yoga Day, MGM School of Biomedical Sciences has organized a session for all students, faculty and non teaching staff of all Constituent Units of MGMIHS on 27th June, 2017 as follows:-

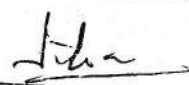
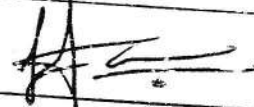
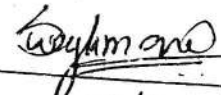
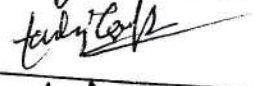
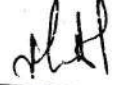
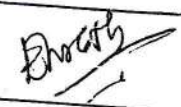
Title : Yoga and Spirituality at Workplace
Speaker : Dr. Mohandas Hegde, Director, Centre for Research Education Sadhana and Training, Bangalore
Venue : Room Opposite to Academic Section, 3rd floor, MGMIHS, Navi Mumbai
Time : 10.00am to 11.30am.


MGM School of Biomedical Sciences
I/C Director
MGM School of Biomedical Sciences
Kamothe, Navi Mumbai

Copy for information to:

1. Hon'ble Vice Chancellor, MGMIHS, Navi Mumbai
2. Pro Vice Chancellor, MGMIHS, Navi Mumbai
3. Pro Vice Chancellor (Research), Navi Mumbai
4. Registrar, MGMIHS, Navi Mumbai
5. Deputy Registrar, MGMIHS, Navi Mumbai



Name	Dept	Sign
Dr VIKAS SAXENA	ANATOMY	
Punshotham	JLNMC-AJMER (Raj)	
Manisha Masand	Veilore	
Winisha Patil	BPTH	Mr.
Viral Sarwaiya	BPTH	NSPATIL
Inndrani Sarode	BPTH	
DR. VINEET KINI	PERIODONTICS MGM DENTAL	
Dr. Sneha Waghmare (PG)	PERIODONTICS MGM (DENTAL)	
Dr Pankaj Gupta	Dentopaedics	
Dr. Mini Mol	Dept of Anatomy	
Dr. Suavi Elizabeth	Anatomy	



Name	Dept	Sign
Ankur S. Ranawana	Med. Biotech.	A.S. Ranawana.
Bhagyashree More	Med. Biotech	B.B. more
Megha S Geete	Med. Biotech	Geete
Pallavi A. Pole	Med Biotech	Pallavi
Pooja Raul	Med Biotech	P. Raul
Pooja Parab	Med Biotech	P.P. Parab
Sumayya Khalib	Med. Biotech	Sumayya
Poonam Patil	Med Biotech	Patil
Smital Kulkarni	Med Biotech(CRI)	Smital
Himangshu Gupta	CR2	HG
Dr. Minalini S. Gadgil	Aravind	M. Gadgil
Dr. Rahul Khavale	Aravind	R. Khavale
Harshada Vilas Kadam.	P.Y. B.S.C. [MIT]	H. Kadam.
Ashwini Gangaram Devkar.	P.Y. B. Sc. OPTM	A. Devkar
Ambika Kotiwale	P.Y. B. Sc. Optometry	Ambika.
Rutuja D. Patil	P.Y BSC (PT)	Rutuja



Name	Dept	Sign
Mr. Renuka Y. Bhosle	IUDBS	<u>R. Bhosle</u>
Mrs Swati More	MGM IUDN	<u>Swati</u>
Ms Renu Nagas	MGM IUDN	<u>Renu</u>
Mrs Remya Philip	MGM IUDN	<u>Remya</u>
Mrs. Anna Hima Thomas	MGM IUDN	<u>Anna</u>
Mrs. Sunitta John	MGM IUDN	<u>Sunitta</u>
Dr. Gorakh Beble	MGM DCH	<u>Gorakh</u>
Dr. Pooja Bhare	MGM DCH	<u>Pooja</u>
DR Sahita M Ram	MGM DENTAL	<u>Sahita</u>
Dr. Vamtha Ushary	MGM Dental College	<u>Vamtha</u>
Dr. Girge Dattatraya	Ahmednagar Ayurved	<u>Dattatraya</u>
Dr Girge Archana	Ahmednagar Ayurved	<u>Archana</u>
Dr. Jayeeta Verma	MGM Dental College	<u>Jayeeta</u>
Santosh Kumar sah	MGM physiology department	<u>Santosh</u>
Mr. Prakesh V. Mane	MGM Medical Anatomy	<u>Prakesh</u>
Mr Yogesh N. Patil	MGM EBS - Biotechnology	<u>Yogesh</u>





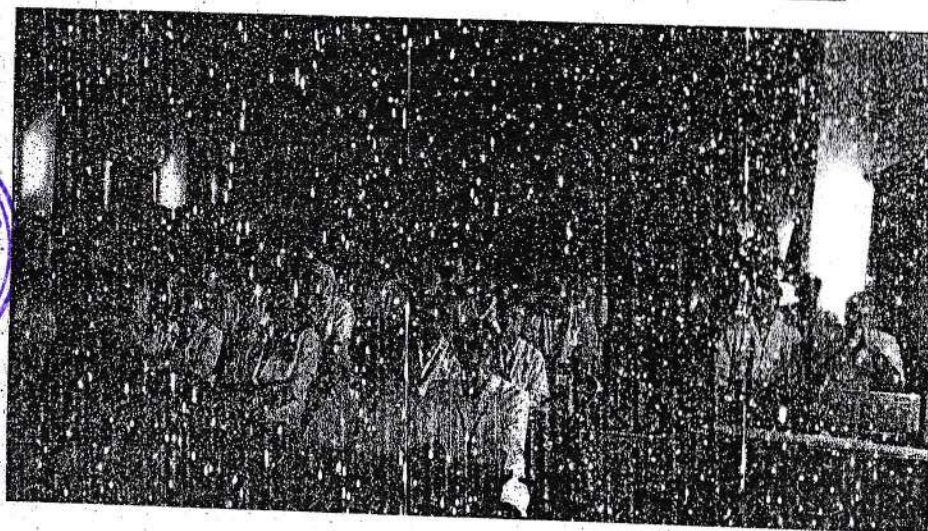
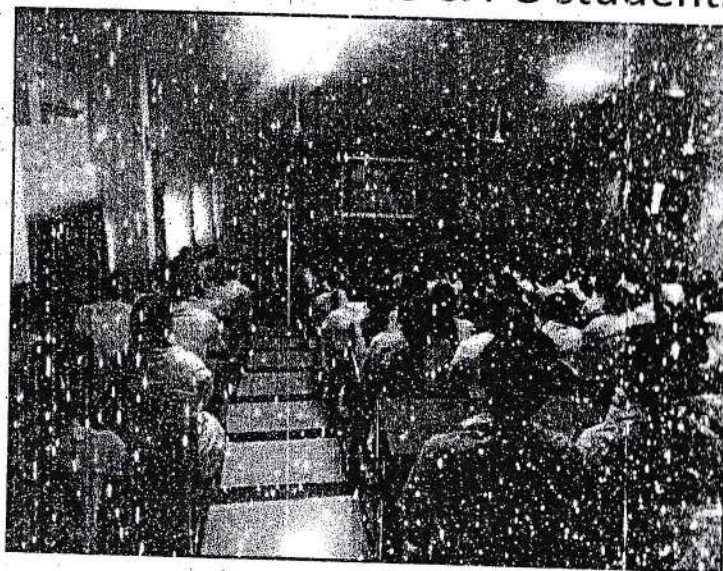


MGM School of Biomedical Sciences

Heartfulness Master class

2nd -4th January 2017

Conducted for UG & PG students



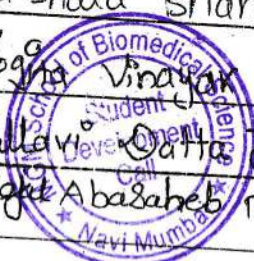
107 24/17 31/17

Meditation

Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department/ Stream Name	
Ashwini Gangaram Devkar.	<u>A.Devkar</u>	<u>A.Devkar</u>	<u>A.Devkar</u>	agdevkar5@gmail.com	9967292291	F.Y.B.Sc.OPTM	F
Harshada Vilas Kadam.	<u>H.Kadam</u>	<u>H.Kadam</u>	<u>H.Kadam</u>	harshadakadam1605@gmail.com	8692022602	F.Y.B.Sc.MIT	F
Uzma Shriwardhankar	<u>Uzma</u>	<u>Uzma</u>	<u>Uzma</u>	ushri2711@gmail.com	8433609871	F.Y.B.Sc.MIT	F
Adiba Shaikh	<u>A.Shaiikh</u>	<u>A.Shaiikh</u>	<u>A.Shaiikh</u>	adibashaikh57@gmail.com	8097087614	F.Y.B.Sc.OPTM	F
Priti S. Thokul	<u>P.Thokul</u>	<u>P.Thokul</u>	<u>P.Thokul</u>	pritiithokul02@gmail.com	9967524313	F.Y.B.Sc.MIT	F
Shraddha Ashok Belote	<u>S.Belote</u>	<u>S.Belote</u>	<u>S.Belote</u>	shraddhabelote@gmail.com	7400380717	F.Y.B.Sc.OPTM	F
Kajal Vinod Sonkar	<u>K.Sonkar</u>	<u>K.Sonkar</u>	<u>K.Sonkar</u>	kajalsonkar43@yahoo.in	9821038699	F.Y.B.Sc.MLT	F
Namrata Banshal Bind	<u>N.Bamrata</u>	<u>N.Bamrata</u>	<u>N.Bamrata</u>	namratabind157@gmail.com	8828451389	F.Y.B.Sc.PT	F
Akshita Nagesh Poojari	<u>A.Poojari</u>	<u>A.Poojari</u>	<u>A.Poojari</u>	akshunpoojari@gmail.com	7028139052	F.Y.B.Sc.OPTM	F
Glenita Victor Menezes	<u>G.Menezes</u>	<u>G.Menezes</u>	<u>G.Menezes</u>	glenita.menezes@rediffmail.com	7276775889	F.Y.B.Sc.OPTM	F
Jagruti Jawale	<u>J.Jawale</u>	<u>J.Jawale</u>	<u>J.Jawale</u>	jagrutijawale@rediffmail.com	7588312596	F.Y.B.Sc.MLT	F
Santoshi Bhayat	<u>S.Bhayat</u>	<u>S.Bhayat</u>	<u>S.Bhayat</u>	SantoshiBhayat1203@gmail.com	845091394	F.Y.B.Sc.OPTM	F
Mamta Epili	<u>M.Epili</u>	<u>M.Epili</u>	<u>M.Epili</u>	mamtaepili99@gmail.com	8898684973	F.Y.B.Sc.MLT	F
Tejashree Mambale	<u>T.Mambale</u>	<u>T.Mambale</u>	<u>T.Mambale</u>	tejumambale08@gmail.com	9819854780	F.Y.B.Sc.MLT	F
Prachitee Mhatre	<u>P.Mhatre</u>	<u>P.Mhatre</u>	<u>P.Mhatre</u>	Prachiteemhatre24@gmail.com	9623641526	F.Y.B.Sc.DT	F



Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name	
Siddhi Sanjay Ghogare	Sghogare	Sghogare	Sghogare	siddhi.ghogare 11@gmail.com	9435568180	OT / AT	
Poorva Prakash Bobhate	Poorva	Poorva		Poorva Bobhate 17@gmail.com	8898518851	OT & AT	
Shajma. J. Diwan	Shajma	Shajma	Shajma	Shajma1786@gmail.com	9890481626	Optometry	
Tyoti. H. Kanoojiya	Tyoti	Tyoti	Tyoti	Tyoti.h.kanoojiya@gmail.com	9820091367	P.T	
Gawand Ruchita M.	Gawand	Gawand	Gawand	Ruchi.gawand 12@gmail.com	9921020297	D.T	
Paril Laita. M	Paril	Paril	Paril	lailtap 183@gmail.com	9029137826	MJT	
Salve. Priya. D.	Salve	Salve	Salve	priyadsalve 03@gmail.com	8152002681	MLT	
Shilpa Sudhakar Kumbale	Shilpa	Shilpa	Shilpa	Shilpa Kumbale 3@gmail.com	9594186894	MLT	
Rutuja Bedekar	Rutuja	Rutuja	Rutuja	rutupartha172@gmail.com	8422087616	Optometry	
Monika Joshi	Monika	Monika	Monika	monikaj262@gmail.com	7983239762	DT	
Harshala Bhangare	Harshala	Harshala	Harshala	bhangareharshala@gmail.com	8108011230	DT	
Yogita Vinayak Kasbe	Yogita	Yogita		Yogita Kasbe 12@gmail.com	9594644580	MLT	
Pallavi Datta Jaulkar	Pallavi	Pallavi	Pallavi	pjaulkar88@gmail.com	8605202826	MLT	
Kajal Abasaheb Mate	Kajal	Kajal	Kajal	Kajalmate.6@gmail.com	9015174240	DT	



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Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name
Darshan D. Doshi	1/2/17					
Darshan D. Doshi	1st	2nd	3rd	Darshan Doshi1998 @gmail.com	7744810326	
Kalpesh Y. Mhatre	Kmhatre	Kmhatre	Kmhatre	Kalpesh mhatre123.km@ gmail.com	7506868036	
YADAV AKHILESH PAPPURAM	A.KY	A.KY	A.KY	akhileshy454@gmail.com	9664741496	
GAVIT RONIT . B. .	Ronit	Ronit	Ronit	ronitg977@gmail.com	9404423872	
Dhuma Dhananiy . S.	Dhuma	Dhuma	Dhuma	DhananiySDhuma@gmail.com	9657558066	
Chaudhari Vishwanath . H.	Vishwanath	Vishwanath	Vishwanath	Vishwanathchaudhari@gmail.com	9004822821	
Tupsundar Suresh Baban	Suresh	Suresh	Suresh	sureshtupsundar95@gmail.com	8108226858	
Pornima Prabhakar Birtakke	Birtakke	Birtakke	Birtakke	birtakkepornima@gmail.com	9702345838	
Khade Harshad Ram	RKhade	RKhade	RKhade	harshadKhade159@gmail.com	808778847	
Sherkhane Seema Ashok	Seema	Seema	Seema	seemasherkhane12345@gmail.com	8692825710	
Shubhangi Padil			Spadil	Shubhangipadil552@gmail.com	8698852720	MIT



Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Moblie	Department / Stream Name
Mayur S. Thakur	1/02/17			mayur.		
Mayur S. Thakur	1/02/17	1/02/17	-	mayurthakur489@gmail.com	9869851392	
Sufyan Ahmad	1/02/17	1/02/17	1/02/17	s.fyankoh@gmail.com	7767041579	
Nikhil Bhavsar	1/02/17	1/02/17	1/02/17	BhavsarNikhil@gmail.com	9209038026	
Jaynarayan Thakur	1/02/17	1/02/17	1/02/17	JNSharma620@gmail.com	9022194898	
M. Santosh Kumar Singh	1/02/17	1/02/17	1/02/17	Santoshkumar@gmail.com	8291741667	
Surat Singh	1/02/17	1/02/17	1/02/17	Suratssing50@gmail.com	8419909438	
Ambika Kotiwale	1/02/17	1/02/17	1/02/17	Ambika-Kotiwale@rediffmail.com	9869657592	
Bhaqashu Bhaqwad	1/02/17	1/02/17	1/02/17		70396310	

24/17 31/17

Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name
Aniket Ashok Desai	AD	AD	AD	aniketdesai646@gmail.com	8652800120	
Belisymool Raju	B	B	B	Belsymol@gmail.com	8433872147	
Jeena Kuriakose	J	J	J	jeenakphaduvil@gmail.com	8808071354	
Rathod. Yogesh kumar	Y	Y	Y	SNVYogesh@gmail.com	9959447721	
Manu. John	M	M	M	manujinu2429@gmail.com	8655784093	
Shubham Ghay	S	S	S	shubhamghay707@gmail.com	8879432822	
Abhishek Prakash Khamkar	A	A	A	Abhishek Khamkar3@gmail.com	8769164794	
Siddhant Raut	S	S	S	Siddhant.raut00@gmail.com	8308675679	
Ifran Qazi .	I	I	I	qaziifrah23@gmail.com	9769077489	
Adhishan S. Jwale	A	A	A			
Manu John						
Koti Tausif Javed	K	K	K	Kotitaussif44@gmail.com	9768364134	
Ahmad Pandey	A	A	A		8976376059	



Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name
Pawar Krupali Santosh	Pawar	Pawar	Pawar	krupalipawar28@gmail.com	9930701047	B.Sc Paramedical
Mali Sayali Dilipkumar	Mali	Mali	Mali	sayalimali6536@gmail.com	9768242223	B.Sc Paramedical
Patil Rutuja Dnyaneshwar	Patil	Patil	Patil	patilrutuja1412@gmail.com	8898258944	B.Sc Paramedical
Mungekar Karuna Mangesh	Mungekar	Mungekar	Mungekar	karuna.mungekar24@gmail.com	9619269762	B.Sc Paramedical
Jhaveri Jai	Jhaveri	Jhaveri	Jhaveri	jhaverijai5@gmail.com	9665411439	B.Sc (PMS)
Adhikari Viray Paul	Adhikari	Adhikari	Adhikari	viraypaul316@gmail.com	9594693641	B.Sc (PMS)
Rasika Anand Wakode	Rasika	Rasika	Rasika	Rasikawakode001@gmail.com	8286808490	B.Sc (PMS)
Mohana Madhavan	Mohana	Mohana	Mohana	mona_madhavan@rediffmail.com	8097203601	B.Sc (PMS)
Chanchal Virkar	Chanchal	Chanchal	Chanchal	chanchalvirkar13@gmail.com	8652249410	B.Sc (PMS)
Sofie Thomas	Sofie	Sofie	Sofie	meet.sofie1998@gmail.com	7039893670	B.Sc Paramedical
Shubham Deepak Hadkar	Shubham	Shubham	Shubham	shubhamhadkar10@gmail.com	7045770270	B - OPTM.
Kansagra Chaykumar	Kansagra	Kansagra	Kansagra	chaykumarkansagra1@gmail.com	9628359310	B.Sc (PMS)
Gurjan Acharya	Gurjan	Gurjan	Gurjan	acharyagurjan5@gmail.com	7045033499	B.Sc - (CCT)
Akshay Vachhal	Akshay	Akshay	Akshay	akshayvachhal22@gmail.com	8108771361	B.Sc - (AT-OT)
Akshay B. Sonawane	Akshay	Akshay	Akshay	akshaysonawaneabs@gmail.com	9767529553	B.Sc - (CCT)



Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name	
Lubnah Rany Labbay	Lubnah	Lubnah		LubnahRany1997@gmail.com	9619904411	OT/AT	fe
Nishi Pravin Mehta	Nishi	Nishi		nijamehta@gmail.com	9981440443	OT/AT	fe
Nida Munaf Hafiz	Nida	Nida	Nida	nidahafiz04@gmail.com	9822206588	Optometry	fe
Tanzima Mansoor Hafiz	Tanzima	Tanzima	Tanzima	tanzimahafiz203@gmail.com	9637135992	Optometry	fe
Nagori Arshiya M. Rizwan	Nagori	Nagori	Nagori	nagoriarshiya2811@gmail.com	8976031472	Optometry	fe
Needa Barw Abdul Qayyum	Needa	Needa	Needa	nidadashai14768@gmail.com	94768978719	OT & AT	fe
Ankita Sharma	Ankita	Ankita	Ankita	sharma27ankita.as@gmail.com	8665574839	MIT	fe
Saniya Bhatkar	Saniya	Saniya	Saniya	saniya.bhatkar1998@gmail.com	8819393976	OT/AT	fe
Kuntal Chikhalekar	Kuntal	Kuntal	Kuntal	KuntalChikhalekar123@gmail.com	9892292013	MLT	fe
Priyanka Kamble	Priyanka	Priyanka	Priyanka	kambkpriyanka803@gmail.com	800716939	CC T	fe
Monica Kataria	Monica	Monica	Monica	katariamonica11@gmail.com	9326626200	MIT	fe
Bhullu Mani Marathe	Bhullu	Bhullu	Bhullu	bhullu.manimarathe	7218650356	OPTM	fe
Sherkhane Seema Ashok	Sherkhane	Sherkhane	Sherkhane	Sherkhane Seema12345@gmail.com	8692825240	MIT	fe
SALWA SHAIKH	SALWA	SALWA	SALWA	salwasshaikh148@gmail.com	8655040180	OT/AT	fe
MOOLSHAIKH BHASKAR	MOOLSHAIKH	MOOLSHAIKH	MOOLSHAIKH	moolshaikh9@gmail.com	9867830774	MIT	fe

[illegible]

Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name
KOMAL G. KUTHE.	<u>Kuthe</u>	<u>Kuthe</u>				
ADHISHRI S. JAWAKE	<u>A. Jawake</u>	<u>A. Jawake</u>			9910090902	
NEHA . R. HADKAR	<u>Nhadkar</u>	<u>Nhadkar</u>			869857 8968	
Shivani J. Nikam	<u>S. Nikam</u>	<u>S. Nikam</u>	<u>S. Nikam</u>	nehahadkar1998@gmail.com	9769197433	
Janani Rajagopal	<u>Janani</u>	<u>Janani</u>	<u>Janani</u>	Shivaninikam1399@gmail.com	9146857967	
Reshma Meeraj Shaikh	<u>R. Shaikh</u>	<u>R. Shaikh</u>	<u>R. Shaikh</u>	janani92409@gmail.com	8976111022	
Anuja .D. Kadam	<u>A. Kadam</u>	<u>A. Kadam</u>	<u>A. Kadam</u>	reshmashaikh1005@gmail.com	737876284	
Ankita . A. Bhagat	<u>A. Bhagat</u>	<u>A. Bhagat</u>	<u>A. Bhagat</u>	anuja . kadam 2057@gmail.com	9768255408	
SAROJ Juli	<u>Juli</u>	<u>Juli</u>	<u>Juli</u>		9045317106	
SHRUTI VAIDYA	<u>S. Vaidya</u>	<u>S. Vaidya</u>	<u>S. Vaidya</u>	SarojJuli@gmail.com	8850924512	
Reshma shedge.	<u>R. Shedge</u>	<u>R. Shedge</u>	<u>R. Shedge</u>	shrutivaidya2198@gmail.com	7303490021	
				reshushedge@gmail.com	9702606747	



Name*	1st Sitting (Y/N/ Date)	2nd Sitting (Y/N/ Date)	3rd Sitting (Y/N/ Date)	Email ID	Mobile	Department / Stream Name
Jasmin Banu Abdul Alim	Jasmin	Jasmin	Jasmin	Irfanbinkader1997@	9967882424	B.Sc MIT
Shahk Alhifa	Shahk	Shahk	Shahk	sk.shifa848@gmail.com	8108527969	B.Sc MIT
Rushali Nalawade	Albunde	Albunde	Albunde		9702330090	B.Sc opto
Vrushali Shinde	Vrushali	Vrushali	Vrushali	SVRushali747@gmail.com	8291743684	B.Sc MLT
Shilwant Snehal Badkrushna	Shilwant	Shilwant	Shilwant	ShilwantSneha@gmail.com	9387064711	
Shrutika Sanjay Khir't	Shrutika	Shrutika	Shrutika	ShrutikaKhirit99@gmail.com	7066547219	B.Sc MLT
Pooja shivaji chavan	Pooja	Pooja	Pooja	POOJASCHAVAN1999@gmail.com	8691872935	B.Sc MLT
Poonam Ramchandra Kumbhar	Poonam	Poonam	Poonam	Kumbhar Poonam @gmail.com	9892734295	B.Sc MLT
Patil Pooxana Tukaram	Patil	Patil	Patil	Patil Pooxana S6@gmail.com	7045494098	B.Sc MLT
Meghna Bankar	Meghna	Meghna	Meghna	Meghnabankar02@gmail.com	9029304001	B.Sc OTAT
Akshada Jagdish Patil	Patil	Patil	Patil	akshadapatil29@gmail.com	8879581329	B.Sc opto
Jayashree Ramdas Perat	Jayashree	Jayashree	Jayashree	Jayashree Perat@gmail.com	8087437178	B.Sc opto
Akshada Ashak Goje	Akshada	Akshada	Akshada	gojeakshada@gmail.com	7208578151	B.Sc OT-AT
Patil Tejaswini B	Patil	Patil	Patil	Tejaswini123@gmail.com	80975974	B.Sc MIT
Mhatre swapnita suresh	Mhatre	Mhatre	Mhatre	SwapnitaMhatre44@gmail.com	9702521626	B.Sc MIT

MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

Sector 1, Kamothe Navi Mumbai-410209, Tel.No.:022-27437631,27432890
Email: sbsnm@mgmuhhs.com / Website: www.mgmsbsnm.edu.in

Ref: 330/17/1783

Date: June 29, 2017

To,
The Registrar
MGMIHS
Kamothe, Navi Mumbai - 410 209.

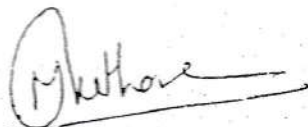
Sub: Yoga day program conducted on 28th June 2017

Dear Sir,

Please find attached the write up on yoga day program conducted by MGMSBS on 28th of June 2017 on account of "International Yoga day Celebration week".

Thanking you.

With Regards



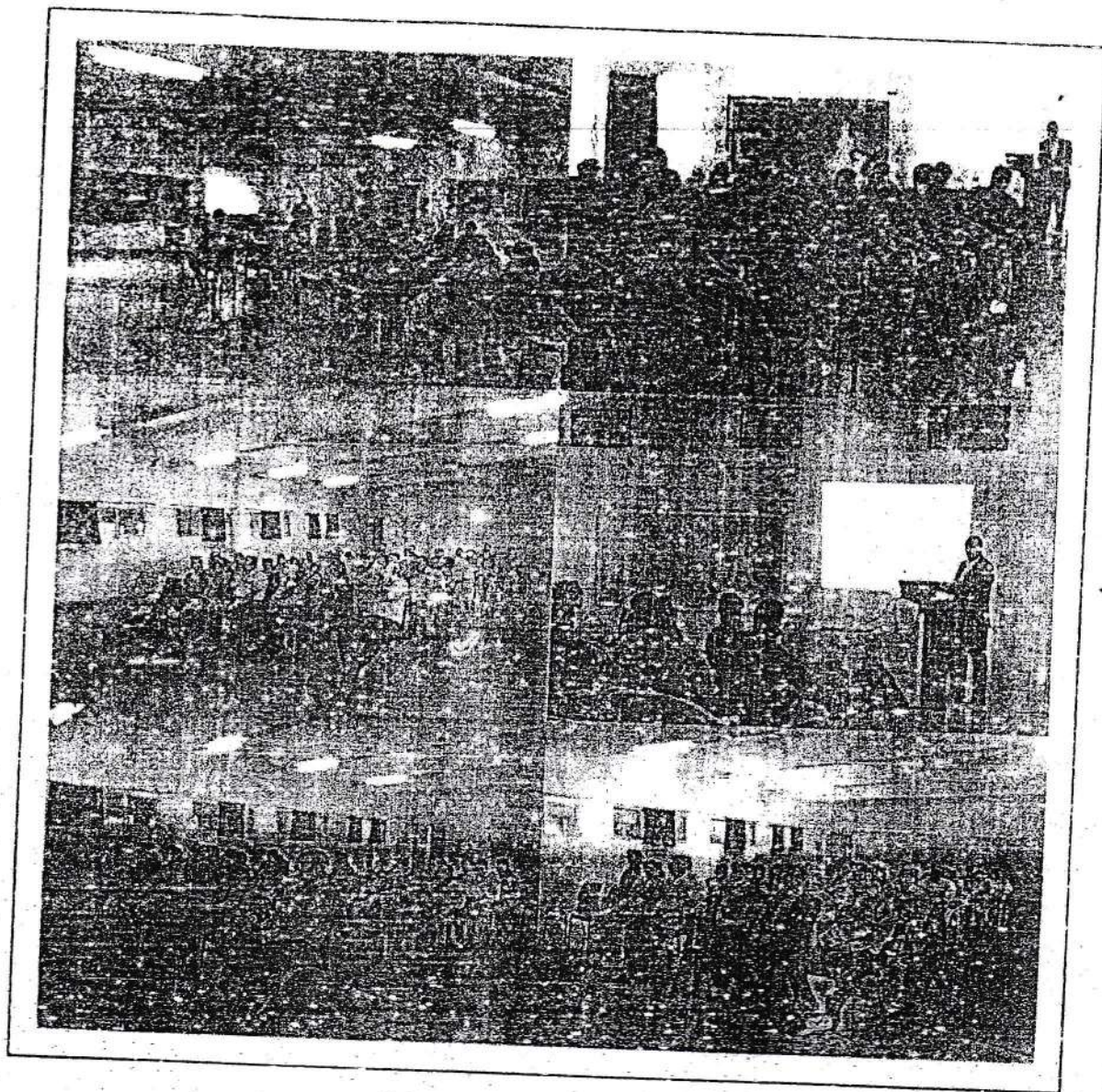
I/C Director
MGM School of Biomedical Sciences
Kamothe, Navi Mumbai

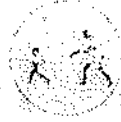
Director

MGM School of Biomedical Sciences

Encl: Photographs and write-up.







Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100. Fax: -0240-2484445, 2487727

E-mail: mgnmca@themgmgroup.com

Date: 21st April, 2018

To,

Dr. (Mrs) A.E. Pandav,

Center Incharge,

M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,

Aurangabad.

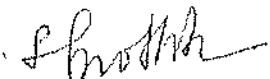
SUBJECT: Requesting the names of the Undergraduate Medical Students who attended the Yoga sessions held in Year 2017-18.

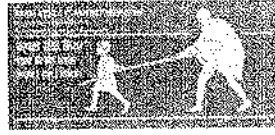
Madam,

Thank you for your support and co-operation in conducting the Yoga sessions in your Center for students of MGM Medical College, Aurangabad.

We request you to provide the names of all the Undergraduate Medical Students from MGM Medical College, Aurangabad who participated in these sessions for academic year 2017-18.

Thanking you for your anticipation.


Dean / Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD-431003

Phone No.0240-2482499, E-mail- mgm_naturo@rediffmail.com

Date : 29th April, 2018.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dated 21/04/2018 for the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2017-18

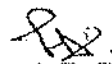
Respected Sir,

In response to your letter requesting the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2017-18.

I hereby attach the list of all the students who attended the sessions in our Institute.

Thanking you for your co-operation.

Yours Sincerely,


Dr. (Mrs) A.E. Pandav,
Center Incharge.

M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



List of Medical Students who attended
Yoga Sessions in Year 2017-18

1	Ayushi Pandey
2	Barsha Bharti
3	Akash Khanchandani
4	Apala Singh
5	Anshul Yadav
6	Ankit Hooda
7	Kartik Doshi
8	Ketki Naik
9	Rajat Chandak
10	Shamlee Bharuka
11	Snehal Dangad
12	Sayali Pachpor
13	Namrata Rai
14	Tanvi Sharma
15	Deepali
16	Monica Chand
17	Jatin Pawar
18	Anjali Nehra
19	Ridhi Gulati
20	Aditya Mishra
21	Jai Naik
22	Twisha Jain
23	Mehak Malhotra

24	Komal Dhage
25	Spriha Singh
26	Ankita Ghatge
27	Sahil Chowdhary
28	Ruturaj Divekar
29	Tanya Dabas
30	Kajal Gupta
31	Ibadat Singh
32	Revathi Bhuvaneshwaran
33	Pragya Tiwari
34	Parinda Patel
35	Mansi Parab
36	Akshat Mishra
37	Sushmita Rangdal
38	Neha Patil
39	Garima Sharma
40	Shivani Tamane
41	Debasis Priyadarsi Behera
42	Karan Choudhary
43	Shubham Kewalramani
44	Zohaib Hasan
45	Disha Maske
46	Neeta Shroff
47	Omkar Nila
48	Srishthi Choudhary

49	Ashwini Kale
50	Diksha Arora
51	Anshul Singh
52	Sanya Awasthi
53	Shipra Bharadwaj
54	Melissa Singh
55	Manasvi Choudhary
56	Rashi Abrol
57	Farah Peshtonji
58	Antara Dutta
59	Palakpreet Gill
60	Manvi Dhingra
61	Shreeyanjali Acharya
62	Jatin Bindra
63	Sheetal Dube
64	Mohini Eklare
65	Pratiksha Kachru
66	Arushi Thakur
67	Yash Nagariya
68	Ashwin Patil
69	Gargi Padalkar
70	Medha Pandey
71	Sadiya Shaikh
72	Kalindi Singh
73	Taral Patil



Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 17th July, 2017

To,

Dr. (Mrs.) A.E. Pandav,

Center Incharge

M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

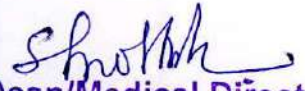
SUBJECT: Request for yoga sessions for Under Graduate Medical students for the
Academic year 2017-18.

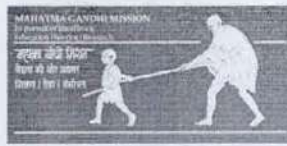
Madam,

Many of the Under Graduate Medical students of M.G.M Medical College, Aurangabad, are interested in attending the Yoga sessions conducted by your Institution. We kindly request you to make the suitable arrangements for the same.

We look forward for your kind co-operation.

Thanking You.


Dean/Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No.0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 20th July, 2017.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dating 17/07/2017 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad.

Respected Dean Sir,

In regard to your letter request dating 17/07/2017 for conducting Yoga sessions in our Institute for Undergraduate Medical students of MGM Medical College, Aurangabad, we are keen for conducting Yoga sessions for them as per the date and time convenient for the students.

We look forward to co-ordinate the date and time suitable for the sessions.

Thanking you.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.





Mahatma Gandhi Mission's

Medical College

N-6 CIDCO, Aurangabad - 431 003.

Ph-0240-6601100, Fax: -0240-2484445, 2487727

E-mail: mgmmca@themgmgroup.com

Date: 21st April, 2018

To,

Dr. (Mrs) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.

SUBJECT: Requesting the names of the Undergraduate Medical Students who attended the Yoga sessions held in Year 2017-18.

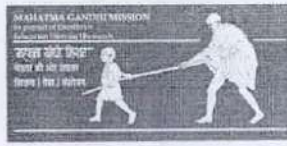
Madam,

Thank you for your support and co-operation in conducting the Yoga sessions in your Center for students of MGM Medical College, Aurangabad.

We request you to provide the names of all the Undergraduate Medical Students from MGM Medical College, Aurangabad who participated in these sessions for academic year 2017-18.

Thanking you for your anticipation.


Dean / Medical Director
MGM Medical College,
Aurangabad.



Mahatma Gandhi Mission

Arogyam

NATUROPATHY, AYURVEDA & YOGA CENTRE, MGM SPORTS COMPLEX, N-6, CIDCO, AURANGABAD 431003

Phone No.0240-2482499, E mail- mgm_naturo@rediffmail.com

Date : 29th April, 2018.

To,
The Dean,
MGM Medical College,
Aurangabad

SUBJECT: Responding to your request letter dated 21/042018 for the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2017-18.

Respected Sir,

In response to your letter requesting the names of the Undergraduate Medical Students who participated in the yoga sessions conducted in your Institute for the Academic year 2017-18.

I hereby attach the list of all the students who attended the sessions in our Institute.

Thanking you for your co-operation.

Yours Sincerely.

Dr. (Mrs.) A.E. Pandav,
Center Incharge,
M.G.M Arogyam Naturopathy, Ayurveda and Yoga Center,
Aurangabad.



List of Medical Students who attended
Yoga Sessions in Year 2017-18

1	Ayushi Pandey
2	Barsha Bharti
3	Akash Khanchandani
4	Apala Singh
5	Anshul Yadav
6	Ankit Hooda
7	Kartik Doshi
8	Ketki Naik
9	Rajat Chandak
10	Shamlee Bharuka
11	Snehal Dangad
12	Sayali Pachpor
13	Namrata Rai
14	Tanvi Sharma
15	Deepali
16	Monica Chand
17	Jatin Pawar
18	Anjali Nehra
19	Ridhi Gulati
20	Aditya Mishra
21	Jai Naik
22	Twisha Jain
23	Mehak Malhotra

24	Komal Dhage
25	Spriha Singh
26	Ankita Ghatge
27	Sahil Chowdhary
28	Ruturaj Divekar
29	Tanya Dabas
30	Kajal Gupta
31	Ibadat Singh
32	Revathi Bhuvaneshwaran
33	Pragya Tiwari
34	Parinda Patel
35	Mansi Parab
36	Akshat Mishra
37	Sushmita Rangdal
38	Neha Patil
39	Garima Sharma
40	Shivani Tamane
41	Debasis Priyadarsi Behera
42	Karan Choudhary
43	Shubham Kewalramani
44	Zohaib Hasan
45	Disha Maske
46	Neeta Shroff
47	Omkar Nila
48	Srishthi Choudhary

49	Ashwini Kale
50	Diksha Arora
51	Anshul Singh
52	Sanya Awasthi
53	Shipra Bharadwaj
54	Melissa Singh
55	Manasvi Choudhary
56	Rashi Abrol
57	Farah Peshtonji
58	Antara Dutta
59	Palakpreet Gill
60	Manvi Dhingra
61	Shreeyanjli Acharya
62	Jatin Bindra
63	Sheetal Dube
64	Mohini Eklare
65	Pratiksha Kachru
66	Arushi Thakur
67	Yash Nagariya
68	Ashwin Patil
69	Gargi Padalkar
70	Medha Pandey
71	Sadiya Shaikh
72	Kalindi Singh
73	Taral Patil

74	Deeksha Singh
75	Shrika Jaiswal
76	Priyansh Jesani
77	Arushi Jhaveri
78	Vrushali Jadhav
79	Rutuja Gohad
80	Pratik Ingle
81	Snehal Kabra
82	Nisha Kanke
83	Anmol Gulati
84	Vishal Karnawat
85	Vidhi Katruwar
86	Irshad Khan
87	Shefali Khan
88	Muskan Goenka
89	Yash Jain
90	Sameeksha Sharma
91	Isha Singh
92	Neha Meel
93	Arunabh Adarsh
94	Sirsha Ghosh
95	Dhanashree Kadam
96	Hardik Dabas
97	Hardik Lohiya
98	Ria Phulwani

99	Aviraj Godha
100	Pratibha Saha
101	Shrutika Kumawat
102	Shrutika Tiwari
103	Pooja Patre
104	Mrunalini Jadhav
105	Aishwarya Kadam
106	Dhanraj Game
107	Anjali Kedia
108	Aishwarya Ohri
109	Juilee More
110	Rutuja Gorde
111	Divyanshu Potphode
112	Maulshri Singh

Handwritten signature





School of Biomedical Sciences, Aurangabad
Email: deptofbiomedicalscience2015@gmail.com

NOTICE

Date: 22/02/2018

All I/II/III year B.Sc.(AHS) students are hereby inform that there will be Yoga training program is arranged on 25/02/2018 at Masicon Hall in morning from 7 am to 9 am. Interested students can take part in the Yoga training. It will be free of cost. Admission for Yoga training will be first come first serve basis.


Dr. V.S. Hatelkar
Coordinator (AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad.

Copy to: Notice Board for information



School of Biomedical Sciences

MGM Campus, N-6, Cidco, Aurangabad

Student List for Yoga Training held on 25/02/2018

Sr. No.	Name of Student
1	Devkar Pallavi Vijay
2	Gawai Mayuri Ramdas
3	Janjal Geeta Sukhdev
4	Janjal Pooja Dadarao
5	Joshi Vidula Gopal
6	Khan Sana Firdous Abdul Naeem Khan
7	Rannaware Ravina Vijay
8	Shah Samreen Siraj
9	Shaikh Farzana
10	Shaikh Nagma Khudboddin
11	Shaikh Sajid Saleem
12	Shaikh Samira Michail
13	Sharnagat Alok Bhagwan
14	Shinde Tushar Prakash
15	Suradkar Ashwini Vilas
16	Taur Priyanka Rajabhau
17	Thakur Linpadmaja
18	PHALKE VIKAS SOMINATH
19	UPADHYAY MUKUND RAJENDRA
20	SONAWANE KIRAN RAVI
21	PATIL MADAN RAMRAO
22	PATHARE ASHWINI SHASHIKANT
23	MISAL ARATI BHAUSAHEB
24	THORAT DIPIKA BHAGAWAN
25	BACHUWAR MAYURI MADHUKAR
26	DAUD SAMIKSHA GANESH
27	SURE RUTUJA RAMDAS
28	PAWAR SHARDA RAMNATH
29	SHAIKH AKHIB SHAIKH AYOOB
30	LANDAGE SHRINATH JAGANNATH
31	DHAYADE JEEVAN SANJAY
32	KAMBLE NAMDEV MILIND
33	RATHOD SHIVAM UTTAM

Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad

34	TUPSAMUDRE SHUBHAM BALASAHEB
35	SHINDE SOMNATH MADHAVRAO
36	PAWAR NILESH MADHAV
37	GADEKAR SANDIP SHRIRAM
38	BAWNE LALIT VISHWAS
39	KHAN AYESHA IQBAL KHAN
40	MOHD ABUZAR ABDUL GANI SHAIKH
41	WANI NIKHIL ASHOK
42	SAGARE AKASH BHAGWAN
43	KHEMNAR SHUBHAM ASHOK
44	SHAIKH SHARUK YUSUF
45	CHABUKSWAR ANAND PRAKASH
46	SHINDE DANYNESHVAR SHANKARRAO
47	THENG ASHVINI RAJENDRA
48	GAIKWAD ANKITA BALKRISHNA
49	SHIRSATH SNEHAL RAJU
50	ANARSE ROHIT RAMESHWAR
51	KUNTELGARLU NEHA CHANDRAKANT
52	WARKHADE GAJANAN BHASKARRAO
53	AGRAWAL POOJA OMPRAKASH
54	SHEWALE ADITYA LAXMIKANT
55	PAWAR PAVAN RAM
56	KHAN UBEDKHAN HAMIDKHAN
57	RANNAVRE ASHWINI NARAYAN
58	PADOLE SANDIP DASHARATH
59	SWAMI ROHIT NITIN
60	KARHALE SHITAL PANDITRAO
61	JADHAV ADITI MAHARUDRA
62	DESHMUKH VAIBHAV SANJAY
63	SHAIKH NARGIS YAKOOB
64	GAIKWAD SUNIL PANDHARINATH
65	CHAVAN HEMANT SAKHARAM
66	BIRADAR GANGADHAR BALAJI
67	GHUGE VIKAS BHAGWAN
68	PALASKAR POOJA VILAS
69	INGLE SHITAL SUBHASH
70	MOHITE VIKAS BABASAHEB
71	VARAT BALIRAM DATTU
72	PITALE PAVAN NARAYAN
73	BANSOD MANGESH MADHUKAR
74	SYED DINAH HUSSAIN SYED ABBAS HUSSAIN

Chief Co-ordinator(AHS)
University Dept.of
Bio-Medical Sciences
Aurangabad.

75	CHAKOTE MAYUR RAJESH
76	DEBAJE ASHIT CHINKU
77	AHMED AATIF MALIK



Chief Co-ordinator(AHS)
University Dept.of
Bio-Medical Sciences
Aurangabad.

Department of Physiology
MGM Medical College Navi Mumbai

Date: 18.06.2018

CIRCULAR

All MBBS students are informed that they are to attend the workshop and lecture "Promoting Stress Management through Yoga" on International Yoga Day 21st June 2018, 1-2pm in the auditorium of MGM Institute of Health Sciences, Navi Mumbai.



Dr. R.S. Inamdar
Prof. & HOD, Dept. of Physiology
MGM MC, NM

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS -2017-18 BATCH

DAY: Thursday DATE: 21/6/18

TIME: 1-2pm

TEACHER: Dr. Madhure Rai TOPIC: Stress Management Through Yoga

R.N.	Name	Sign.	R.N.	Name	Sign.
1	RAJASI G. SABHARWAL	Rajasi	26	SANJANA RAO	Sanjana
2	MUSKAN AGRAWAL	Muskan	27	VINAY SANGALAD	Vinay
3	SHAILY SINGH	Shaily	28	DEVASHRI KUREKAR	Devashri
4	SHYAM TAWARI	Shyam	29	SHALMALI RAJ	Shalmali
5	MITALI AGGARWAL	Mitali	30	MRUTYUNJAY K.	Mrutyunjay
6	OMVIR HRITHIK	OmVir	31	CHITHRAMYTHREYI D.	Chithramy
7	UPASANA DAIHYA	Upasana	32	AISHWARYA B L	Aishwarya
8	AKASH KATHOLE	Akash	33	NISHAD KULKARNI	Nishad
9	PAMISA HASTAK	Pamisa	34	SAURABH S. K.	Saurabh
10	KAVITA SHAH	Kavita	35	KHOOSHBU SINGH	Khooshbu
11	PRAKHAR TRIVEDI	Prakhar	36	HARSHIT RAJ	Harshit
12	SHAILY ANKIT GUPTA	Shaily	37	SHIRESTHA SAHAY	Shirestha
13	ABHYU-DAY SINGH	Abhyuday	38	NISHKARSH PANDEY	Nishkarsh
14	JAY NAVADIYA	Jay	39	SANKET SHETE	Sanket
15	ARJUN KASHYAP	Arjun	40	KAMNA DADHICH	Kamna
16	SARASWAT SHARMA	Saraswat	41	PRIYANSHI	Priyanshi
17	SHUBHAM KUMAR	Shubham	42	TARANPREET SINGH	Taranpreet
18	HARSH HUNDIWALA	Harsh	43	SHAMBHAVI SINGH	Shambhavi
19	SIMRAN SHARMA	Simran	44	ANSH SETHI	Ansh
20	PRAKHAR RAJPUT	P.S. Rajput	45	ACHINT SAINI	A
21	ABHISHEK SHINDE	Abhishek	46	MANSI SHARMA	Mansi
22	RAMAN SINGH	Raman	47	HEET SAVANI	A
23	PRATIKSHA SINGH	Pratiksha	48	EKTA SHARMA	Ektasharma
24	GAURI BANDEKAR	Gauri	49	ARKAPRAVA CHOUDHARY	Arkaprava
25	M. FATIMA KHAN	M. Fatima	50	SAMIKSHA MARATHE	Samiksha

Total-50	Present- 48	Absent- 2.
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Teacher's Signature (with date):

Dr. Madhure Rai
21/6/18

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS 2017-18 BATCH

DAY: Thursday DATE: 21/6/18TIME: 1-2pmTEACHER: D. Madhur Rai TOPIC: Stress Management through Yoga

R.N.	Name	Sign.	R.N.	Name	Sign.
51	NUSRAT ZAYAN	Zayan	76	TEJASVI SURESH	Tejasvi
52	PRANAY MANASVINI	Pranay	77	NAMRATA CHAUHAN	Namrata
53	JAYESH VIDHI	Jidhi	78	VAIBHAVI PENDURKAR	VPendurkar
54	RONAN VALIA	Ronan Valia	79	TANMAY MEHTA	Tanmay
55	MEERA MEHTA	Mehta	80	UMAMA SIDDQUI	Ummam
56	NANDINI GARG	Nandini Garg	81	ASTRID RODRIGUES	Astrid
57	VEDANT PATIL	Vedant	82	RITIKA TAWDE	Ritika
58	BIJEN CHODHARI	A	83	AKSHATA THAKARE	A.Thakare
59	SANAY PATANI	Sanay	84	KEERTHANA PRABHAKAR	Keerthana
60	SHALVI PALANDE	Shalvi	85	AISHWARYA TATE	Aishwarya
61	DEVANSH GANATRA	Devansh	86	AKATYA VIDUSHI SINHA	Akatiya
62	KHUSHBOO SHAH	Khushboo	87	ANSHUL AGRAWAL	Anshul
63	SIDDHESH SAMBARE	Siddesh	88	SHRUTI PATHAK	Shruti
64	RIDDHI GADE	A	89	AAKRUTI PATEL	Aakruti
65	REEVA NADKARNI	Reeva	90	PRIYANKA JUJUVARAPU	P.J.
66	DISHANT SAGHARWAL	Dishant	91	DISHAR SHETTY	Dishar
67	RAJ BOTHARE	Bothare	92	CASSANDRA DANIEL LA	Cassandra
68	DHIRAJ KORWANI	D.K	93	ESHA SHRIVASTAV	Esha
69	NIRALI R. SEJPAL	N.R.	94	KESHAV SINGH	Keshav
70	JASH KOTHARI	Jash	95	HARSHVARDHAN YADAV	Harsh
71	MANAV SHAH	Manav	96	SHIWANSH YADAV	Shiwan
72	SHIVANI GHOLAP	Shivani	97	DYUTIKA JOSHI	Dyutika
73	DIVYA CHAVAN	CDIVYA	98	MUSKAN JOHAL	Muskan
74	MUSKAN MANSURI	Muskan Mansuri	99	NIYATI MHATRE	Niyati
75	AMEYA WELING	Aweling	100	MANASVI THAKUR	Manasvi

Total-50

Present- 48

Absent- 2

Teacher's Signature (with date):

M. Rai
21/6/18

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS-2017-18 BATCH

DAY: Thursday DATE: 21/6/18TIME: 1-2 pmTEACHER: Dr. Madhura Rai TOPIC: Stress Management Through yoga

R.N.	Name	Sign.	R.N.	Name	Sign.
101	SANJAY S. K. SINGH	<i>Sanjay</i>	(26)	ROHAN WABLE	A
102	HUZAIF ANSHARI	<i>Huzaif</i>	127	JOB GEEVARGHESE	<i>Job</i>
103	SRUSHTI THAKEKAR	<i>Srushti</i>	128	ANISH SUBANDHI	<i>Anish</i>
104	PAULOMI SAWANT	<i>Paulomi</i>	129	RUSHABH OZA	<i>Rushabh</i>
105	KEETIKKAL EDWIN	<i>Keetik</i>	130	DIVYAKSHI KENI	<i>Divya</i>
106	AKRITI KOLE	<i>Akriti</i>	131	UZMA SHAIKH	<i>Uzma</i>
107	RIDDHI SONI	<i>Riddhi</i>	132	ANKIT DUBEY	<i>Ankit</i>
108	PARTH MIRANI	<i>Parth</i>	133	PRANAV DALVI	<i>Pranav</i>
109	NEHA BOYAPATI	<i>Neha</i>	134	TANISHA SHEKHAR	<i>Tanisha</i>
110	VARUN SAHARAN	<i>Varun</i>	135	GAYATHRI KUMAR	<i>Gayatri</i>
111	SHRADDHA NAIK	<i>Shraddha</i>	136	PRANIT JAIN	<i>Pranit</i>
112	ASAD TAI	<i>Asad</i>	137	PREETI GUPTA	<i>Preeti</i>
113	SHREYA SINGH	<i>Shreya</i>	138	YASH SINHA	<i>Yash</i>
114	ANUSHA PRABHU	<i>Anusha</i>	139	VAISHNAVI KOLHE	<i>Vaishnavi</i>
115	SIDDHIKA WALANJ	<i>Siddhi</i>	140	RONAK PILLAI	<i>Ronak</i>
116	JIDNYASA KADU	<i>Jidnyasa</i>	141	DHVANIT SHETTY	<i>Dhvanit</i>
117	SHRUTI TIWARI	<i>Shruti</i>	142	UZMA AAFRIN	<i>Uzma</i>
118	SANIKA ANKUSH	<i>Sanika</i>	143	KAMAL SINGH	<i>Kamal</i>
119	ATHARVA CHOPDEKAR	<i>Atharva</i>	144	KAUSHAL GUNIAL	<i>Kaushal</i>
120	ANUSHREE SHIRODKAR	<i>Anushree</i>	145	SWETA BHAGAT	<i>Sweta</i>
121	YASH SINGH	<i>Yash</i>	146	AKSHAY MANE	<i>Akshay</i>
122	HASNAT ANSARI	<i>Hasnat</i>	147	KAMAKSHI PARASHAR	<i>Kamakshi</i>
123	SAGAR PATEL	<i>Sagar</i>	148	NISHANT KUMAR	<i>Nishant</i>
124	SHARDUL KAMALE	<i>Shardul</i>	149	ANUJA KADAM	<i>Anuja</i>
125	AISHWARYA PUNDE	<i>AP</i>	150	MAYANK JAIN	<i>Mayank</i>

Teacher's Signature (with date):

MR. Rai
21/6/18

Total-50	Present- 49	Absent- ①
G. Total-150	Present- 145	Absent- 5

[Type text]

MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, MGM Educational Campus, Plot no. 1 and 2, Sector 1, Kamothe,
Navi Mumbai. Phone No-27430141

Report of Activity

Date : 2/5/2018 Duration: 1 (hrs/days)
Name of the activity : Lecture cum Discussion on "Yogic Practise"
Organizing department: MGM New Bombay College of Nursing
Collaborating Agency: Government /Non Government /any other ~~###~~
Name of the Agency: MGM IHS

Name of the Scheme : IDY-2018 (50 days to the event)

Number of teachers Participated: 2 Teachers

Number of Students Participated: 74 Students

Brief of the Activity : A Lecture cum discussion was organised on the topic "Yogic Practice and Healthy habits" by the faculty of MGM New Bombay College of Nursing. Mr Renu Nagar (Trained Yoga instructor) Mrs Gayatri kutti (Participant of 15 days Yoga camp), Discussed about benefit of Yoga, Mrs Gayatri showed correct postures and Mudra for pranayam. Students discussed many of their problems facing during exam days. Yoga trainer Given them corrections in life style such as doing pranayam, doing Meditation also guided them about do's and don't while practising various asanas.

Students participated with great Zeal. 10 Volunteer participants are agreed to record their experience of practising pranayam, And they will share it on IDY-18 Celebration.

Annexure:

1. List of students participated : Yes/No
2. List of teachers Participated : Yes/No
3. Photos : Yes/No

Signature of organizer:  1/5/18




Signature of Director



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1
Kamothe, Navi Mumbai - 410 209.

Attendance Sheet

TOPIC: Yogic Practice - "Healthy Routine"

DATE: 2/5/2018

TIME: 3PM - 4PM

SR.NO	Name of the Student	Year	Signature
1	Reehana Choughule	3 rd year	Rehana
2	Pooja S.J	3 rd yr	Goodale
3	Siddhi P	3 rd yr	Patil
4	Arshwarya G.	3 rd yr	Ashu
5	Komal Kathare	3 rd yr	Kolam
6	Meera Ghane	3 rd yr	Meera
7	Mansi Shinde	3 rd yr	Mansi
8	MS. ANSHU MARY RAJESH.	3 rd yr.	Anshu
9	MS. NATALIA SEN	3 rd yr	Natalia
10	MS. AARTI PATIL	3 rd yr	Aarti
11	MS. MANSI PATIL	3 rd yr	Mansi
12	MS. NISSY. K. SAM	3 rd yr	Nissy
13	MS. SHRADDHA RANE	3 rd yr	Shraddha
14	Ms. Arathy. S	3 rd yr	Arathy
15	Ms. Sneha Mathew	3 rd yr	Sneha
16	Ms. Shine - M. John	3 rd yr	Shine
17	Ms. Reshma V	3 rd yr	Reshma
18	Reba. Mariam. Sunny	3 rd yr	Reba
19	Jophy Annie Thomas	3 rd year	Jophy
20	Sneha May Jolly	3 rd year	Sneha
21	Shreya Patil	3 rd year	Shreya
22	M. A. Patil	3 rd yr	M. A. Patil



23. swapnali More 3rd yr Amore
24. Ankita Hagarane 3rd yr Ankita
25. Jiniymol James - 3rd yr [Signature]
26. Ashna M. Sofu 3rd yr [Signature]
27. Sandra Abraham 3rd yr [Signature]
28. Prania. M. Sabu 3rd yr Pania.
29. Akina Rajumon 3rd yr [Signature]
30. Revathy. c 3rd yr [Signature]
31. Anessee Babu 3rd yr [Signature]





MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1
Kamothe, Navi Mumbai - 410 209.

Attendance Sheet

TOPIC: Yogic Practice "Healthy Routine"

DATE: 21/5/2018

TIME: 3 Pm to 3.45 Pm

SR.NO	Name of the Student	Year	Signature
1	Shital Thorat	2 nd yr	
2	Samiksha. D. Gravas	2 nd yr	
3	Aishwarya Jadhav	2 nd year	
4	Anirudh Panicker	2 nd Year	
5	Shweta Kadam	2 nd year	
6	Feba Sunny	2 nd year	
7	Ajina Vaeghese	2 nd year	
8	Asha Mariam Vaeghese	2 nd year	
9	Bhavana S. Davande	2 nd Year	
10	Purva S. Patil	2 nd year	
11	Rukija Pol	2 nd year	
12	Birutha Abraham	2 nd Year	
13	Agnes Thomas	2 nd Year Bsc.	
14	Blessy Anna Daniel	2 nd year Bsc.	
15	Sneelakshmi V	2 nd year Bsc	
16	Smita Elza Vaeghese	2 nd yr Bsc	
17	Stais mol Vaeghese	2 nd yr Bsc	

18. Yash Anil Tijari

2nd yr Bsc

19. Tanmay S. Gawand

2nd yr B.Sc



Yogic Practice- Healthy Routine

IDY-2018 (50 Days To Event)





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date: - 7th April 2018

Name of the Activity: - E-Poster Competition

Organizing Department: - Nursing (MGM New Bombay College of Nursing,
Kamothe, Navi Mumbai.)

Scheme: - IDY2018 (75 Days of Event)

Number of teachers Participated: - 3

Number of Students Participated: - 15 entries

Brief on activity:-

MGM New Bombay College of Nursing observed 75 days to the event IDY - 2018, as E - Poster Competition on title "Yoga for Harmony". Entries were invited from students, Nurses and Staff Nurses as e – posters mailed on college email ID. Best postures were selected based on creativity, visualization and relevance to the topic. Fourth year students Ms. Smruti Dutta and III year students Ms. Meera Ghane were selected as winners. College awarded certificates for the best Postures.


Signature of Organizer




Signature of Director

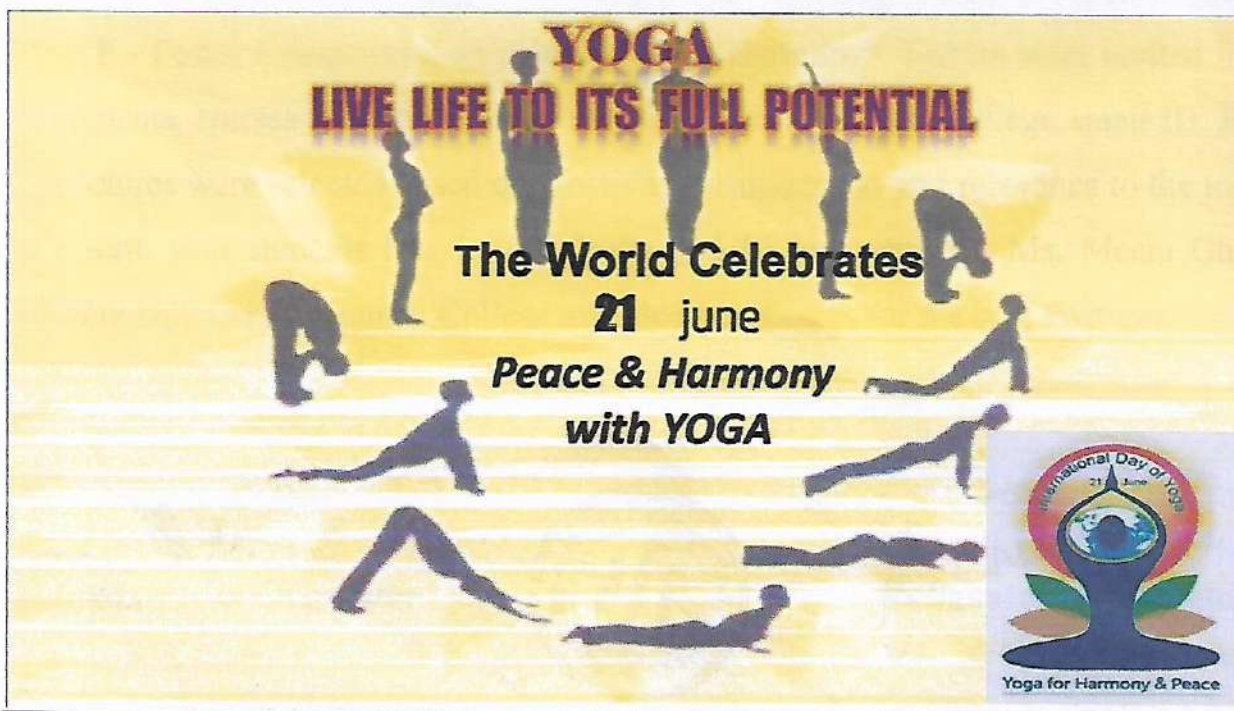
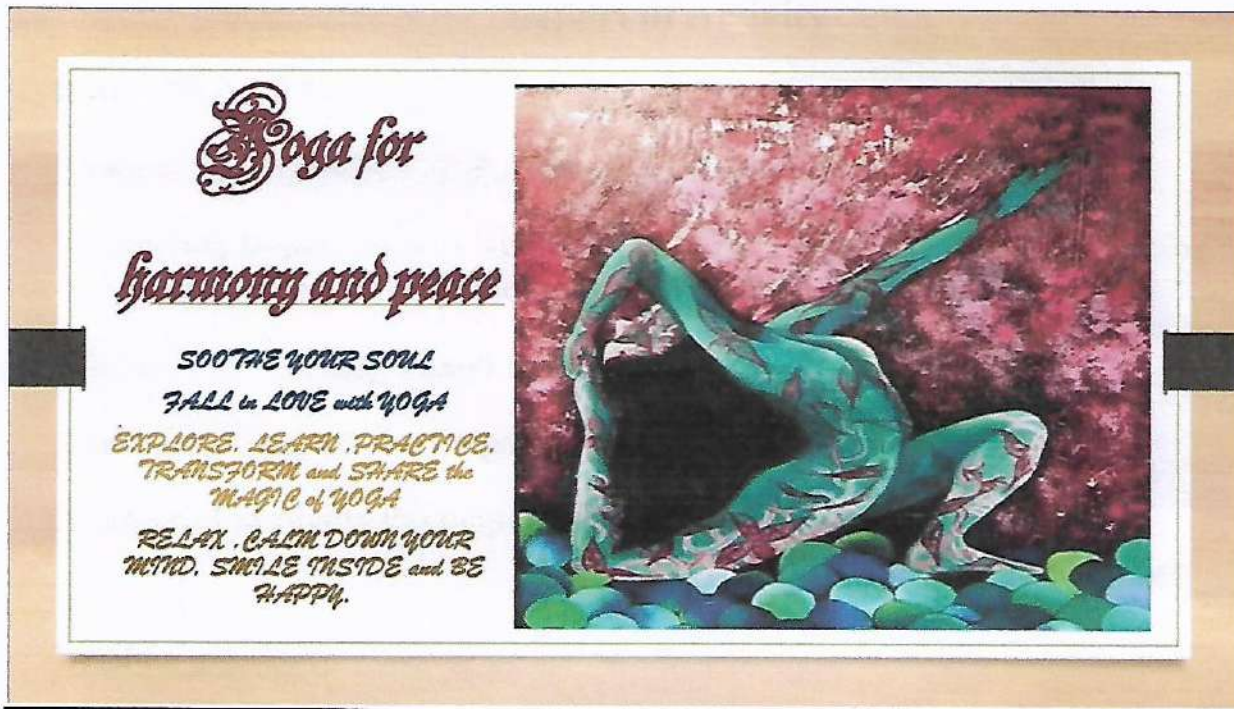


MGM NEW BOMBAY COLLEGE OF NURSING

Kamothe, Navi Mumbai

Best Awarded Posters

IDY-2018 (75 Days To Event)





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1

Kamothe, Navi Mumbai – 410 209

Report of Activity

Date :- 21st June 2018

Duration :- 5 Hours

Name of the Activity :- **Yoga Exhibition**

Organizing Department :- **MGM New Bombay College of Nursing, Kamothe, Navi Mumbai.**

Scheme :- **IDY2018 (Run up Activity)**

Brief on activity:-

MGM New Bombay College of Nursing (MGMNBCON), Kamothe, Navi Mumbai, Observed International Yoga Day (IDY-18) on 21st June 2018. Yoga Exhibition was organized by IV year B.Sc, Nursing Students under the guidance of faculty of MGMNBCON. Students put stall for various group of asanas such as asanas practiced in standing posture, prone posture. Asanas practiced in supine posture and sitting posture. Students demonstrated various asanas also. Faculty and students from College of Nursing, College of physiotherapy witnessed the event and given positive feedback about it. Students were encouraged. It was good learning experience for all the participants. IV Year and II year B.Sc Nursing students participated in lecture organized by MGM Physiotherapy department also.


Signature of Organizer




Signature of Director



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-1

Kamothe, Navi Mumbai – 410 209

Yoga Exhibition on 21.06.2018

IDY-2018 (Run up Activity)



FUNDAMENTALS OF KINESIOLOGY & KINESIOTHERAPY

(Didactic - 100 Hrs & Practical / Laboratory - 150 Hrs) TOTAL 250 HRS

COURSE DESCRIPTION:

This course covers the definition of various terms used in mechanics, biomechanics kinesiology as well as its importance in physical therapy. It applies the mechanical principles to simple equipments of therapeutic gymnasium and familiarizes the candidate to its use. It covers the types of human motions as well as planes and relative axes of motion. It also explains the inter-relationship among kinematic variables and utilizes this knowledge to describe and analyze motion. It covers the classification of the joints and muscles along their distinguishing characteristics and skill of measurement of its ranges in various planes and axes. This course additionally covers therapeutic principles and skills of application of massage, yoga, aerobic exercise and use of suspension therapy. It also enhances the skill of evaluation of vital parameters & sensory system.

Sr. No.	Topics	Didactic Hours	Practical/ Laboratory Hours	Total Hours
1	MECHANICS & BASIC BIOMECHANICS	25	—	25
2	BIO-PHYSICS RELATED TO KINESIOTHERAPY	20	25	45
3	CLASSIFICATION OF MOVEMENTS	10	15	25
4	BASIC EVALUATION	15	35	50
5	MASSAGE	05	20	25
6	RELAXATION	05	10	15
7	AEROBIC EXERCISE	05	05	10
8	YOGA	15	40	55
TOTAL		100	150	250

OBJECTIVE:

Cognitive:

At the end of the course, the candidate will be able to:

- a) Define the various terms used in relation to Mechanics, Biomechanics & Kinesiology
- b) Recall the basic principles of Biophysics related to mechanics of movement / motion & understand the application of these principles to the simple equipment designs along with their efficacy in Therapeutic Gymnasium & various starting positions used in therapeutics.



MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY
Sector-I, Kamothe, Navi Mumbai - 410209

Date: 15/02/2019

MGM/SOP/ 93 /2019

To,
The Accountant
MGM School of Physiotherapy
Kamothe, Navi Mumbai.

Subject: Remuneration for lecture of I BPT (2017-18)

Dear Madam,

Please note that Mr. Girish Nehre had conducted yoga lectures for BPT 2017-18 batch. Kindly release remuneration for same. Details of lectures attached

Sr. No.	Date	No. Hours Taken	Per Hour INR	Total Payment
1	26/01/2018	4	300	1200/-
2	03/02/2018	4	300	1200/-
3	03/03/2018	4	300	1200/-
4	10/03/2018	4	300	1200/-
5	17/03/2018	4	300	1200/-
Total				6000/-

Kindly do the needful.

Thanking you,

Kind Regards,

Nehre
IC Principal
I/C Principal
MGM School of Physiotherapy
Navi Mumbai

Sector-I, Kamothe, Navi Mumbai

Email: mgm.school.of.physiotherapy@gmail.com



MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

International Day of Yoga 2018

Promoting Stress Management through Yoga

Preamble:

1. A session was organised for promoting stress management through Yoga by MGM School of Physiotherapy with participation from MGM Medical College on the occasion of 4th International Day of Yoga.
2. Location of the Event: Auditorium, 3rd floor, MGM Institute of Health Science.
3. Event date and time: 21.06.2018, Afternoon 1.00 p.m. to 4.00 p.m.

Objectives:

1. To create awareness on hazards of academic stress on body, mind, interpersonal relationships resulting in reduced academic performance.
2. To create awareness among students on role of Yoga for stress management.
3. To sensitize students to undertake and adapt yoga on a daily basis to cope with academic stress.
4. To demonstrate yoga techniques and coping strategies to students for stress management.

Organized by: Dr. Juhi Bharnuke (PT), Lecturer, MGM School of Physiotherapy, Navi Mumbai

Attended by: A total of 188 students from MGM Medical College, MGM School of Physiotherapy and MGM College of Nursing participated in this session.

Speakers:

- 1) '*Yoga Therapy for stress Management*' by Miss Sindhu Tiwari, Yoga Therapist, Kaivalyadhama Yoga Institute, Lonavla
- 2) '*Prevalence and nature of stress and its psychological impact on body*' by Dr. Shubhangi Dere, Assistant professor, Department of Psychiatry, MGM Medical College, Navi Mumbai
- 3) '*Importance of Stress Management*' by Dr. Madhur Rai, Department of Physiology, MGM Medical College, Navi Mumbai
- 4) '*Academic stress among students*' by Dr. Bela Agarwal (PT), Associate Professor, MGM School of Physiotherapy, Navi Mumbai

Activity

1. The session began with an introduction of program outline i.e. 'Promoting Stress Management through Yoga' by Dr. Juhi Bharnuke (PT), followed by introduction and felicitation of the speakers.
2. Dr. Bela Agarwal (PT) delivered a talk on causes, prevalence of academic stress among students and role of physical activity in stress management.
3. Dr. Madhuri Rai emphasized on importance of stress management in order to reduce risk of cardio respiratory, endocrinal and gastro-intestinal problems and demonstrated basic Sahaja Yoga technique to cope with stress.
4. Dr. Shubhangi Dere elaborated on psychological effects of stress on body and mind, various presentations of stress like depression, anxiety and other psychological disorders and importance of its timely management which can help reduce rate of suicide among students.
5. Miss. Sindhu Tiwari involved students in an experiential learning session with practical demonstration of Yoga techniques like breathing exercises, awareness of breathing pattern and meditation for stress management. Participants performed easy yet effective coping strategies to overcome stress and anxiety which can be helpful in stressful situations like exams, performance and results.
6. Feedback was sought from participants post session.

Outcome:

1. Students were asked to practise yoga techniques for stress management regularly and follow up at Physiotherapy and Psychiatry department in case of difficulty to cope up with stress and anxiety.

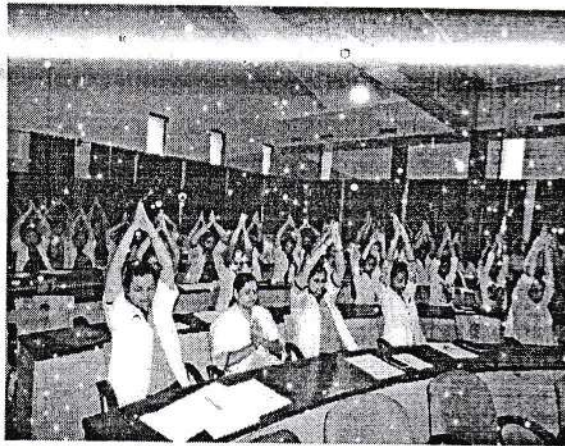


Fig 1: Demonstration of Breath Control exercises for stress management



Fig 2: Felicitation of guest speaker



Fig 3: Celebration of 4th International Day of Yoga



Fig 4: Celebration of 4th International Day of Yoga


Dr. Juhi Bharnuke (PT)
Lecturer


Dr. Rajani Mullerpatan
Professor-Director



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MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by AAC

Sector 1, Kamothe Navi Mumbai-410209, Tel. No. 022-27437631, 27432890

Email: sbsnm@mgmuhs.com / Website: www.mgmsbsnm.edu.in

Priya R. Gurav		Attendance Sheet		
Date:- 24/11/18				
Subject:- Happiness & Uniqueness, Teamwork				
Sr.No	Roll No.	Name of Students	Course	Sign
1	CT-17-1	Bamane Rajani Balavant	B Sc. CT	Bamane
2	CT-17-2	Khan Rifa Mohd Amir	B Sc. CT	
3	CT-17-3	Maddi Praneetha	B Sc. CT	
4	CT-17-4	Pukale Prasad Abaji	B Sc. CT	Pukale
5	CT-17-5	Koli Ankita	B Sc. CT	Ankita
6	PT-17-1	Mamta Sirvi	B Sc. PT	Mamta Sirvi
7	PT-17-2	Reshma S	B Sc. PT	Reshma S
8	PT-17-3	Shinde Priya Dilip	B Sc. PT	Priya
9	PT-17-4	Habade Tejaswini Deepak	B Sc. PT	Tejaswini
10	PT-17-5	Jogalekar Gargee Gajanan	B Sc. PT	Gargee
11	DT-17-1	Goswami Harshal Laxman	B Sc. DT	Harshal
12	DT-17-2	Sawant Sushant Suresh	B Sc. DT	Sushant
13	DT-17-3	Solkar Rutuja Vinayak	B Sc. DT	Rutuja
14	DT-17-4	Amberkar Juily Vishwanath	B Sc. DT	Juily
15	DT-17-5	Walika Lakshmi Shanappa	B Sc. DT	Lakshmi
16	DT-17-6	Shridhankar Ratnesh Ravindra	B Sc. DT	Ratnesh
17	DT-17-7	Joshi Swarada Ganesh	B Sc. DT	Swarada
18	DT-17-8	Patil Prajakta Prakash	B Sc. DT	Prajakta
19	DT-17-9	Mokal Pratyuja Nityanand	B Sc. DT	Pratyuja
20	DT-17-10	Vishwanath Murugeshan	B Sc. DT	Murugesan
21	DT-17-11	Thakur Pranali Prabhakar	B Sc. DT	Pranali
22	DT-17-12	Patil Ravisha Ramesh	B.Sc. DT	Ravisha
23	DT-17-13	Benson Binu	B.Sc. DT	Binu
24	DT-17-14	Patil Atish Santosh	B.Sc. DT	Atish
25	DT-17-15	Sawant Anuja Meghshyam	B.Sc. DT	Anuja
26	DT-17-16	Khane Abhay Ashok	B.Sc. DT	Abhay
27	DT-17-17	Katkar Pooja Arvind	B.Sc. DT	Pooja
28	DT-17-18	Sanap Pratik Balaji	B.Sc. DT	Pratik
29	DT-17-19	Mudhe Shivangi Shivaji	B.Sc. DT	Shivangi
30	DT-17-20	Pansare Muskan Nazir	B.Sc. DT	M.N. Pansare

DT Megha S. Kumbhar

B.Sc. DT

DK



31	OT& AT-17-1	Arsha Raghunathan	B.Sc.OT & AT	
32	OT& AT-17-2	Gounder Dharmik Ganeshkumar	B.Sc.OT & AT	Dharmik
33	OT& AT-17-3	Shirke Rasika Giridhar	B.Sc.OT & AT	Rasika
34	OT& AT-17-4	Jadhav Mayur Nilesh	B.Sc.OT & AT	Mayur
35	OT& AT-17-5	Patil Swarupa Kamalakar	B.Sc.OT & AT	
36	OT& AT-17-6	Jasleen Kaur	B.Sc.OT & AT	
37	OT& AT-17-7	Shraddha Nath	B.Sc.OT & AT	
38	OT& AT-17-8	Darvin George	B.Sc.OT & AT	Shraddha
39	OT& AT-17-9	Jennifer Elias Daniel	B.Sc.OT & AT	Daniel
40	OT& AT-17-10	Charmi Jesal Gandhi	B.Sc.OT & AT	Charmi
41	OT& AT-17-11	Dandekar Rutuja Sanjay	B.Sc.OT & AT	
42	OT& AT-17-12	Gunjawate Nikita Gopal	B.Sc.OT & AT	Nikita
43	OT& AT-17-13	Mhatre Sakshi Subhash	B.Sc.OT & AT	Sakshi
44	OT& AT-17-14	Dhansay Hina Md Ajim	B.Sc.OT & AT	Hina
45	OT& AT-17-15	Rino Roy	B.Sc.OT & AT	RINO
46	OT& AT-17-16	Gadekar Rutuja Jayasing	B.Sc.OT & AT	Rutuja
47	OT& AT-17-17	Kadu Juilee Jeevan	B.Sc.OT & AT	
48	OT& AT-17-18	Thakare Shraddha Shyam	B.Sc.OT & AT	Shraddha
49	OT & AT-17-19	Sawant Komal Jagdish	B.Sc.OT & AT	Komal
50	OT& AT-17-20	Sruthi Sunil	B.Sc.OT & AT	Sruthi
51	MIT-17-1	Bhamse Shivam Uddhav	B.Sc. MIT	Shivam
52	MIT-17-2	Saravade Sneha Tatyaba	B.Sc. MIT	Sneha
53	MIT-17-3	Patil Shruti Sameer	B.Sc. MIT	Shruti
54	MIT-17-4	Rathod Deepak Kupendra	B.Sc. MIT	Deepak
55	MIT-17-5	Wagh Jayshree Santosh	B.Sc. MIT	Jayshree
56	MIT-17-6	Patil Shruti Santosh	B.Sc. MIT	Shruti
57	MIT-17-7	Mistry Karan Nilesh	B.Sc. MIT	Karan
58	MIT-17-8	Kamble Shweta Sharad	B.Sc. MIT	Shweta
59	MIT-17-9	Bagul Pratik Prabhakar	B.Sc. MIT	Pratik
60	MIT-17-10	Pawar Pradeep Namdeo	B.Sc. MIT	Pradeep
61	MIT-17-11	Nair Shivsurya Suraj	B.Sc. MIT	Shiva
62	MIT-17-12	Singh Rupam Harendra	B.Sc. MIT	Rupam
63	MIT-17-13	Pawar Ravindra Tanaji	B.Sc. MIT	Ravindra
64	MIT-17-14	Kshirsagar Shubhangi Nagnath	B.Sc. MIT	Shubhangi
65	MIT-17-15	Palav Suraj Vilas	B.Sc. MIT	Suraj
66	MIT-17-16	Wadkar Achyut Haridas	B.Sc. MIT	Achyut
67	MIT-17-17	Albin M. Mani	B.Sc. MIT	Albin
68	MIT-17-18	Patel Heena Shakil	B.Sc. MIT	Heena
69	MIT-17-19	Patel Soyab Siraj	B.Sc. MIT	Soyab
70	MIT-17-20	Kulkarni Anushree Satish	B.Sc. MIT	Anushree
71	MIT-17-21	Sawant Hridaya Kishor	B.Sc. MIT	Hridaya
72	MIT-17-22	Joseph Ajith	B.Sc. MIT	Ajith
73	MIT-17-23	Sanas Aarati Sanjeev	B.Sc. MIT	Aarati

74 MIT-17-30 Patil Archita Ghosh
OT/AT-



PN. Mhatre
Bhosh.



PGM Form 001-Part 1 (Masterclasses India) V2.1/2015

Event Type*	MASTERCLASSES	Other *	
Event Place*	MGMSBS	Event Date (DD-MMM-YY)*	3rd to 5th January 2018
Event Country*	India		
Event City*	Kamothe		
Event Coordinator Name*	Mansee Thakur		
Event Coordinator Mobile*	9769-90-9212	Event Coordinator Email ID*	mansimgm07@gmail.com

Organisation Name*	MGMIHS	Organisation Contact Person*	Mansee Thakur
Organisation Website	www.mgmsbsedu.in	Organisation Contact Email ID*	mansimgm07@gmail.com
		Organisation Contact Mobile*	9769-90-9212

Preceptor Name*	Mansee Thakur	Welcome Card Signed By	
Preceptor ID*	INKTAE031	Welcome Card Signer's ID	

Remarks:

3 DAYS MASTERCLASSES ORGANISED AT MGM SCHOOL OF BIOMEDICAL SCIENCES, KAMOTHE, NAVI MUMBAI



B.optometry

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63	DHONDE PRATIKSHA RAJENDRA	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)		pratiksharajpure53700@gmail.com	8779298674	X	X	X

B.optometry

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34	SHAH AADITYA JASHVANT	B. OPTOMETRY	GOREGAON	aadsrocks30@gmail.com	9920418957	<i>djs</i>	<i>djs</i>	
35	SHAH AYUSHI MEHUL	B. OPTOMETRY	WADALA	shahayushi5@hotmail.com	8369468106	<i>Shah</i>		<i>Shah</i>
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41	SHETTY SHARON SATISH	B. OPTOMETRY	MAROL	shettysharon@gmail.com	9867824250	<i>Sharon</i>		<i>Sharon</i>
42	SNEHA K SAJI	B. OPTOMETRY		snehaksaji99@gmail.com	9562741179	<i>Sneha</i>		<i>Sneha</i>
43	TAMBE SHRUTIKA VINAYAK	B. OPTOMETRY	JOINAGAR	shrutz.tambe99@gmail.com	9920449757	<i>Tambe</i>	<i>Tambe</i>	<i>Tambe</i>
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Sr. No	Name	Course Name	Area of Residence	Email ID	Mobile	1st Sitting (Y/N)	2nd Sitting (Y/N)	3rd Sitting (Y/N)
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66	GHORPADE UMA SANTOSH	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Mankhurd	ghorpadeuma8@gmail.com	9969476820	Chuna	Dhumal	Dhumal
67	JADHAV SONALI AVINASH	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Panvel		7045948420	Chuna	Dhumal	Dhumal
68	JADHAV YOGITA JAGANNATH	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	BELAPUR	vardvinavakroadbuilders@gmail.com	8424978518	Chuna	Dhumal	Dhumal
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70	KADAM SRUSHTI GAUTAM	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Kamotha		7263883577	Chuna	Dhumal	Dhumal
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72	METKARI SUJIT SURESH	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	KALAMBOLI	sujitmetkari4@gmail.com	9702505901	Chuna	Dhumal	Dhumal
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74	PADALKAR PRAVIN PANDURANG	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Panvel Kamotha		9594845364	Chuna	Dhumal	Dhumal
75	PAL RICHA CHHABINATH	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	BHANDUP	gburicha@gmail.com	9967599171	Chuna	Dhumal	Dhumal
76	PATIL NEHA VILAS	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Kalamboli	nehavilaspatil30@gmail.com	7507279547	Chuna	Dhumal	Dhumal
77	SAHANI KHUSHBOO RAM DARAS	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)		khushisahani1997@gmail.com	8108532796	Chuna	Dhumal	Dhumal
78	SARA PARKAR	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	PANVEL	saraparkar99@gmail.com	9022509465	Chuna	Dhumal	Dhumal
79	SHAIKH AFROZE ABDUL KADIR	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	MANKHURD	afroze18999@gmail.com	9969529119	Chuna	Dhumal	Dhumal

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80	SHELAR ARCHANA MARUTI	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Kamothé	archanatamboli1998@gmail.com	7798360504	<u>Shelar</u>		<u>Shelar</u>
81	SHINDE SHRADDHA VASUDEV	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)		shraddhavshinde291096@gmail.com	9890768291			
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83	WAGHAMARE PRIYANKA ROHIDAS	BACHELOR OF SCIENCE (MEDICAL LABORATORY TECHNOLOGY)	Khanda Colony:		8691913195	<u>Priyanka</u>		
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86	BENSON BINU	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Thane	benzthe8055@gmail.com	8291194131	<u>Benz</u>		<u>Benz</u>
87	GOSWAMI HARSHAL LAXAMAN	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Ghatkopar	harshalgoswami77@gmail.com	9130535229	<u>Harshal</u>	<u>Harshal</u>	<u>Harshal</u>
88	JOSHI SWARADA GANESH	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Nerul		9049118462	<u>Swarada</u>		<u>Swarada</u>
89	KATKAR POOJA ARVIND	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Belapur		9594493087	<u>Pooja</u>		<u>Pooja</u>
90	KHANE ABHAY ASHOK	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Panvel	abhaykhane99@gmail.com	7039788141	<u>Abhay</u>	<u>Abhay</u>	<u>Abhay</u>
91	MOKAL PRATYUJA NITYANAND	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	New Panvel		8976196539	<u>Pratyuja</u>		<u>Pratyuja</u>
92	MUDHE SHIVANGI SHIVAJI	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Kamothé		9768446416	<u>Shivangi</u>	<u>Shivangi</u>	<u>Shivangi</u>
93	PANSARE MUSKAN NAZIR	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	PANVEL	muskanpansare@gmail.com	9146770099	<u>Muskan</u>		<u>Muskan</u>
94	PATIL ATISH SANTOSH	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Panvel	atishpatil7470@gmail.com	9762667452	<u>Atish</u>		<u>Atish</u>
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97	SANAP PRATIK BALAJI	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Kalamboli	pratiksanap264@gmail.com	7028887321	<i>Sanap</i>		
98	SAWANT ANUJA MEGHASHYAM	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Mulund	sawantanuja1412@gmail.com	9869638141			<i>Sawant</i>
99	SAWANT SUSHANT SURESH	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)		sushant281099@gmail.com	9860406094			
100	SHIRDHANKAR RATNESH RAVINDRA	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)		ratneshshirdhankar777@gmail.com	9029349820			
101	SOLKAR RUTUJA VINAYAK	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Sewri		9869650369	<i>Rutuja</i>		<i>Rutuja</i>
102	THAKUR PRANALI PRABHAKAR	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Kelavane Panvel		9076272550	<i>Pratik</i>		
103	VISHWANATH MURUGESHAN	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)	Kalamboli	vishwanath0799@gmail.com	7506417627	<i>John</i>		
104	WALIKA LAKSHMI SHANAPPA	BACHELOR OF SCIENCE (MEDICAL DIALYSIS TECHNOLOGY)			8070087149			
105	ALBIN M. MANI	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)		albinmani8@gmail.com	9446822359			
106	BAGUL PRATIK PRABHAKAR	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Nerul	pratik.bagul.08@gmail.com	8652781614	<i>Pratik Bagul</i>		
107	BHASME SHIVAM UDDHAV	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Kamothe	shivambhasme@gmail.com	9765078353	<i>Bhasme</i>		
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110	JOSEPH AJITH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)		radioajith@gmail.com	9526849474			
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Megha Shivaji Kumbhar

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Medical Analysis Chunabhatti

Test

meghashivaji Kumbhar

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9169414762

MR

MR

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112	KSHIRSAGAR SHUBHANGI NAGNATH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	panvel		9506406449	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
113	KULKARNI ANUSHREE SATISH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Bodlapur	kulkarnianushree97@gmail.com	8600513885	<i>[Signature]</i>		
114	MHATRE ROHIT NARESH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Pisarve		8692918063	R.N. mhatre	R.N. mhatre	R.N. mhatre
115	MISTRY KARAN NILESH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Dahanu/ Panvel	karanmistry276@gmail.com	8446866081	Karan	Karan	
116	NAIR SHIVSURYA SURAJ	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Airoli	vilgaxx.ns@gmail.com	9867762553	<i>[Signature]</i>		
117	PALAV SURAJ VILAS	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Rabale	surajpalav77@gmail.com	9145427674	<i>[Signature]</i>		<i>[Signature]</i>
118	PATEL HEENA SHAKIL	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Dolkhamb		9145080368	<i>[Signature]</i>		<i>[Signature]</i>
119	PATEL SOYAB SIRAJ	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Dolkhamb	soyabpatel758@gmail.com	9004929668	<i>[Signature]</i>		
120	PATIL ANUJA PRAKASH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	kalyan	anujap612@gmail.com	9702088962	<i>[Signature]</i>		
121	PATIL SHRUTI SAMEER	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	AIROLI	shrutipatil6336@gmail.com	8080540507	<i>[Signature]</i>		
122	PATIL SHRUTI SANTOSH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Pendher		9821191026	<i>[Signature]</i>		<i>[Signature]</i>
123	PAWAR HARSHADA PRAKASH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Kalamkoti	harshadapawar@5349@gmail.com	8594110568	<i>[Signature]</i>		
124	PAWAR PRADEEP NAMDEO	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Chembur	pradeeppawar70921@gmail.com	9167405498	<i>[Signature]</i>		
125	PAWAR RAVINDRA TANAJI	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Bhandup	rp902784@gmail.com	8530809103	<i>[Signature]</i>		
126	RATHOD DEEPAK KUPENDRA	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Marikhanda	rathoddeepak068@gmail.com	9081606774	<i>[Signature]</i>	<i>[Signature]</i>	
127	SALUNKHE PRADYUM JEEVAN	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Kharghar		8828189665	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

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131	SHAIKH SAMEER ABDUL GANI	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	MIRA ROAD	shaikhsameer2370@gmail.com	7738806534	<i>Sameer</i>		<i>Sameer</i>
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133	WADKAR ACHYUT HARIDAS	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Kalamboli	achyutwadkarv1@gmail.com	8668273997	<i>Achyut</i>	<i>Achyut</i>	
134	WAGH JAYASHREE SANTOSH	BACHELOR OF SCIENCE (MEDICAL IMAGING TECHNOLOGY)	Kalamboli Pindhe		9930213078	<i>Jayashree</i>	<i>Jayashree</i>	<i>Jayashree</i>
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147	PATIL SWARUPA KAMALAKAR	BACHELOR OF SCIENCE (OPERATION THEATRE & ANAESTHESIA TECHNOLOGY)	Pargan	swarupapatil95@gmail.com	7039334316	<i>[Signature]</i>		
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153	THAKARE SHRADDHA SHYAM	BACHELOR OF SCIENCE (OPERATION THEATRE & ANAESTHESIA TECHNOLOGY)		shraddhathakare34@gmail.com	9029746837			<i>[Signature]</i>

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MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

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SBS/18/3/

Date: 31.3.2018

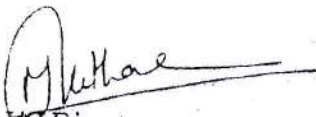
NOTIFICATION

Dear all,

This is to inform you that MGM School of Biomedical sciences is celebrating international yoga day (77 days to event-21st June 2018). On behalf of which some activities are arranged for all the students of B.Optomety, B.Sc. paramedical Courses and M.Sc. medical courses. All the students are requested to take active part in the events.

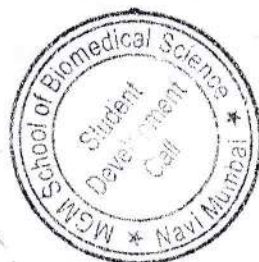
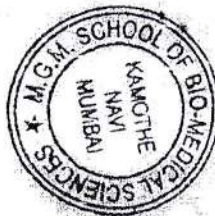
Thanking you,

Regards,



Director
MGM School of Biomedical Sciences
MGMIHS, Navi Mumbai

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai



The Objectives of International Day Of Yoga:

- To know the amazing and natural benefits of yoga.
- To reduce the rate of health challenging diseases all over the world.
- To bring communities much close together to spend a day for health from busy schedule.
- To enhance growth, development and spread peace all through the world.
- To get relief from stress through yoga.
- To spread the awareness of how yoga can heal the physical and mental diseases.
- To promote better mental, physical and spiritual development through yoga practice.

The Positive Influences of Yoga

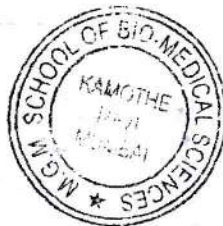
- It Improves brain functions, memory and concentration.
- Helps to gain flexibility and improves posture.
- Helps in improving blood circulation which is needed for the healthy development of mind and body.
- It plays a very important role in helping to cope with stress.

Plan of the activities

Sr No	Activity	Day	Time	Rules
1	Talk & Yoga Session	Wednesday (4.4.2018)	2:00 PM to 4 :00 PM	Venue- First Year Class Room Second Floor, Department of
2	Meditation Session	Thursday (5.4.2018)	2:00 PM to 4 :00 PM	Venue- First Year Class Room Second Floor, Department of
2	Poster Presentation	Friday (6.4.2018)	1:30pm	1. Posters to be prepared from home and to be displayed directly 2. poster Size: 18"x24" (46x61 cm) 3. Topic: Health Benefits of Yoga


H.C. Director
MGM school of Biomedical Sciences
MGMIHS Navi Mumbai

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai





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(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

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SBS/18/3/

Date:5.4.2018

Yoga is not only about doing just a few Asana, but it is about how aware you are about yourself, your body movements, mind and body-mind connection. Through that connection, you can learn a lot and there is tranquility or mindfulness. Proper mind control is true yoga.

With this concept of spreading the thought of mindfulness, MGM School of Biomedical Sciences, Kamothe, Navi Mumbai celebrated International Yoga Day on 04.04.2018 by conducting Yoga and Meditation session from 2:30 pm to 4:30 pm for the Faculty and students. Session was initiated by a welcome speech by Mrs. Renuka Bhosle followed by welcoming the guests for the session- Mr. Vijay (HEARTFULNESS Yoga trainer) and Mrs. Gitanjali Saini (HEARTFULNESS Meditation trainer).

Mr. Vijay gave an effective introduction for importance of Yoga and Dhyan. An impressive demonstration of Asana was demonstrated and practiced by students and faculty members along with the Director under direct guidance of Mr. Vijay. The main aim was to raise awareness and ignite a passion for fitness and yoga among the students. In the present day when students face stress, tension, fear, etc. simple Asana can help dispel these.

Students were taught various Asana such as Padahasthasana, Kati Chakrasana, Vrikshasana, Shashakasana, Ushtrasana, Ardhashakrasana, Vajrasana, Vakrasana, Makarasana, Pawanmuktasana, Swasasana Nadi Shodhan, Kapal Bhati and Bhramari, Anulom Vilom and Shitali Pranayam. Mr. Vijay also motivated the students to make Yoga an important part of their daily routine to stay fit and healthy.



Next session was conducted by Mrs. Gitanjali Saini (HEARTFULNESS Meditation trainer). She said that most people don't realize the practice of Yoga. Yoga includes holistic set of practice for overall self-development of body, mind and soul. In the light of the modern day, Yogic practice of Heartfulness shows us how to integrate inner spiritual practice in the world and refining our personality. Heartfulness is a science of Raj-Yoga whose purpose is to observe internal state of inner self. The guests also explained remedies for personal health problems to the participants with lot of patience.

Session ended with a meditation session for 30 minutes.

21st June 2018: YOGA by the Bay, Marine Drive 2018

YOGA by the Bay, Marine Drive, Mumbai and HEARTFULNESS Institute along with 'The Times of India' conducted YOGA and Meditation event organized by Shaina NC's NGO I Love Mumbai, holistic health guru Mickey Mehta for thousands of Mumbaikars eager to try their hand at different asanas. The Chief Guest of this event was **Shri Prakash Javadekar, Hon. Union Minister HRD** who actively became a participant for this event.

MGM School of Biomedical Sciences, Kamothe is in collaboration with HEARTFULNESS Institute from past 04 years and an active member of the same. The students and faculty of MGM School of Biomedical Sciences, Kamothe actively participated in this wellness activity of YOGA by the Bay.

The Event started at 6:00 am and ended at 7:45 am.

Thanking you,

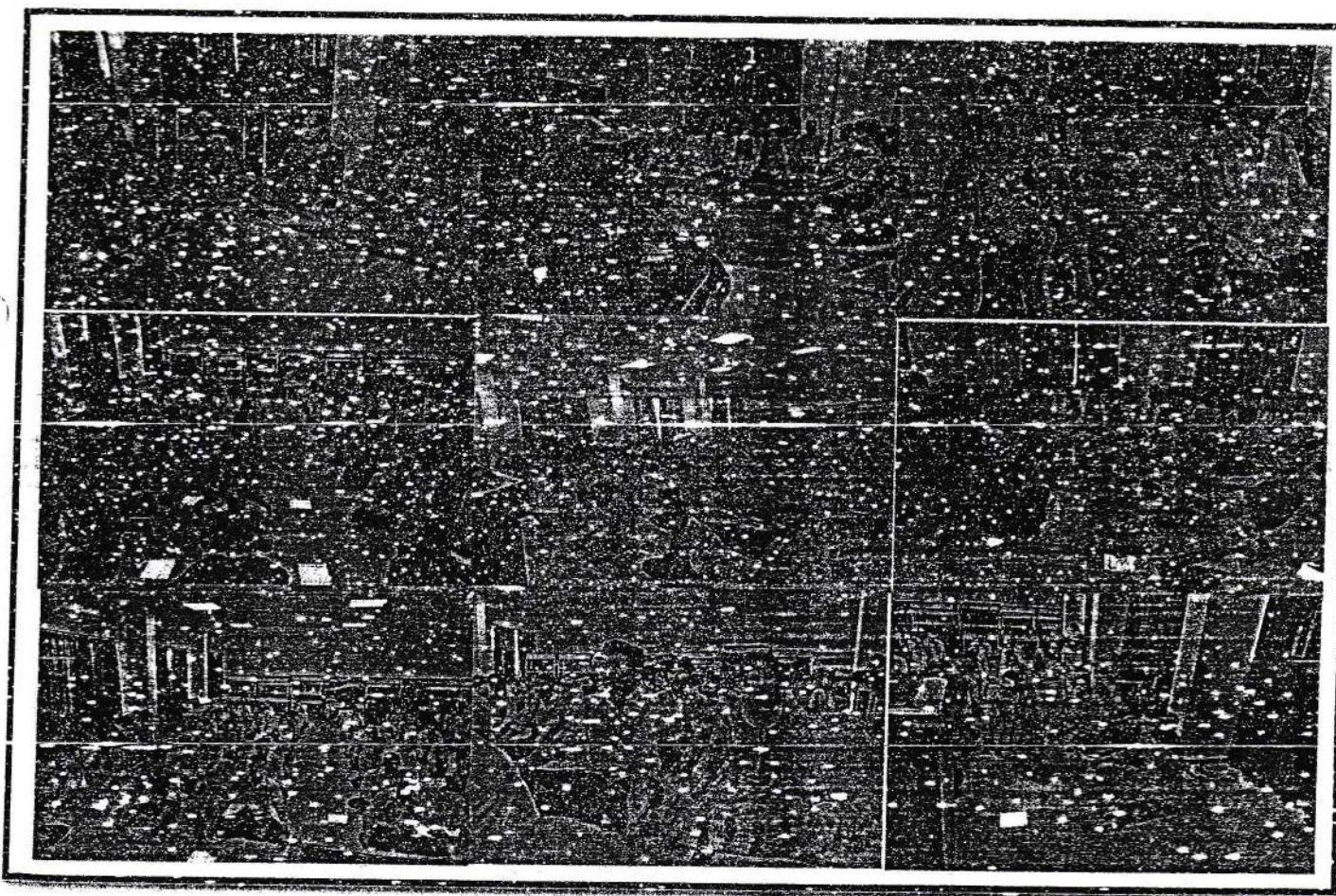


I/C Director

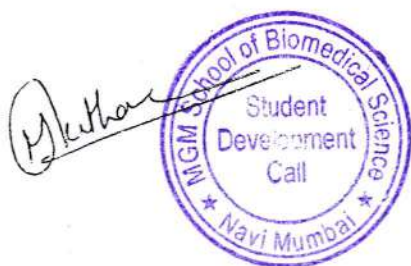
MGM School of Biomedical Sciences

MGMIHS, Navi Mumbai

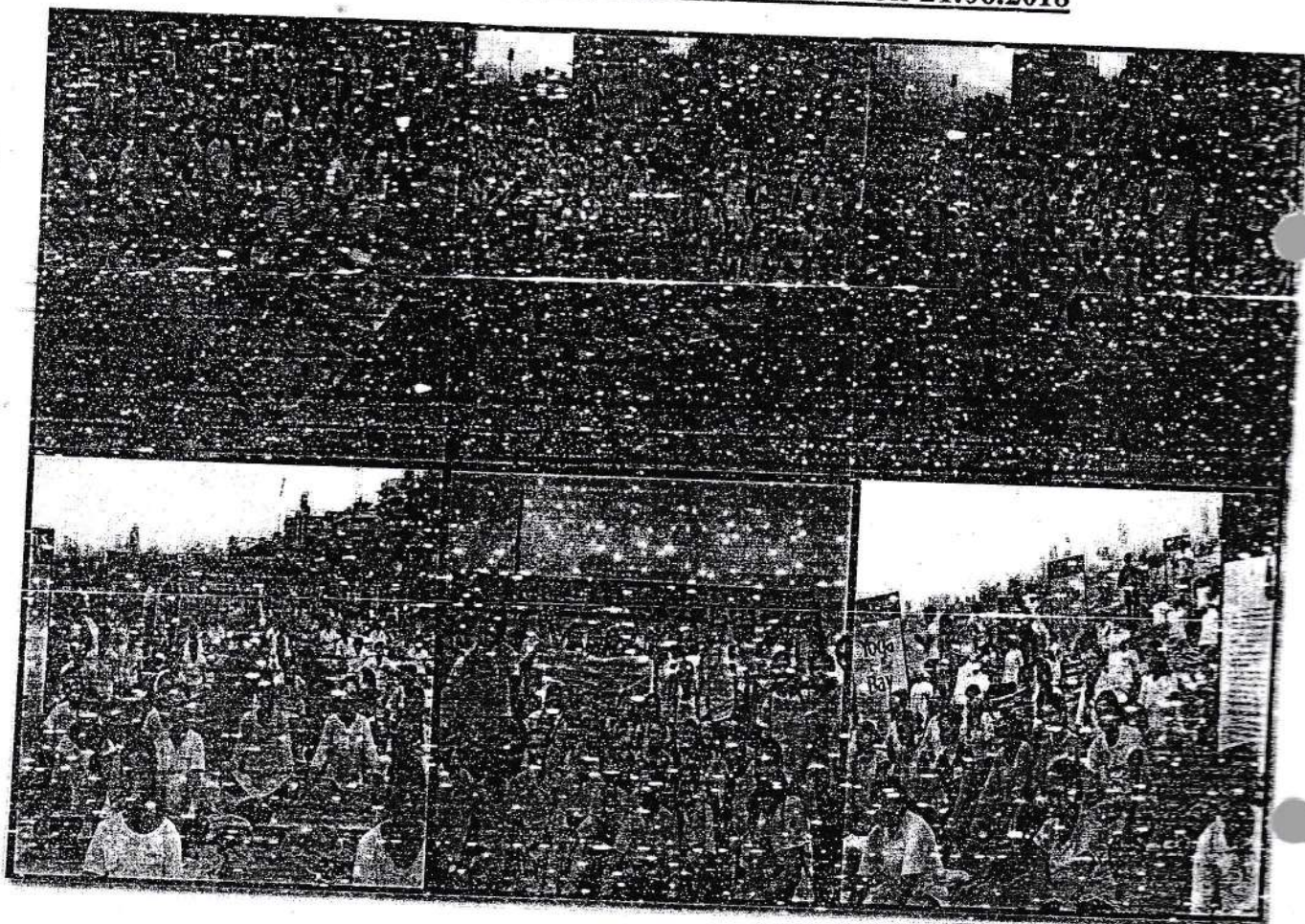


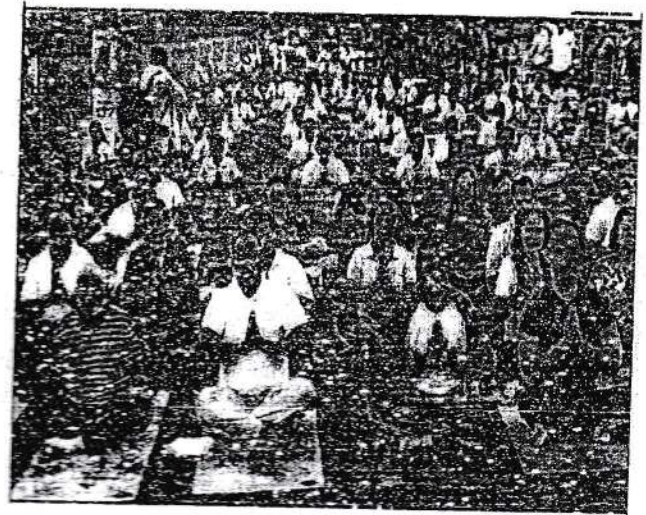


Yoga and Meditation session on International Yoga Day held on 04.04.2018



YOGA by the Bay, Marine Drive 2018 held on 21.06.2018





On the occasion of International Yoga Day, Mumbaikars participate in Yoga By The Bay at Marine Drive on Thursday. On the last Sunday of every month, health enthusiasts grab a yoga mat and head to the seafront promenade in south Mumbai. The Times of India-supported initiative has become a regular feature after the tremendous response to the first International Yoga Day in 2015. "A

Video Download at : [HTTP://youtu.be/jualx89laxM](http://youtu.be/jualx89laxM)





MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

Sector 1, Kamothe Navi Mumbai-410209, Tel.No.:022-27437631,27432890

Email. sbsnm@mgmuhs.com / Website : www.mgmsbsnm.edu.in

Attendance sheet International Day Of Yoga 2018

June 21 st 2018

Sr No	Name	Signature
1	Uma Santosh	
2	Mrunal gajanan	
3	Juili Amberkar	<i>Juili Amberkar</i>
4	Laxmi Walika	
5	Shubhangi Kshirsagar	
6	Hridaya saweant	
7	shrushty kadam	
8	Elvinson Joseph	<i>Elvinson Joseph</i>
9	Siddhant Raut	<i>Siddhant Raut</i>
10	prajakta jagtap	<i>Prajakta Jagtap</i>
11	savita	<i>Savita</i>
12	pallavi jauikar	<i>Pallavi Jauikar</i>
13	Poornima Bartakke	<i>Poornima Bartakke</i>
14	Ankita Koli	<i>Ankita Koli</i>
15	Sayali Patil	<i>Sayali Patil</i>
16	Kajal Thakre	<i>Kajal Thakre</i>
17	Hina Chalar	<i>Hina Chalar</i>
18	Ashwati Chitran	<i>Ashwati Chitran</i>
19	Babita Mandal	<i>Babita Mandal</i>
20	Pranali Chavan	<i>Pranali Chavan</i>
21	Snehal Chavan	
22	Snehal fadke	<i>Snehal fadke</i>
23	juili Makaji	<i>Juili Makaji</i>
24	harshad Khade	<i>Harshad Khade</i>
25	Shraddha Bobade	
26	Akanksha salunke	
27	Harshad kadam	<i>Harshad kadam</i>
28	Nadeem Rais	<i>Nadeem Rais</i>
29	Kavya Murthy	<i>Kavya Murthy</i>
30	Akash Tiwari	<i>Akash Tiwari</i>
31	Shrutika Patole	<i>Shrutika Patole</i>
32	Ayesha sakharkar	<i>Ayesha sakharkar</i>



33	Anjali Singh	<i>Anjali</i>
34	kajal Sonkar	<i>Kajal</i>
35	Pooja Chavan	<i>Pooja</i>
36	Shilpa kamble	<i>S. Kamble</i>
37	pratiksha Gondkar	<i>Pratiksha</i>
38	Poonam Kumbhar	<i>Poonam</i>
39	Harshali Dhumal	<i>Harshali</i>
40	Yogita Kabse	<i>Yogita</i>
41	Priti Thakal	<i>Priti</i>
42	Vishvanath Chaudhari	<i>Vishvanath</i>
43	Suresh Tupsunder	<i>Suresh</i>
44	Nitesh Gavankar	<i>Nitesh</i>
45	Rasika Wokade	<i>Rasika</i>
46	Seema Sherkhane	<i>Seema</i>
47	Glenita menenzes	<i>Glenita</i>
48	Jainarayan thakur	<i>Jainarayan</i>
49	Akshita Poojari	<i>Akshita</i>
50	Namrata Baid	<i>Namrata</i>
51	Ravina Dingiya	<i>Ravina</i>
52	Jyoti kanojia	<i>Jyoti</i>
53	Rutuja Patil	<i>Rutuja</i>
54	Sofie Thomas	<i>Sofie</i>
55	karuna Mumbgekar	<i>Karuna</i>
56	Sharayu Mahamane	<i>Sharayu</i>
57	Virendra Yadav	<i>Virendra</i>

Faculty List

1	Dr Mansee thakur	<i>Mansee</i>
2	Prema Schewale	<i>Prema</i>
3	Renuka Bhosle	<i>Renuka</i>
4	Dr Mini Mol	<i>Mini</i>
5	Mrs Himanshu Gupta	<i>Himanshu</i>
6	Ms. Punam patil	<i>Punam</i>

Mansee
I/E Director

MGM School of Biomedical sciences
MGMIHS, Navi Mumbai





M T W T F S

Date: / / Page No.

Aashi Sanas	MIT-17-23	Sanas
Smriti Sunil	OT/AT-17-10	Smriti
Arsha Raghunathan	OT/AT-17-01	Arsha
Jennifer Elias Daniel	OT/AT-17-09	Jennifer
Dipali G. Chavan	MLT-17-1	Dipali
Korail Suman	OT/AT-17-11	Korail
Sorali Iselle	MIT-17-12	Sorali
Neha R. Dharmel	MIT-17-11	Neha
Shelax Ashland	MLT-17-19	Shelax
Jayashree S. Wagh	MIT-17-05	Jayashree
Rupam H. Singh	MIT-17-12	Rupam
Khushboo Sahani	MLT-17-19	Khushboo
Akshita Kumari	MLT-17-02	Akshita
Sonal Avinash Jadhav	MLT-17-25	Sonal
Shradha Shinde	MLT-17-22	Shradha
Neha V. Patil	MIT-17-20	Neha
Priyanka Waghmare	MLT-17-27	Priyanka
Parisha Patel	DT-17-12	Parisha
Prajakta Patil	DT-17-38	Prajakta
Swarnada Joshi	DT-17-7	Swarnada
Rutuja Salkar	DT-17-3	Rutuja
Shruti Sarsen Patel	MIT-17-03	Shruti
Shweta Kambale	MIT-17-08	Shweta
Smrithi Sarmade	MIT-17-02	Smrithi
Hareshada Pawar	MIT-17-26	Hareshada
Anuja Patel	MIT-17-25	Anuja
Rajani Barambe	CT-17-01	Rajani
Shruti Patil	MIT-17-06	Shruti
Siyab Patel	MIT-17-19	Siyab
S. S. S. S.	MIT-17-03	S. S. S. S.
Pavani T. Pawar	MIT-17-13	Pavani



SRASHTI W.

DO WHAT YOU ARE BORN FOR

4th April 2018

M T W T F S

JOURNEY.

Date: Page No.

Sr. No. Name of the Student Sign

17	Poojya Maisal	DT-17-7	<i>Poojya</i>
27	Parnali Thakur	DT-17-11	<i>Parnali</i>
37	Anuja M. Sawant	DT-17-15	<i>Sawant</i>
41	Pooja A. Karkar	DT-17-17	<i>Pooja</i>
5)	Megha S. Khumbhar	DT-16-3	<i>MK</i>
6)	Shraddha Nath	OT-AT/17-7	<i>Shraddha</i>
7)	Bhavana Biru	DT-17-13	<i>Bhavana</i>
8)	Shivanya Nair	MIT-17-11	<i>Shivanya</i>
9)	Shraddha Thakre	OT-AT/17-18	<i>Shraddha</i>
10)	Darvin Ganga	OT-AT/17-08	<i>Darvin</i>
11)	Archita Ghosh	OT-AT/15-18	<i>Archita</i>
12	Jwily Ambekar	DT-17-04	<i>Jwily</i>
13	Rishika	PT-17-02	<i>Rishika</i>
14	Priya Shinde	PT-17-03	<i>Priya</i>
15	Gargee Jogekar	PT-17-05	<i>Gargee</i>
16	Albin M. Mari	MIT-17-17	<i>Albin</i>
17)	Akhila Koli	CT-17-05	<i>Akhila</i>
18)	M. Vishwanath	DT-17-10	<i>Vishwanath</i>
19	Dharmik Gaudes	AT-OT-17-2	<i>Dharmik</i>
20)	Nikita Gunjawate	AT-OT-17-12	<i>Nikita</i>
21)	Goswami Harshat	DT-17-07	<i>Harshat</i>
22)	Abhay Khane	DT-17-06	<i>Abhay</i>
23)	Mayur Jadhav	AT-OT-06	<i>Mayur</i>
24)	Shivam Bhaisme	MIT-17-01	<i>Shivam</i>
25)	Pradyum Salunke	MIT-17-27	<i>Pradyum</i>
25)	Prasad Pukate	CT-17-4	<i>Prasad</i>
26)	Sakshi Mhatre	OTAT-17-13	<i>Sakshi</i>
27)	Rohit Mhatre	MIT-17-30	<i>Rohit</i>
28)	Sushant Sawant	DT-17-02	<i>Sushant</i>
29)	Ambika Koli	CT-17-05	<i>Ambika</i>

Poojya





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MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1 & 2, Sector-I

Kamothe, Navi Mumbai – 410 209.

Report of Activity

Date : 21.6.2019 Duration: one day
Name of the activity : International Yoga Day
Organizing Institute : MGM New Bombay College of Nursing, Kamothe.
Collaborating agency : Private
Name of the scheme : Theme for the International Day of Yoga 2019 celebration

'Climate Action'

No of Teachers Participated : 17
No of Students Participated : 73 & 37
Brief of the Activity :

International Day of Yoga is celebrated on 21 June in order to raise awareness worldwide of the many benefits of yoga. The theme for the International Day of Yoga 2019 celebration is 'Climate Action.' World Health Organization has also advised yoga to reduce physical inactivity, which is a key risk factor for non-communicable diseases, such as cardiovascular diseases, cancer and diabetes contributing to top ten leading causes of death worldwide.

MGM New Bombay College of Nursing organised following activities to celebrate International Yoga day on 21/06/19

1. *Essay competition* – The topics were;

- Yoga Enables Unity of Mind Body and Soul.
- Yoga benefits for physical and mental health

20 students participated for essay competition. The best three essays will be awarded with certificates.

First Prize – Ms. Alina Sabu

Second Prize – Ms. Asha Mariam Varghese

Third Prize – Ms. Ajina Varghese

2. ***Elocution competition*** – The topics were

- Is yoga important for healthy living?

14 students participated in the elocution competition. The Best three students will be awarded with Certificates

First Prize – Ms. Athira Panicker

Second Prize – Ms. Mansi Kambli

Third Prize – Ms. Bhargavi Bora

3. ***Yoga Session and relaxation techniques by certified Yoga Expert :***

Ms. Sonali Banerjee a certified Yoga Trainer and Counsellor conducted a session on ***tress management and relaxation techniques***. She demonstrated of different yoga Asanas (standing posture, supine posture, prone and seating postures) and pranayam along with meditation for faculty and students. 17 faculties and 73 students participated in the session.

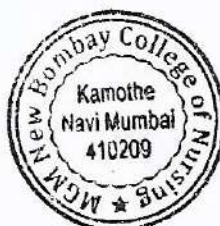
4. Session organised by Department of Physiology MGM Medical College at MGMIHS on 20th June 2019. The sessions were conducted by Dr. Sandeep Rai on “Sahaja Yoga for Reduction of Stress in Medical Students” also Dr. Mrs. Madhuri Rai shared a experience on “Sahaja Yoga Meditation” and Patanjali Yoga Samiti demonstrated different Yoga-Asanas to reduce stress and increase concentration. Total 97 students and 3 faculty members attended the session.

Annexure:

1. List of students participated : Yes
2. List of Teachers Participated : Yes
3. Photos :

Signature of Organizer

Date: 25/06/19.



Signature of Director

International Yoga Day Celebration on 21.06.2019





MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International Yoga Day Essay Competition

Venue:- IIIrd Floor class Room

Date & Time:- 21/6/19 at 2:00pm

Attendance Sheet

SR.No	Name	Signature
1.	Mrs. Pili'ka Gawade	<u>Gawade</u>
1.	Shweta Sanjay Kadam	<u>Kadam</u>
2.	Neeta Abhimane	<u>Abhimane</u>
3.	Neha Singh	<u>Singh</u>
4.	Ajina Vaeghere	<u>Vaeghere</u>
5.	Rutuja Patil	<u>Rutuja</u>
6.	Aleena Sabu	<u>Sabu</u>
7.	Arya Lekshmi R	<u>Arya Lekshmi</u>
8.	Sanchita S. Ghore	<u>Ghore</u>
9.	Purvaia Patil	<u>Patil</u>
10.	Binita Abraham	<u>Abraham</u>
11.	Asha Mariam Vaeghere	<u>Vaeghere</u>
12.	Pratibha kumari	<u>Pratibha</u>
13.	Agnes Thomas	<u>Thomas</u>
14.	Anja Mathur	<u>Mathur</u>
15.	Murugali patil	<u>Patil</u>
16.	Stas	<u>Stas</u>
17.	Alex Alex	<u>Alex</u>

18. Reba Sunny
19. Blessy Anna Daniel
20. Teeritha k

Reba
Blessy
Teeritha



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International Yoga Day Debate Elocution

• Venue:- IVth floor Classroom

Date & Time:- 21/6/19 at 2:00pm

Attendance Sheet

SR.No	Name	Signature
1.	Samiksha D Gaurav	<u>Samiksha</u>
2.	Samiksha M	<u>Samiksha</u>
3.	Bhargavi Bora	<u>Bhargavi</u>
4.	Ashwini - J	<u>Ashwini</u>
5.	Shital Thorat	<u>Thorat</u>
6.	Pratiksha	<u>Pratiksha</u>
7.	Mrunal more	<u>Mrunal</u>
8.	Athira Panicker	<u>Athira</u>
9.	mondar mhatre	<u>Mhatre</u>
10.	Twinkal fathod	<u>Twinkal</u>
11.	manshi kambli	<u>M.K</u>
12.	Yash A. Tijare	<u>Tijare</u>
13.	Bhavana Bavande	<u>Bavande</u>
14.	Anagha Shewale	<u>Shewale</u>

Spinali
21/6/19



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5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International yoga day celebration

Venue: Fourth floor class room

Date & Time: 21/6/19 at 3PM

Attendance Sheet

SR.No	Name	Signature
1	Sonam Biraji Aglave	<u>Sonam</u>
2	Alphonse Josepl	<u>Alphonse</u>
3	Arcy - S. Vaghese	<u>Arcy</u>
4	Arju Paul	<u>Arju</u>
5	Arju Thomas	<u>Arju</u>
6	Ansa Roy	<u>Ansa</u>
7	Ashly Thomas	<u>Ashly</u>
8	Namita Prakash Borate	<u>Namate</u>
9	Chanchal Santosh Bhujbal	<u>Chanchal</u>
10		
11	Cayona Ann James	<u>Cayona</u>
12		
13		
14	Deepa Vaghese Chacko	<u>Deepa</u>
15	Deslin Teena Thomas	<u>Deslin</u>
16	D. Eabinazer	<u>D. Eabi</u>
17		
18	Pragati N. Ghutukade	<u>Pragati</u>

Pragati
21/6/19



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International yoga day celebration

Venue:- 1st floor class room

Date & Time:- 21/6/19 at 3:00 PM

Attendance Sheet

SR.No	Name	Signature
19	Punam M. Masani	<u>Punam</u>
20	Rupali . R. Gupta	<u>Rupali</u>
21		
22	Jeena Thomas	<u>Jeena</u>
23	Jemy George	<u>Jemy</u>
24	Kadam Samiksha	<u>Kadam</u>
25	Kallunilayil Mary Johny	<u>Mary/Johny</u>
26	Pritya. S. Kelaskar.	<u>Kelaskar</u>
27	Ishwari Khamdekar	<u>Ishwari</u>
28	Ratik Kothar	<u>Ratkar</u>
29	Leni . K. Kalaichan	<u>Leni</u>
30	Kucose Presilla Unni AS	<u>Presilla</u>
31	Mosica Mathew	<u>Mosica</u>
32	Merin Jose Thottunkal	<u>Merin</u>
33	Nisa Annie Manoj	<u>Nisa</u>
34	Harshada K. Patil	<u>Harshada</u>
35	Prachi Raju Patil	<u>Prachi</u>
36	Shrinedhi Poojari	<u>Shrinedhi</u>

Prachi
21/6/19



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International yoga day celebration
Venue:- Fourth floor class room
Date & Time:- 21/6/19 at 3PM

Attendance Sheet

SR.No	Name	Signature
37	Mandini Prajapati	
38	Riya Christin Daniel	
39	Rajlekshmi Ajit	
40		
41	Priyanka S. Rathod	
42		
43		
44	Shreya Sonawane	
45	Anchal	
46	Shweta Sonawane	
47		
48		
49	Sayami Sanjay Satase	
50	Linyamal K	

Spual
21/6/19



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi-Mumbai - 410209

Name of the Programme: International yoga day celebration

Venue:- 10 floor class room

Date & Time:- 21/6/19

Attendance Sheet

SR.No	Name	Signature
1	Shweta Kadam	<u>Shweta Kadam</u>
2	Chandni Sharma	<u>Chandni</u>
3	Apurva Shrivastava	<u>Apurva</u>
4	Anagha Shewale	<u>Anagha</u>
5	Bhavana	<u>Bhavana</u>
6	Rituja	<u>Rituja</u>
7	Wena	<u>Wena</u>
8	Shreya Mathew	<u>Shreya</u>
9	Neeta Abhimane	<u>Neeta</u>
10	Purnima Patil	<u>Purnima</u>
11	Sanchita Ghosh	<u>Sanchita</u>
12	Mansi Kumbli	<u>Mansi</u>
13	Bhargavi Bora	<u>Bhargavi</u>
14	Pratishtha Bobade	<u>Pratishtha</u>
15	Aishwarya Tadhar	<u>Aishwarya</u>
16	Akhira Panicker	<u>Akhira</u>
17	Samiksha Mhatre	<u>Samiksha</u>
18	Twinkal Pokhar	<u>Twinkal</u>



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamathe, Navi Mumbai - 410209

Name of the Programme: International Yoga Day Celebration
Venue:- Fourth Floor Classroom
Date & Time:- 21.06.2019

Attendance Sheet

SR.No	Name	Signature
1	Prabha R. Dangle	
2	R. Ponchitra	
3		
4	Hon. Pruthi Hethu	
5	Dr. Jyoti Jyoti chaudhari	
6	MS. Ganjula mohanty	
7	MS. Vandana K.	
8	Gudhu Thomas	
9	Neethu Meen Varghese	
10	Ms. Josmy Abraham	
11	Ms. Karitha.v	
12	Ms. Salini's	
13	Tayakleshwari	
14	Pranali Shetye	
15	Sarika Lokhande	
16	Pranali Bhode	
17	Manju Anna Varghese	
18	Remya Philp	

Signature of Mentor Pranali
21/6/19



MGM NEW BOMBAY COLLEGE OF NURSING
5th Floor, Nursing College Building, MGM Educational Campus,
Plot No: 1 & 2, sector-1, Kamothe, Navi Mumbai - 410209

Name of the Programme: International yoga day celebration

Venue:- Fourth floor classroom

Date & Time:- 21/6/19 at 3:00 PM

Attendance Sheet

SR.No	Name	Signature
19	Shital Thorat	
20	Minuoli more	
21	Sukhjeet Kaur	
22	Tanmay Gawand	
23	Mandari Mhatre	
24	Yash Tijare	
25	Samiksha D. Gawar	
26	Agnes Thomas	
27	Arya Lekshmi.R	
28	Ajina Vaghmare	
29	Aleena Sabu	
30	Blessy Anna Daniel	
31	Celesty Ann James	
32	Seetalakshmi.V	
33	Stais	



MGM INSTITUTE OF HEALTH SCIENCES
(Deemed University u/s 3 of UGC Act, 1956)
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MGM SCHOOL OF PHYSIOTHERAPY
Sector-I, Kamothe, Navi Mumbai-410209

Report on International Day of Yoga 2019

Preamble:

1. A session was organised for patients, students and faculty members by International Research and Health centre, CBD Belapur on the occasion of 5th International Day of Yoga.
2. Location of the Event: Fitness OPD, Physiotherapy Department, MGM Hospital, Kamothe.
3. Event date and time: 21.06.2019, Morning 9.30 a.m. to 10.30 a.m.

Objectives:

1. To create awareness on effects of Yoga on body and mind.
2. To create awareness on role of Yoga for stress management.
3. To sensitize participants to undertake and adapt yoga on a daily basis.

Organized by: Dr. Mamta Shetty (PT), Lecturer, MGM School of Physiotherapy, Navi Mumbai

Attended by: A total of 12 students from MGM Physiotherapy department, 13 faculty members and 10 patients.

Activity

1. The session began with a video presentation on stress management.
2. Dr. Dongre delivered a talk on meditation and explained about the 4 chakras of human body.
3. Laxmikant Katayoga emphasized on importance of stress management in order to reduce risk of cardio respiratory, endocrinal and gastro-intestinal problems and demonstrated basic Sahaja Yoga technique to cope with stress.
4. All participants were involved in an experiential learning session with practical demonstration of Yoga techniques like breathing exercises, awareness of breathing pattern and meditation.
5. Verbal feedback was sought from participants post session. The session was well received and beneficial for participants.

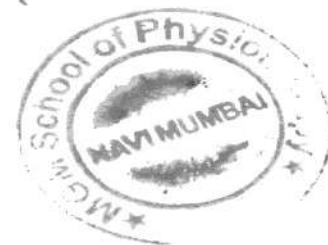


Celebration of 5th International Yoga day



Felicitation by Dr. Mohanty


Welfare Committee



MGM INSTITUTE OF HEALTH SCIENCES
(Deemed University, U.S. 1 of UAC Act, 1956)
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MGM SCHOOL OF PHYSIOTHERAPY
Sector-I, Kamothe, Navi Mumbai - 410209

Report on International Day of Yoga 2019

Preamble:

1. A session was organised by Department of Physiology in association with Department of Medicine, social and Preventive Medicine, School of Physiotherapy, School of Biomedical Sciences and School of Nursing.
2. Location of the Event: MGMIHS Auditorium 3rd Floor, MGM College Building, Kamothe.
3. Event date and time: 20.06. 2019, Morning 2.00 pm. to 4.00 pm.

Objectives:

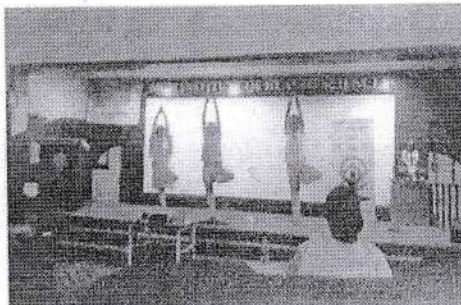
1. To create awareness on effects of Yoga on body and mind.
2. To create awareness on role of Yoga for stress management.
3. To sensitize participants to undertake and adapt yoga on a daily basis.

Organized by: Dr. R. S. Inamdar, Prof. & HOD, Dept. of Physiology, MGM Medical college, Navi Mumbai

Attended by: A total of 25 students and 2 faculty members from MGM School of Physiotherapy.

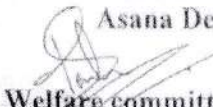
Activity

1. The session began with welcome speech by Dr. R. S. Inamdar.
2. Dr. Sandeep Rai delivered a talk and video presentation on meditation and Stress management in Medical students. He also explained how Meditation works in Regulating the function of Sympathetic and Para-sympathetic Nervous system.
3. Dr. Mrs Madhur Rai took a Sahaja Yoga Meditation session for everyone. She also explained how Yoga helps in balancing the Human body Chakras and thus improves the immunity and better concentration of a person.
4. Shri RP Yadav from Patanjali Yog Samiti demonstrated certain Asanas for better functioning of Respiratory system, Circulatory system, Immunity and Concentration.
5. All participants were involved in an experiential learning session with practical demonstration of Yoga techniques like breathing exercises, awareness of breathing pattern and meditation.
6. Verbal feedback was sought from participants post session.
7. Session was ended with vote of thank by Dr. Yashoda Kattimani.



Asana Demonstration by Shri RP

Yadav from Patanjali Yog Samiti


Welfare committee

**MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed University u/s 3 of UGC Act. 1956)

Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Date : 10th February 2019**Introduction to Pranic healing and twin heart meditation seminar**

Preamble : GMCKS Pranic healing organization conducted an orientation to Pranic healing and twin heart meditation for the staff members on 8th February 2019.

Objective :

1. Introduction to Pranic healing
2. Feeling energy or prana
3. Discussion of its application
4. Explanation and practice of the twin heart meditation
5. Live demo of healing for an acute case.

Date : 8th February 2019

Organized by : GMCKS Pranic healing organization.

Practice :

GMCKS Pranic healing organization organized a brief orientation to Pranic healing and twin heart meditation on 8th February 2019 for the teaching and non-teaching staff members of MGM school of Physiotherapy. The seminar began with a quick glimpse into the magical world of Pranic healing progressing towards Dr. Sheetal, a basic Pranic healing instructor guided the participants into feeling the prana/ energy ball after which its applications and testimonials were reviewed. The participants were then elucidated on the twin heart meditation followed by its execution and a set of pre and post exercises. The session was concluded by a healing demo for acute mid back pain for one of the participants and she experienced its superlative effect. The participants were given the reference of volunteers. Viral and Manisha intern batch) for further inquiries and information.

Evidence of success : The participants reported in the feedback that the meditation session relieved anxiety and it rejuvenated them.



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(Deemed University u/s 3 of UGC Act, 1956)

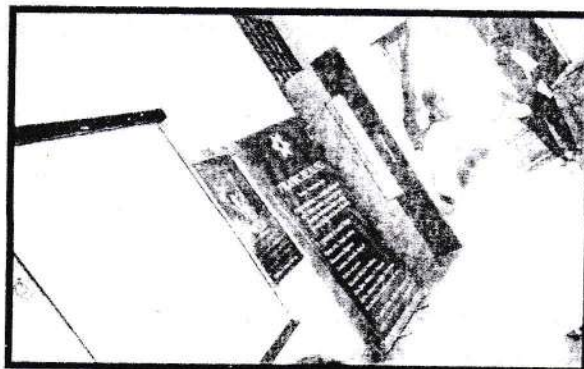
Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209



Staff members performing Meditation



Dr. Sheetal Bhopale giving a talk on Twin heart meditation



Physiotherapy Faculty Members with Dr. Sheetal Bhopale and her team

Pradnya Girdhar

Dr. Pradnya Girdhar (PT)
Lecturer
MGM School of Physiotherapy





MGM INSTITUTE OF HEALTH SCIENCES

(Deemed University u/s 3 of UGC Act, 1956)

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Date : 08/02/2019

Attendance sheet

Twin Heart Meditation By 12

Sr. No.	Name	Sign
1.	Mrs. Malika Bhangre	<i>Malika</i>
2.	Mrs. Maya	<i>Maya</i>
3.	Mrs. Nirmala Pimple	<i>Nirmala</i>
4.	Mrs. Sonali	<i>Sonali</i>

Ray



28



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Grade 'A' Accredited by NMAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Date : 08/02/2019

Attendance sheet

Twin Heart Meditation By Dr. Sheetal Bhopale

Sr. No.	Name of Faculty	Sign
1.	Dr. Rajani Mullerpatan	
2.	Dr. Bela Agarwal (PT)	
3.	Dr. Meruna Bose (PT)	Mase
4.	Dr. Triveni Shetty (PT)	
5.	Dr. Yuvraj Singh (PT)	
6.	Dr. Raturaj. S. Shete (PT)	Raturaj
7.	Dr. Mamta Shetty (PT)	
8.	Dr. Shrutika Parab (PT)	Parab
9.	Dr. Juhi Bharnuke (PT)	
10.	Dr. Pradnya Girdhar (PT)	Pradnya

Sr. No.	Name of Faculty	Sign
1.	Dr. Vrushali Panhale (PT)	Vrushali
2.	Dr. Sreeraj S.R.(PT)	
3.	Dr. P. Pothiraj (PT)	P. Pothiraj
4.	Dr. Sneha Ganu (PT)	Sneha
5.	Dr. Reshma Gurav (PT)	
6.	Dr. Jyoti Parle (PT)	Jyoti
7.	Dr. Vijayendra Rajguru (PT)	Vijayendra
8.	Dr. Shruti Nair (PT)	Shruti
9.	Dr. Shadha Sawant (PT)	Shadha
10.	Dr. Prachita Walankar (PT)	Prachita
11.	Dr. Vijaya Krishnan (PT)	Vijaya
12.	Dr. Shailesh Gardas (PT)	Shailesh
13.	Dr. Siddharth Mishra (PT)	Siddharth
14.	Priyadarshani Kataikar	Priyadarshani

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Yoga Attendance
IBPT

5.1.23.

Time : 9:00 to 12:00

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothé, Navi Mumbai - 410209

Batch : IBPT 2018-19

Subject : Yoga

Date : 8/12/2018

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	(A)
2	Aishwarya Sudhir Salunkhe	Aishwarya
3	Annmary Thomas Pereppadan	Annmary
4	Anushka Ajit Tambe	Anushka
5	Barve Mansi Vivek	Barve
6	Bhagat Yatish Narayan	Bhagat
7	Bhalala Het Dinesh	Bhalala
	Bhanushali Hiteshi Jethalal	HJB
	Bhanushali Nandini Deepa	Nandini
10	Bhosale Rutuja Dilip	(A)
11	Chavan Sakshi Prakash	(A)
12	Dadlani Hiya Anil	(A)
13	Darekar Aakanksha Vinay	Aakanksha
14	Desai Manasi Sanjay	Desai
15	Ashima Dhiman	Ashima
16	Dhurde Chhaya Mahadeo	Chhaya
17	Dongre Shivani Ketan	SP
18	Gala Aayushi Bhavesh	Gala
19	Gandhi Charmi Jesal	Charmi
20	Gaware Aditi Sunil	Aditi
21	Harad Mayuri Sunil	Mayuri
22	Iffat Mohammadali Khatib	Iffat
23	Jain Disha Bhavesh	(A)
24	Juriani Ashriya Kailash	(A)
	Kalwani Bharti Om Prakash	(A)
26	Kamble Nikita Uday	Nukamble
27	Khan Nargaz Usman	(A)
28	Khonde Hrishikesh Ajay	HRK
29	Mandke Sayali Vinod	Sayali
30	Mathkar Sneha Niteen	(A)
31	Mehnaz Fatima Abdul Nasir	(A)
32	Nair Rohit Ajit	Rohit
33	Navkal Shweta Suren	SN
34	Neha Yadav	Neha
35	Nileshwar Isha Ravikiran	Isha
36	Nimla Hardik Mukesh	(A)
37	Nistha Mishra	Nistha
38	Panchal Ankita Bharat	Ankita

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	(A)
40	Pandya Nidhi Santosh	Nidhi
41	Parikh Kinnari Monesh	Kinnari
42	Parmar Drashti Mahesh	Drashti
43	Patil Rehan Rajendra	(A)
44	Patil Saloni Pandharinath	Saloni
45	M Raju Divya Raja	Divya
46	Randeria Kavisha Bimal	KR
47	Rupani Devanshi Sanjay	Devanshi
48	Sangani Krutee Kalpesh	KR
49	Sanghavi Vishwa Sohil	Vishwa
50	Sawant Soham Sanjay	Soham
51	Sawant Tejas Deepak	T.Sawant
52	Sayta Dhanashree Vijay	Dhanashree
53	Shah Kushani Milan	Kushani
54	Shah Ritu Udayan	Ritu
55	Shah Tanvi Salil	Tanvi
56	Shaikh Aleza Fatima Dilshad Ali	Aleza
57	Shenvi Sadhika Subhodh	Shenvi
58	Singh Aakansha Verendra Pal	Aakansha
59	Surve Juhika Rajesh	Juhika
60	Tambat Simran Shripad	Simran
61	Tatli Neha Ashfaq	Neha
62	Thaker Riddhi Sanjay	Riddhi
63	Tiwari Leher Manish	(A)
64	Trivedi Dishu Kirti	Dishu
65	Trivedi Palak Jayesh	Palak
66	Vora Kajal Rakesh	Kajal
67	Wahedna Sadiyah Zubair	Sadiyah
68	Wangikar Manasi Milind	Manasi
69	Yadav Priti Omprakash	Priti
70	Akshata Amrute	(A)

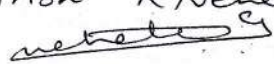
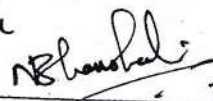


Lecture Summary

8/12/18

9 - 11.30 am

Garudasan.
Tadasan
Vajrasan
Padmasan.
Marjaryasan
Theory.

Name & Signature of faculty	:	Girish R Nehete 
Name & Signature of Class Representative	::	Nandini 
Signature of Co-Ordinator	:	
No. of Student absent	:	14
Remark	:	







MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Batch : I BPT 2018-19

Subject : Yoga

Time : 9 to 12 pm

Date : 24/11/18

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	A
2	Aishwarya Sudhir Salunkhe	Aalunkhe
3	Annamary Thomas Pereppadan	AT
4	Anushka Ajit Tambe	A
5	Barve Mansi Vivek	Barve
6	Bhagat Yatish Narayan	A
7	Bhalala Het Dinesh	Bhalala
8	Bhanushali Hiteshi Jethalal	HJB
9	Bhanushali Nandini Deepa	A
10	Bhosale Rutuja Dilip	R
11	Chavan Sakshi Prakash	Sakshi
12	Dadlani Hiya Anil	Dadlani
13	Darekar Aakanksha Vinay	A
14	Desai Manasi Sanjay	Desai
15	Ashima Dhiman	A
16	Dhurde Chhaya Mahadeo	Chhaya
17	Dongre Shivani Ketan	A
18	Gala Aayushi Bhavesh	Gala
19	Gandhi Charmi Jesal	A
20	Gaware Aditi Sunil	Aditi
21	Harad Mayuri Sunil	Harad
22	Iffat Mohammadali Khatib	Iffat
23	Jain Disha Bhavesh	Disha
24	Juriani Ashriya Kailash	Juriani
25	Kalwani Bharti Om Prakash	A
26	Kamble Nikita Uday	A
27	Khan Nargaz Usman	A
28	Khonde Hrishikesh Ajay	A
29	Mandke Sayali Vinod	Sayali
30	Mathkar Sneha Niteen	Sneha
31	Mehnaz Fatima Abdul Nasir	A
32	Nair Rohit Ajit	A
33	Navkal Shweta Suren	SN
34	Neha Yadav	Neha
35	Nileshwar Isha Ravikiran	Isha
36	Nimla Hardik Mukesh	A
37	Nistha Mishra	Nistha
38	Panchal Ankita Bharat	A

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	Nishtha
40	Pandya Nidhi Santosh	Nidhi
41	Parikh Kinnari Monesh	Kinnari
42	Parmar Drashti Mahesh	Drashti
43	Patil Rehan Rajendra	A
44	Patil Saloni Pandharinath	Saloni
45	M Raju Divya Raja	Divya
46	Randeria Kavisha Bimal	A
47	Rupani Devanshi Sanjay	Devanshi
48	Sangani Krutee Kalpesh	Krutee
49	Sanghavi Vishwa Sohil	A
50	Savant Soham Sanjay	A
51	Savant Tejas Deepak	A
52	Sayta Dhanashree Vijay	Dhanashree
53	Shah Kushani Milan	Kushani
54	Shah Ritu Udayan	Ritu
55	Shah Tanvi Salil	Tanvi
56	Shaikh Aleeza Fatima Diishad Ali	Aleeza
57	Shenvi Sadhika Subhodh	Sadhika
58	Singh Aakansha Verendra Pal	Aakansha
59	Surve Juhika Rajesh	Juhika
60	Tambat Simran Shripad	A
61	Tatli Neha Ashfaq	Neha
62	Thaker Riddhi Sanjay	Riddhi
63	Tiwari Leher Manish	A
64	Trivedi Dishu Kirti	Dishu
65	Trivedi Palak Jayesh	Palak
66	Vora Kajal Rakesh	Kajal
67	Wahedna Sadiyah Zubair	A
68	Wangikar Manasi Milind	Manasi
69	Yadav Priti Omprakash	A

70

A





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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Batch : I BPT 2018-19

Subject : Yoga

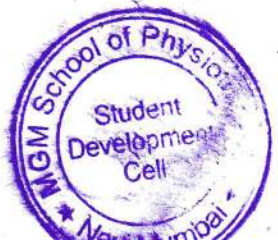
Time : 9:30 to 12:30

Date : 15/12/18

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	
2	Aishwarya Sudhir Salunkhe	
3	Annmary Thomas Pereppadan	
4	Anushka Ajit Tambe	
5	Barve Mansi Vivek	
6	Bhagat Yatish Narayan	
7	Bhalala Het Dinesh	
8	Bhanushali Hiteshi Jethalal	
9	Bhanushali Nandini Deepa	
10	Bhosale Rutuja Dilip	
11	Chavan Sakshi Prakash	
12	Dadlani Hiya Anil	
13	Darekar Aakanksha Vinay	
14	Desai Manasi Sanjay	
15	Ashima Dhiman	
16	Dhurde Chhaya Mahadeo	
17	Dongre Shivani Ketan	
18	Gala Aayushi Bhavesh	
19	Gandhi Charmi Jesal	
20	Gaware Aditi Sunil	
21	Harad Mayuri Sunil	
22	Iffat Mohammadali Khatib	
23	Jain Disha Bhavesh	
24	Juriani Ashriya Kailash	
25	Kalwani Bharti Om Prakash	
26	Kamble Nikita Uday	
27	Khan Nargaz Usman	
28	Khonde Hrishikesh Ajay	
29	Mandke Sayali Vinod	
30	Mathkar Sneha Niteen	
31	Mehnaz Fatima Abdul Nasir	
32	Nair Rohit Ajit	
33	Navkal Shweta Suren	
34	Neha Yadav	
35	Nileshwar Isha Ravikiran	
36	Nimla Hardik Mukesh	
37	Nistha Mishra	
38	Panchal Ankita Bharat	

Sr. No.	Name of Students	Signature
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43	Patil Rehan Rajendra	
44	Patil Saloni Pandharinath	
45	M Raju Divya Raja	
46	Randeria Kavisha Bimal	
47	Rupani Devanshi Sanjay	
48	Sangani Krutee Kalpesh	
49	Sanghavi Vishwa Sohil	
50	Sawant Soham Sanjay	
51	Sawant Tejas Deepak	
52	Sayta Dhanashree Vijay	
53	Shah Kushani Milan	
54	Shah Ritu Udayan	
55	Shah Tanvi Salil	
56	Shaikh Aleeza Fatima Dilshad Ali	
57	Shenvi Sadhika Subhodh	
58	Singh Aakanksha Verendra Pal	
59	Surve Juhika Rajesh	
60	Tambat Simran Shripad	
61	Tatli Neha Ashfaq	
62	Thaker Riddhi Sanjay	
63	Tiwari Leher Manish	
64	Trivedi Dishu Kirti	
65	Trivedi Palak Jayesh	
66	Vora Kaja! Rakesh	
67	Wahedna Sadiyah Zubair	
68	Wangikar Manasi Milind	
69	Yadav Priti Omprakash	

70 Akshata Amrute



Lecture Summary

15/12/18
10 am to 1 pm

- 1) Bhadrasan, Sukshma Vyayam
- 2) Kapalbhati
- 3) Padmasan
- 4) Vajrasan
- 5) Theory

Name & Signature of faculty	:	Girish R. Nehete <i>Girish R. Nehete</i>
Name & Signature of Class Representative	:	<i>Dishu</i>
Signature of Co-Ordinator	:	<i>P4</i>
No. of Student absent	:	14
Remark	:	





MGM INSTITUTE OF HEALTH SCIENCES

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Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Batch : I BPT 2018-19

Subject : Yoga

Time : 9 to 12 pm

Date : 1/12/18

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	
2	Aishwarya Sudhir Salunkhe	
3	Annmary Thomas Pereppadan	
4	Anushka Ajit Tambe	
5	Barve Mansi Vivek	
6	Bhagat Yatish Narayan	
7	Bhalala Het Dinesh	
8	Bhanushali Hiteshi Jethalal	
9	Bhanushali Nandini Deepa	
10	Bhosale Rutuja Dilip	
11	Chavan Sakshi Prakash	
12	Dadlani Hiya Anil	
13	Darekar Aakanksha Vinay	
14	Desai Manasi Sanjay	
15	Ashima Dhiman	
16	Dhurde Chhaya Mahadeo	
17	Dongre Shivani Ketan	
18	Gala Aayushi Bhavesh	
19	Gandhi Charmi Jesal	
20	Gaware Aditi Sunil	
21	Harad Mayuri Sunil	
22	Iffat Mohmadali Khatib	
23	Jain Disha Bhavesh	
24	Juriani Ashriya Kailash	
25	Kalwani Bharti Om Prakash	
26	Kamble Nikita Uday	
27	Khan Nargaz Usman	
28	Khonde Hrishikesh Ajay	
29	Mandke Sayali Vinod	
30	Mathkar Sneha Niteen	
31	Mehnaz Fatima Abdul Nasir	
32	Nair Rohit Ajit	
33	Navkal Shweta Suren	
34	Neha Yadav	
35	Nileshwar Isha Ravikiran	
36	Nimla Hardik Mukesh	
37	Nistha Mishra	
38	Panchal Ankita Bharat	

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	
40	Pandya Nidhi Santosh	
41	Parikh Kinnari Monesh	
42	Parmar Drashti Mahesh	
43	Patil Rehan Rajendra	
44	Patil Saloni Pandharinath	
45	M Raju Divya Raja	
46	Randeria Kavisha Bimal	
47	Rupani Devanshi Sanjay	
48	Sangani Krutee Kalpesh	
49	Sanghavi Vishwa Sohil	
50	Sawant Soham Sanjay	
51	Sawant Tejas Deepak	
52	Sayta Dhanashree Vijay	
53	Shah Kushani Milan	
54	Shah Ritu Udayan	
55	Shah Tanvi Salil	
56	Shaikh Aleeza Fatima Diishad Ali	
57	Shenvi Sadhika Subhodh	
58	Singh Aakansha Verendra Pal	
59	Surve Juhika Rajesh	
60	Tambat Simran Shripad	
61	Tatli Neha Ashfaq	
62	Thaker Riddhi Sanjay	
63	Tiwari Leher Manish	
64	Trivedi Dishu Kirti	
65	Trivedi Palak Jayesh	
66	Vora Kajal Rakesh	
67	Wahedna Sadiyah Zubair	
68	Wangikar Manasi Milind	
69	Yadav Priti Omprakash	

70. Akshata Amrute

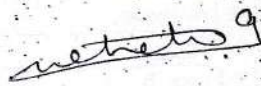


Lecture Summary

Name : Girish R. Neteke 9am 1pm

Summary : Bhavasan, Tadasan, Revision, Ushtrasana
Dandasan.

Theory - revision.

Name & Signature of faculty	:	
Name & Signature of Class Representative	:	
Signature of Co-Ordinator	:	
No. of Student absent	:	20
Remark		



SR RM



MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

Sector 1, Kamothe Navi Mumbai-410209, Tel.No.022-27437631, 27432890

Email. sbsnm@mgmuhs.com / Website:

POISE session -27th November 2018

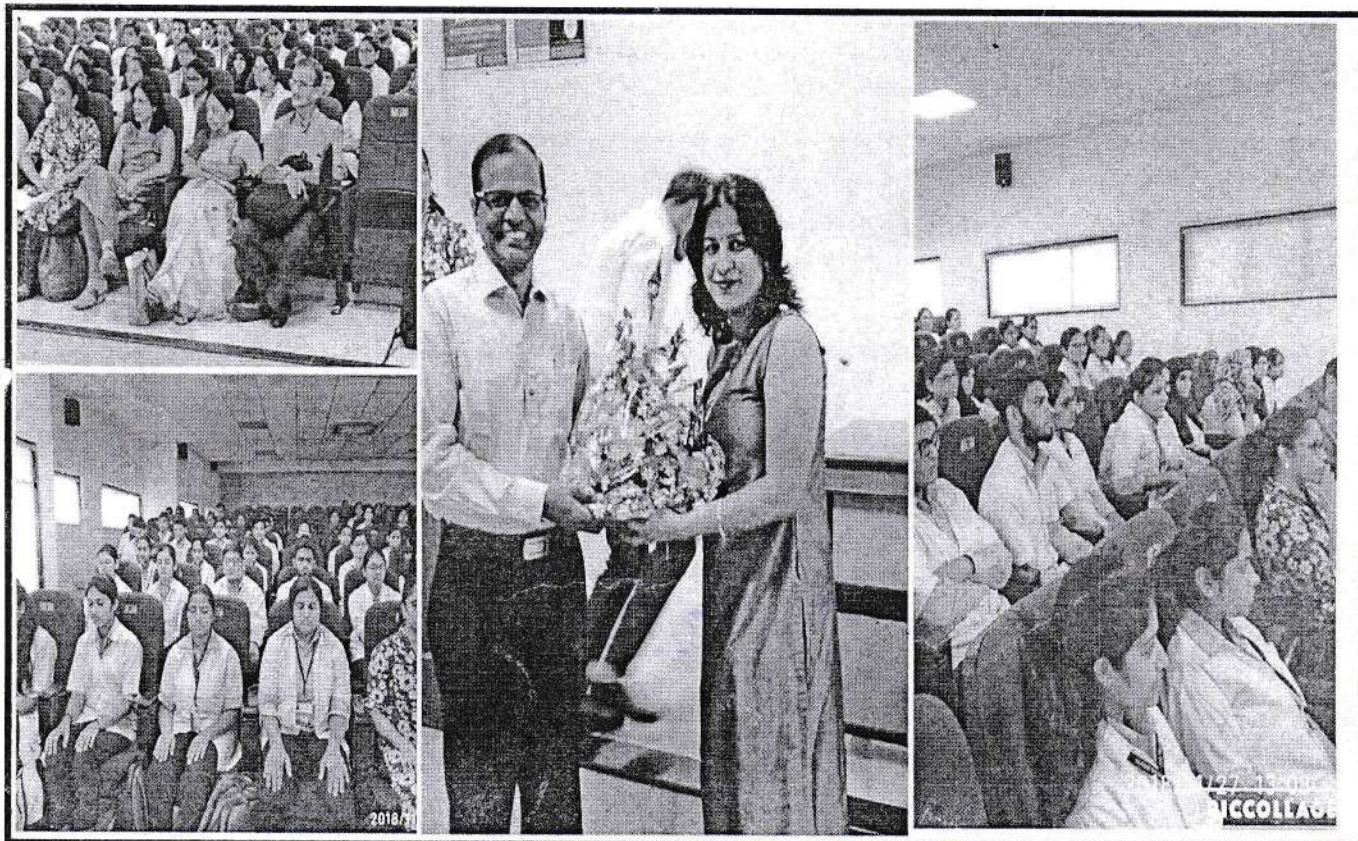
Date: 27th November 2018

Venue: MGM SCHOOL OF BIOMEDICAL SCIENCES, Kamothe

MGM SCHOOL OF BIOMEDICAL SCIENCES along with Department of Optometry and

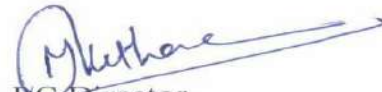
Department of Biotechnology organized an enrichment workshop on 27th November 2018

for Optometry and Biotechnology (UG and PG) students and staff on "Pursuits of Inner Self"



Excellence" by Prof. Dr Mohandas Hegde, Director C.R.E.S.T. (Center for Research, Education, and Spiritual training), Bangalore.

This session was truly an awakening experience of Heart to Heart communication in this unrealistic world of unwanted and uninvited burdens of sorrows and expectations. We sincerely thank Dr.Mansi Thakur madam, Director MGM SBS for bringing this eminent personality amongst us.



Director,
MGM School of Biomedical Sciences
Kamothe, Navi Mumbai

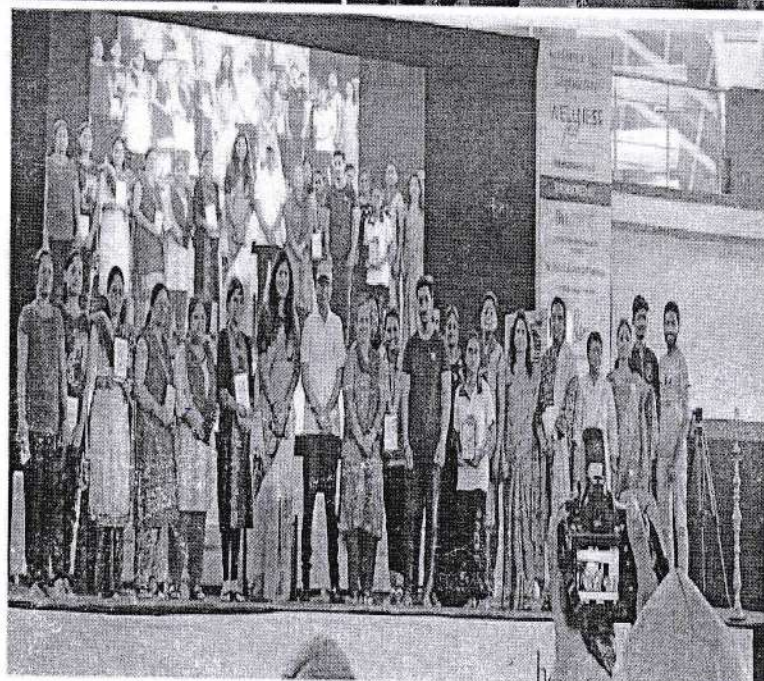
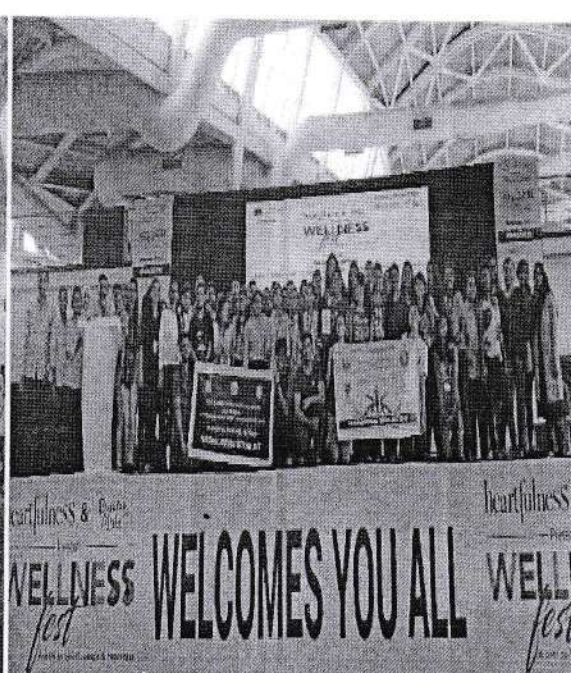
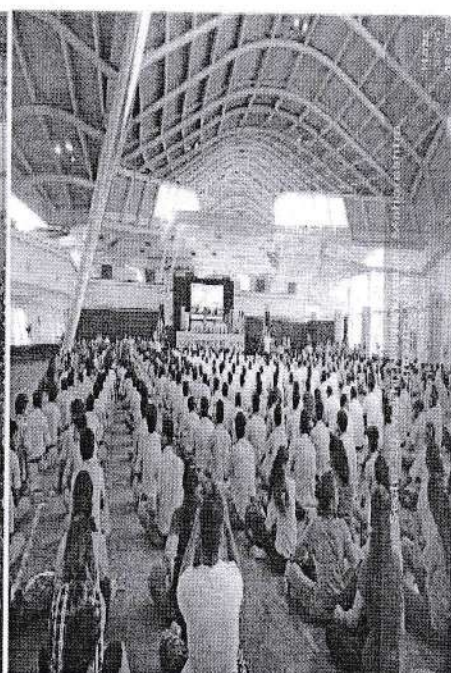
•Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

Event name: "DHYANOTSAV": Heartfulness fest 2019

Date & Time: 21ST JUNE 2019 10.30 AM to 12.30 PM

Location: CIDCO Exhibition and Convention centre, Vashi

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
3	CIDCO Exhibition and Convention centre, Vashi	Mr. Rohit Gupta Ms. Prema Shewale	100



Short event report

On 21st June 2019, 100 students of B.Sc. AHS along with 2 faculties participated in “**DHYANOTSAV**”:

Heartfulness fest 2019 organised by Heartfulness Institute, Brighter Minds, Hindustan Times, Navi Mumbai Municipal Corporation, Pillai Group of Institution, Royal Tulip Kharghar, Ronak Advertising, Apollo Hospital, Netbiz, CIDCO Exhibition & Convention Center, Lokmat and Biospectrum at CIDCO Exhibition & Convention Centre, Vashi in collaboration with **Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy (AYUSH)**.

Dr. Ramaswami, (IAS) Commissioner, Navi Mumbai Municipal Corporation and Mr. Rajkumar, (IPS) IG CRPF graced the inaugural event. This fest had 3 Unique Sessions for the participants. The events promoted were Relaxation | Heartfulness Meditation | Karayobics | Brighter Minds Brain Exercises |

Report Prepared by: Ms. Prema Shewale

•Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai



Location: CIDCO Exhibition & Convention Center, Vashi.

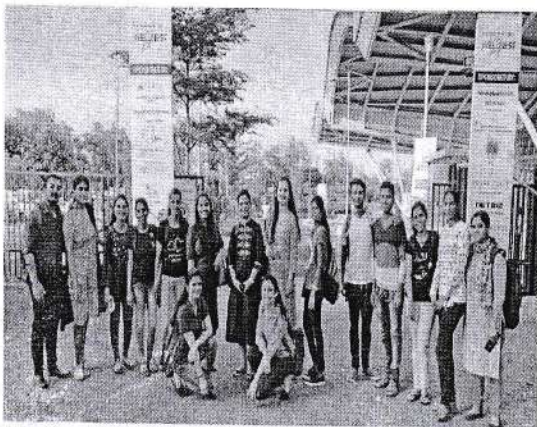
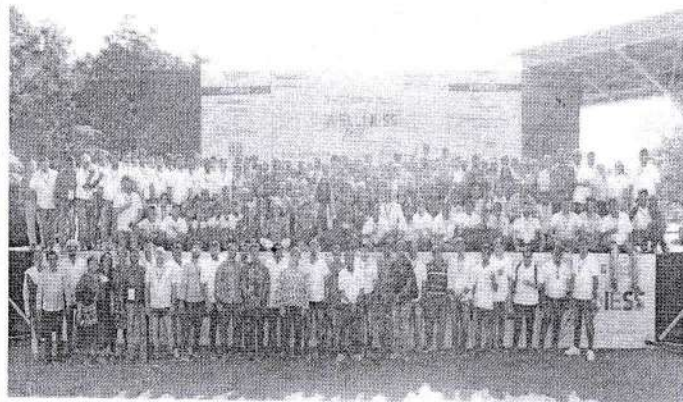
Sr. No.	Event Tile & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	CIDCO Exhibition & Convention Center, Vashi.	Ms. Prema Shewale	50

Kindly attach 4 photographs

सहायनी : बालाहर

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हादिकुलनेच इन्डिस्ट्रियमध्ये हजारों
स्वयंसेवी प्रशिक्षक आहेत, जे १२० पेक्षा
जास्त देशांमध्ये स्वतःचा सफळकंदो मिश्रित
सेवा प्रदान करत आहेत.





Short event report

On 5th, 6th, 7th April 2019, 50 students of B.Sc AHS and MHA along with 5 faculties and Dr. Mansee Thakur, Director MGMSBS participated in Heartfulness fest 2019 organised by Heartfulness Institute, Brighter Minds, Hindustan Times, Navi Mumbai Municipal Corporation, Pillai Group of Institution, Royal Tulip Kharghar, Ronak Advertising, Apollo Hospital, Netbiz, CIDCO Exhibition & Convention Center, Lokmat and Biospectrum at CIDCO Exhibition & Convention Centre, Vashi.

This fest had 3 Unique Sessions, 1st Weekend (Fri to Sun), every Month for the participants. The events promoted were Relaxation | Heartfulness Meditation | Karayobics | Brighter Minds Brain Exercises | Yoga | Mudras and Fun Based Children Activities for all age groups and it proved to be a great experience for the students

Report Prepared by: Ms. Prema Shewale

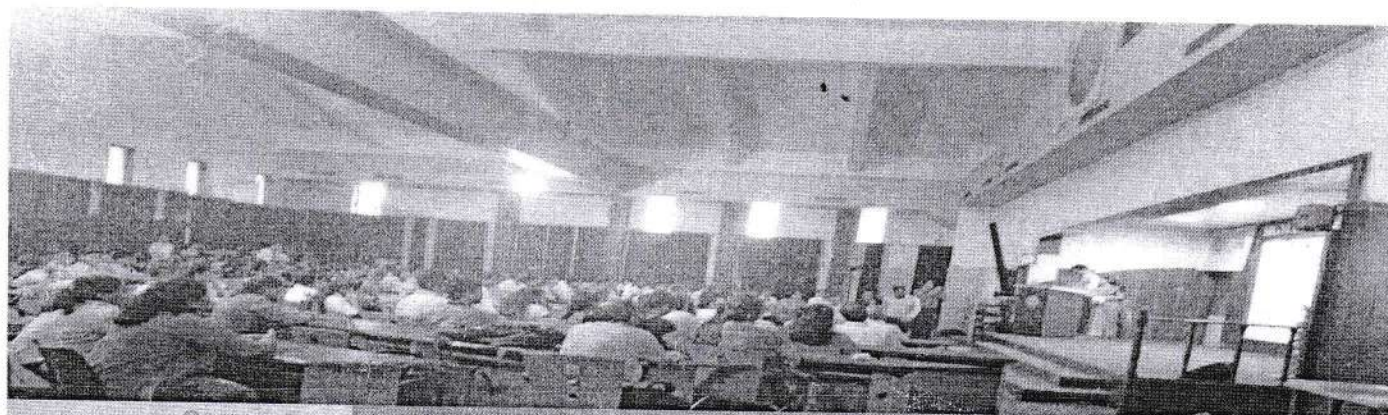
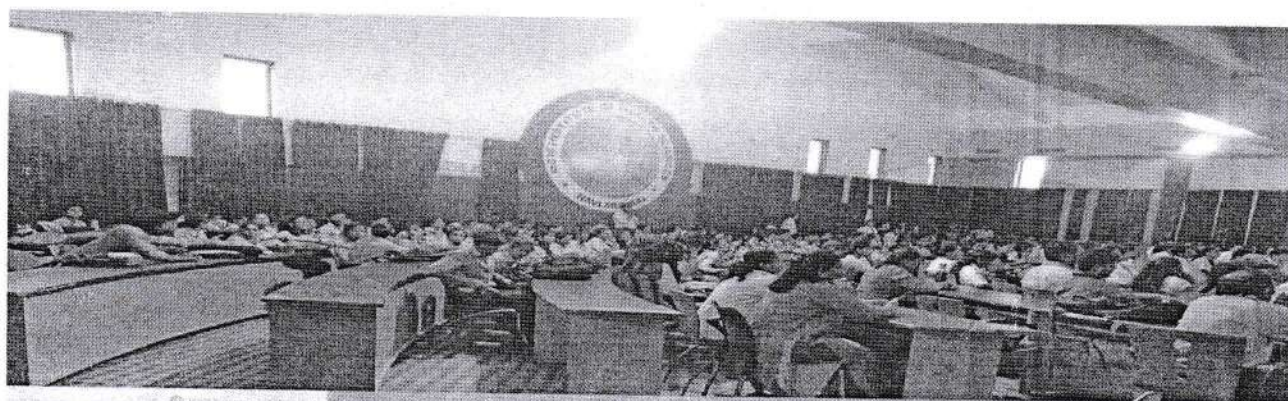

Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

EVENT NAME: 5th International Yoga Day celebration 2019

Date & Time: 20TH JUNE 2019 2.00 PM to 4.00 PM

Location: MGMIHS Auditorium, 3rd floor, MGM College building

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
2	MGMIHS Auditorium, 3 rd floor, MGM College building	Dr. Himanshu Gupta	100



MGMHHS
MGM MEDICAL COLLEGE, NAVI MUMBAI
DEPARTMENT OF PHYSIOLOGY

INTERNATIONAL DAY OF
YOGA

Yoga is India's gift to the World and is perfect exercise for keeping good health, mental well being and to create peace & harmony in our lives.

Keeping up with the spirit, it gives great pleasure for Department of Physiology in association with Departments of Medicine, Social & Preventive Medicine, School of Physiotherapy, School of Biomedical Sciences and School of Nursing to invite all for celebrations of the 5th International Day of Yoga. A special program on Yoga is being organized on:

Date Time: Thursday 20th June 2019, 2-4 pm.
Venue: MGMHHS Auditorium, 3rd Floor, MGM College Building

Hon'ble Vice Chancellor as The Chief Guest and Hon'ble Medical Director as The Guest of Honor are being invited to grace the Occasion.

Programme Schedule:

Time	Topic	Speaker
2 pm	Welcome	Dr. R. S. Inamdar
2-2:15 pm	Importance of International Yoga Day	Hon'ble Dignitaries
2:20 - 2:40 pm	Sahaja Yoga for Reduction of Stress in Medical students	Dr. Sandeep Rai
2:40 - 2:50 pm	Experience - Sahaja yoga Meditation	Dr. Mrs. Modhur Rai
2:50 - 3:45 pm	Yoga-Asanas to reduce Stress, increase concentration	Shri RP Yadav, Patanjali Yog Samiti
3:45 pm	Vote of Thanks	Dr. Yashoda Kattimani
4 pm	Tea	

All Dept HOD'S, Faculty, Residents, Staff & Students are cordially invited to attend the programme.

COME AND FEEL THE BLISS OF YOGA!

Dr. R. S. Inamdar
Prof. & HOD, Dept. of Physiology
MGM MC, NM

Dr. G. S. Narshetty
Dean
MGM MC, NM

CC to -
1. Hon'ble Vice Chancellor, MGMHHS, Navi Mumbai
2. Hon'ble Medical Director MGMHHS, Navi Mumbai
3. Registrar, MGMHHS, Navi Mumbai
4. Medical Superintendent, MGM Hospital, Navi Mumbai

19.06.19

Short event report

On 20th June 2019, 50 students of B.Sc. AHS along with MGMSBS staff participated in celebration of 5th International Yoga Day organised by Department of Physiology in association with Department of Medicine, Social and Preventive Medicine, School of Physiotherapy, School of Biomedical Sciences and School of Nursing.

The programme focused on Importance of Yoga day along with various asanas for stress relief. Also, the dignitaries acquainted us with benefits of SAHAJA YOGA and ancient PATANJALI YOGA along with its experiences and benefits.

Report Prepared by: Ms. Prema Shewale

[Signature]

•Director

MGM School of Biomedical Science



MGM SCHOOL OF BIOMEDICAL SCIENCES, NAVI MUMBAI

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)

(Deemed University u/s 3 of UGC Act 1956)

Grade "A" Accredited by NAAC

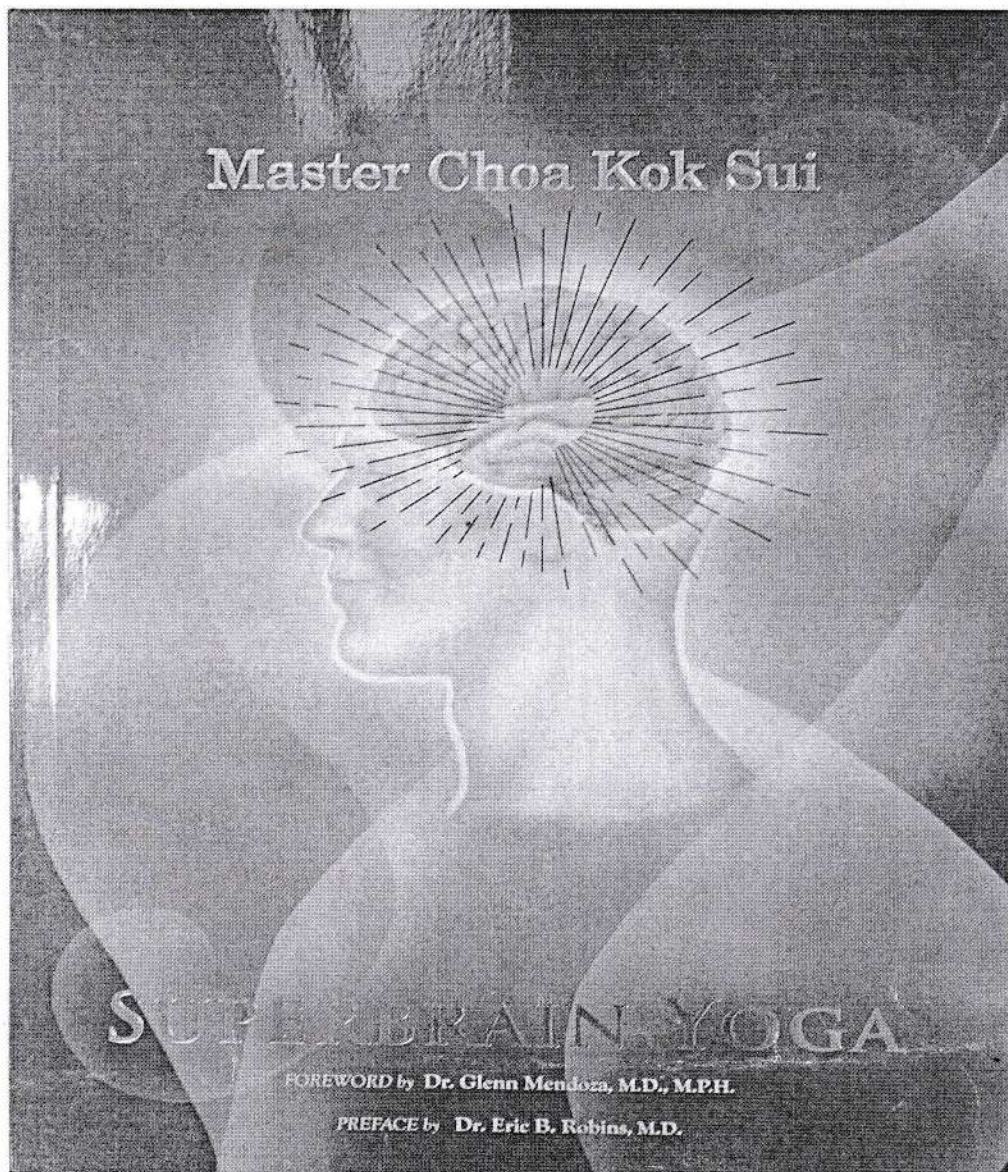
Sector 1, Kamothe Navi Mumbai-410209, Tel.No.022-27437631, 27432890

Email. sbsnm@mgmuhs.com / Website:

SESSION ON SUPERBRAIN YOGA

MGM SCHOOL OF BIOMEDICAL SCIENCES conducted a teaching and practice session on "Superbrain Yoga" for all students of B.Sc. AHS on 28th December 2018. The two sessions were scheduled batchwise from 1:30 PM to 2:15 PM and 2:30 PM to 3:15 PM. The session was conducted by Dr.Pankaj Mhatre, Prakruti Ayurveda, Consultant (Ayurved and Panchkarma), Panvel.





The topics focused on training mind for yoga, utilising the energy for challenging tasks etc.

The students found the session enriching and useful for their clinical aspects.

The speaker also donated book on SUPERBRAIN YOGA to Dr.Mansi Thakur, Director, MGMSBS as a token of gratitude.

Signature

I/c Director
MGM School of Biomedical Sciences
MGMIHS, Kamothe



School of Biomedical Sciences, Aurangabad

Email: deptofbiomedicalscience2015@gmail.com

NOTICE

Date: 12/10/2018

All I/II/III year B.Sc.(AHS) students are hereby inform that there will be Yoga training program is arranged on 15/10/2018 at Masicon Hall in morning from 7 am to 9 am. Interested students can take part in the Yoga training. It will be free of cost. Admission for Yoga training will be first come first serve basis.


Dr. V.S. Hatolkar.
Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad.

Copy to: Notice Board for information



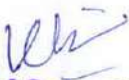
School of Biomedical Sciences
MGM Campus, N-6, Cidco, Aurangabad

List of Student who participated in Yoga Training held on 15/10/2018

Sr. No.	Name of Student
1	Nithave Dhananjay Vijay
2	Shinde Vaishnavi Vilas
3	Sagare Vaishnavi Sanjay
4	Bhide Sachin Vishnu
5	Bhonde Manav Rajesh
6	Kale Kartiki Ramdas
7	Warkari Vaibhav Sanjay
8	Metangle Shivani Gajanan
9	Dabhade Sudarshan Waman
10	Shaha Mehjabeen Begum Dadamiya
11	Ighare Vivek Vilas
12	Melgar Snehal Shivaji
13	Lavhate Mayur Sunil
14	Ranjane Kiran Prabhu
15	Chaudhari Harshal Raghunath
16	Paithankar Swapna Sunil
17	Hajare Ashwini Bhaurao
18	Tangade Tushar Tukaram
19	Mohammad Abuzar Mohammad Saleem
20	Sayyed Hussain Sayyed Ismail
21	Quadri Kashifahmed Raees
22	Khan Afrid Zafar
23	Pande Shivani Shamrao
24	Budruk Balaji Khushalrao
25	Sheikh Aves Ahemad
26	Thorat Kiran Dagadu
27	Mungale Shailaja Rajesh
28	Shaikh Rasheed Jameel
29	Gawai Pratik Manish
30	Rannaware Dipti Vijay
31	Syed Hamdan Javed Hashmi

Chief Co-ordinator(AHS)
University Dept. of
Bio-Medical Sciences
Aurangabad.

32	Doifode Rushiraj Ratnakar
33	Shaikh Mohd. Amaan
34	Modke Pratiksha Arun
35	Solanki Nikhil Sanjay
36	Garud Shivkanya Jaydrath
37	Khode Govind Prabhakar
38	Shaikh Aftab Noor Ali
39	Chavan Pruthviraj Nandkishor
40	Magre Nischay Ankush
41	Shaikh Taheniyat Shaikh Ejaz
42	KULKARNI RUSHIKESH SANJAY
43	SHAIKH MOHSEEN ABDUL MAJEED
44	DESHMUKH VAIBHAV SANJAY
45	SHAIKH NARGIS YAKOOB
46	GAIKWAD SUNIL PANDHARINATH
47	CHAVAN HEMANT SAKHARAM
48	BIRADAR GANGADHAR BALAJI
49	GHUGE VIKAS BHAGWAN
50	PALASKAR POOJA VILAS
51	INGLE SHITAL SUBHASH
52	MOHITE VIKAS BABASAHEB
53	VARAT BALIRAM DATTU
54	PITALE PAVAN NARAYAN
55	BANSOD MANGESH MADHUKAR
56	SYED DINAH HUSSAIN SYED ABBAS HUSSAIN
57	CHAKOTE MAYUR RAJESH
58	DEBAJE ASHIT CHINKU


 Chief Co-ordinator(AHS)
 University Dept.of
 Bio-Medical Sciences
 Aurangabad.

Department of Physiology
MGM Medical College Navi Mumbai

Date: 17.06.2019

CIRCULAR

All I MBBS students are informed that they are to attend the 5th International Yoga Day Celebrations on 20th June 2019, 10-11am at MGM Institute of Health Sciences, Navi Mumbai Auditorium.

Lectures and workshop on Yoga and Practical Experience of Sahaja Yoga Meditation are being organized for benefit of students, faculty and staff of MGM Medical College, Navi Mumbai.



Dr. R.S. Inamdar
Prof. & HOD, Dept. of Physiology
MGM MC, NM

1st MBBS-2018-19

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS -2018-19 BATCH

DAY: Thursday DATE: 20/6/19 TIME: 10-11am

TEACHER: Dr. M. Rai TOPIC: Medical Benefits of Yoga & Sahaja Yoga Meditation

R.N.	Name	Sign.	R.N.	Name	Sign.
1	AHMED FAROOQ ADAM	<u>Ahmed</u>	26	DHINGRA JASEEBA	<u>Dhingra</u>
2	ALGUR SWATI SATISH	<u>S. Algur</u>	27	DHOLKAWALA SANAYA HUSSAINALI	<u>A</u>
3	ANAND SUYASH	<u>Suyash Anand</u>	28	DIGHADE MEDHAVINI ANIL RAO	<u>Medhav</u>
4	ARSHAD AARISH	<u>Aarish</u>	29	DOBARIYA VISHRUTI	<u>Vishruti</u>
5	ASAD ANWAR	<u>Asad</u>	30	DUTTA SHREYA	<u>Shreya</u>
6	ASATI ROSHAN TARUN	<u>Roshan</u>	31	GADHE VEDHANT	<u>Vedhant</u>
7	BADERIA SHOBHIT	<u>Shobhit</u>	32	GAJARE PRANAV PRAVIN	<u>Pranav</u>
8	BAGDIYA GIRISH MANISH	<u>Girish</u>	33	GATEANI HARSH RAMKUMAR	<u>Harsh</u>
9	BALIGA PRATIKSHA SUNIL	<u>Pratiksha</u>	34	GHURDE MUKTA SARJERAO	<u>Mukta</u>
10	BANSAL ARNAV ASHFESH	<u>Arnav</u>	35	GOYAL VIPUL	<u>Vipul Goyal</u>
11	BHOSALE SHIDHANT HARIDAS	<u>Shidhant</u>	36	GUPTA ISHITA	<u>Ishita</u>
12	BHOSLE KRIIPALI PRADEEP	<u>Kripali</u>	37	GUPTA RAJAN	<u>Rajan</u>
13	BHUIYAN SANJANA TRISITKUMAR	<u>Sanjana</u>	38	GUPTA SUBHAM SHANKARLAL	<u>S.S. Gupta</u>
14	CHANGEDIA HARSH PRADIP	<u>Harsh</u>	39	GURSAHANI TANYA HARESH	<u>Tanya G</u>
15	CHAUDHARI RUDHVI VIVEK	<u>Rudhvi</u>	40	HANCHATE ANUSHKA ANAND	<u>Anushka</u>
16	CHAURASIA ADITYA AJAY	<u>Aditya</u>	41	HONNAVALLI SUKRITI	<u>Sukriti</u>
17	CHOUDHARY ANANYA	<u>Ananya</u>	42	JADHAV ADITYA RAJESH	<u>Aditya</u>
18	CHOUDHARY JHALAK UJJAWAL	<u>Jhalak</u>	43	JADHAV ANVAYA SANJAY	<u>Anvaya J</u>
19	CHOUDHURY NITEESH KUMAR	<u>Niteesh</u>	44	JADHAV RAHUL SATISH	<u>Rahul</u>
20	DAKE CHINMAY MANGESH	<u>Chinmay</u>	45	ANAM SHAHAB AHMED JAFFREY	<u>Anam</u>
21	DAS SHANTANU	<u>S. Das</u>	46	JAGNANI MUSKAN	<u>Muskan</u>
22	DESHMUKH ASHLESHA GANESH	<u>Ashlesha</u>	47	JAGTAP SEJAL SHIVAJI	<u>Sejal</u>
23	DESHMUKH PRIYANKA PRITAM	<u>Priyanka</u>	48	JASON JAPHET JOSEPH DIAS	<u>Jason</u>
24	DESHPANDE AISHWARYA SHANKAR	<u>Aishwarya</u>	49	JATOO SARIB AHMED	<u>Sarib</u>
25	DHAMANI PRIYANKA JATIN	<u>Priyanka</u>	50	JHA MANISHA KAMAL	<u>Manisha</u>

Total-50

Present-

49

Absent-01

REGISTER ENTRY

20/6/19
Sign. & date

Teacher's Signature (with date):

M. Rai
20/6/19

1st MBBS-2018-19

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS -2018-19 BATCH

DAY: Thursday DATE: 20/6/19

TIME: 10-11am

TEACHER: Dr. M. Lai

TOPIC: Medical Benefits of Yoga & Sahaja Yoga Meditation

Name	Sign.	R.N.	Name	Sign.
JOSHIPURA HARSH HASIT	<u>Harsh</u>	76	MISHRA RIYA	<u>Riya</u>
KALE SIDDHI GOVIND	<u>Siddhi</u>	77	MITHANI ZEAL NIRAJ	<u>Zeal</u>
KAMBLI TANVI PRASHANT	<u>Tanvi</u>	78	MODI PALAK ALOK	<u>Palak</u>
KANERE AISHWARYA DEEPAK	<u>Aishwarya</u>	79	NADAR RENU DEVASAHAYAM	<u>Renu</u>
KASHYAP KOMAL	<u>Komal</u>	80	NAGPAL RUKSAR	<u>Ruksar</u>
KAUCHALI AMMARA MEHMOOD	<u>Ammara</u>	81	PANDIT TANAYA SANJAY	<u>Tanaya</u>
KAUSHIK AVANI SHANTESH	<u>Shantesh</u>	82	PANDYA DIVYKUMAR	<u>Divy</u>
KEDARE ADVET SANJAY	<u>Advet</u>	83	PANDYA MIHIR SAMEER	<u>Mihir</u>
KHAN SHAMA ZIKRULLAH	<u>Shama</u>	84	PARWANI KOMAL JAIKISHAN	<u>Komal</u>
KHAN SHAYAAN SARFARAZ	<u>Shayan</u>	85	PATAVAT AZIMALI	<u>Azimali</u>
KHANDELWAL LAKSH NARAYAN	<u>Laksh</u>	86	PATEL DRISHTI VINOD	<u>Drishi</u>
KHANDEPARKAR RAGHUVIR SHRIRAM SINAI	<u>Raghuvir</u>	87	PATEL SHIVAM VIJAYBHAI	<u>Shivam</u>
KHANDGE SHANTANU ANIL	<u>Shantanu</u>	88	PATEL SMIT DINESHBHAI	<u>Smit</u>
KUBAVAT MANAS SHAILESHBHAI	<u>Manas</u>	89	PATIL DEVANG BHASKAR	<u>Devang</u>
KURUP AKHILESH SREEKUMAR	<u>Akhilesh</u>	90	PATIL GARGI VIJAY	<u>Gargi</u>
LEVI JOSHUA JESSE	<u>Jesse</u>	91	PATIL KAPIL AVINASH	<u>Kapil</u>
LOKE GAYATRI ARVIND	<u>Gayatri</u>	92	PATIL NIDHI MILIND	<u>Nidhi</u>
MAHAJAN GEETA RAJESH	<u>Geeta</u>	93	PATIL SAKSHI PRAMOD	<u>Sakshi</u>
MAKHIJA KASHISH LAXMAN	<u>Kashish</u>	94	PATIL SANIYA MANGESH	<u>Saniya</u>
MALIK MUSKAAN	<u>Muskaan</u>	95	PATIL SIDDHI DILIP	<u>Siddhi</u>
MAURYA JUHI	<u>Juhi</u>	96	PAWAR PRADNYA SUBHASH	<u>Pradnya</u>
MAURYA NIKHIL	<u>Nikhil</u>	97	PRAMANIK SUMIT KUMAR	<u>Sumit</u>
MENDONCA MEGAN FRANCETTE ALLWYN	<u>M. Mendonca</u>	98	PUNJABI HRISHITA VIJAY	<u>Hrishita</u>
MENGADE SAMIKSHA SURESH	<u>Samiksha</u>	99	PUNJABI PRANAV	<u>Pranav</u>
MIRANDA KEAGAN GERARD	<u>Keagan</u>	100	PUROHIT NANDINI MAHENDRA	<u>Nandini</u>

Total-50

Present- 49

Absent- 1

Teacher's Signature (with date):

M. Lai
20/6/19

REGISTER
ENTRY

20/6/19
 sign. & date

DEPARTMENT OF PHYSIOLOGY
MGM MEDICAL COLLEGE, NAVI MUMBAI
FIRST YEAR MBBS -2018-19 BATCH

DATE: 20/6/19 TIME: 10-11am THEORY (LEC.)/PRACT/TUT/DEMO
 LECTURER: Dr. M. Rai TOPIC: Medical Benefits of Yoga & Sahaja Yoga Meditation

R.N.	Name	Sign.	R.N.	Name	Sign.
101	RANE A THARVA PRAVIN	A	126	SINGH AMANYA	Amanyaa
102	RANE SUDHANSHU SUDHIR	Sudhaneshu	127	SINGH MANJEE MANOJ	Manjeel
103	RASAL AKANKSHA SUNIL DATTA	A.S. Rasal	128	SINGH MIHARIKA	Miharikeshu
104	SACHDEO DISHA RAJESH	A	129	SINGH NISHA NIRBHAY	Nishu
105	SAHU DWARIKA NITISH	Nitish	130	SINGH PARIKSHIT	Pari Kshit
106	SAINANI ISHITA RAJESH	Unitas	131	SINGH SANJANA	Sanjana
107	SALGAONKAR SYUNA SHYAM	Syuna	132	SINGH SARASWATI	Saraswati
108	SALIAN MANYATA JAIRAJ	Manyata	133	SINGH SHRUTI VINAY	Shruti Singh
109	SANDILYA SWETA	Sweta	134	SINGLA NAVYA	Navya
110	SARFARE RASHMI UMESH	Rus	135	SUBEDAR FAHED SUHEIL	Fahed
111	SAKKAR MANALI	Manali	136	SUBEDAR SARAH	Sarah
112	SAVLA KRISHA DEEPAK	Krishu	137	SUHAG KARTIKEYA	Suhag
113	SAWANT AAYUSHA MANDAR	Aayusha	138	TALOLE AISHVARYA SHRIKRISHNA	Aishvarya Talole
114	SETHIYA SOUMAYA	Sethiya	139	THAKKAR NANDITA PRATEEK	Nandita
115	SHAH KSHITIJ NAGENDRA	Kshitij	140	THAKUR ANUSHKA JITENDRA	Anushka
116	SHAH MAITREE PANKAJ	Mkhah	141	TOTEWAD RUTUJA MOHANRAO	Rutuja
117	SHAH NAMAN NEEMISH	Nishu	142	UTKARSH GOPAL	Utkarsh
118	SHAH POOJA JANAK	Pooja	143	VARSHNEY MEHUL	Mehul
119	SHARMA ANURADHA TEJPAL	Anuradha	144	VELPULA SIVANI	Sivani
120	SHARMA SHWETA VINOD	Shweta	145	VENKATESH SMRITI	Smriti
121	SHARMA YASH	Yash	146	VENKATRAMAN SIDDHESH	Siddesh
122	SHETTY RITIKA PRAKASH	Ritika	147	VOHRA VEDANT	Vedant
123	SHETTY TRISH CHETAN	Trishetty	148	WAGH SHRUTI JAGDISH	Shruti
124	SHETTY YASH	Yash	149	WALAWALKAR ANUPAM AVINASH	Anupam
125	SHINGALA VANDAN BHARATBHAI	Vandan	150	WATHODKAR AMISHA UDAY	Amishadikar

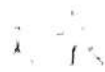
Total-50 Present- 49 Absent- 01

G. Total-150 Present- 147 Absent- 03

REGISTER ENTRY
 20/6/19
 sign. & date

Teacher's Signature (with date):

M. Rai
 20/6/19



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University) Act of UGC, Act 1956

Grade 'A' Accredited by NAAC

UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

Sector-01, Kamethe, Navi Mumbai. (Pin Code - 401 305) Telephone: 022-27419999

CIRCULAR

15th June, 2019

Sub:- Celebration of Yoga Day

Agenda: To celebrate Yoga day as well as to spread awareness.

This is to kindly inform you that celebration of Yoga day is scheduled on 21st June, 2019 at 11.30 am onwards. You are requested to join for the program and make yourself available for the same.

Thank You,

Head of the Department
Dr. Uttara Deshmukh
MGMUDPO, Kamethe,
Navi Mumbai

Dr. Uttara Deshmukh (P & O),
H. O. D. In-Charge,
MGM Institute's University Department
of Prosthetics and Orthotics,
Kamethe, Navi Mumbai.

MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

Sector-01, Kamothe, Navi Mumbai - 410 209 Tel 022-27437620, Fax 022 - 27431094

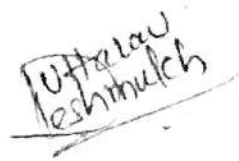
BRIEF DESCRIPTION OF YOGA DAY (21/06/2019)

The program started with the brief introduction about the "International Yoga Day" which is given by Dr. Uttara Deshmukh, HOD of Prosthetics and Orthotics Department. She has shown some of the "ASANAS" as well with the Surya Namaskar.

Surya Namaskar steps shown are:

1. Om Mitraya namaha
2. Om Ravaye namaha
3. Om Suryaya namaha
4. Om Bhanve namaha
5. Om Khagaya namaha
6. Om Pusne namaha
7. Om Hiranyagarbhaya namaha
8. Om Marichaye namaha
9. Om Adityaya namaha
10. Om Savitre namaha
11. Om Arkaya namaha
12. Om Bhaskaraya namaha

After that, the programme got continued with "Musical Chair". All the students were asked to perform the Musical Chair activity. It was decided that the student who got out has to perform one Yogasan. Thus, one by one, all the students performed one Yogasan each. It was a quite interactive program with full entertainment. It has given us a opportunity to learn about the benefits of "Yoga" in our lives, which we should make habit of doing it on everyday basis.



Dr. Uttara U. Deshmukh
H.O.D. In-charge, MGM UDPO
Kamothe, Navi Mumbai

**Dr. Uttara Deshmukh (P & O),
H. O. D. In-Charge,
MGM Institute's University Department
of Prosthetics and Orthotics,
Kamothe, Navi Mumbai.**



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

Sector-01, Kamothe, Navi Mumbai - 410 209 Tel 022-27437620, Fax 022 27431094

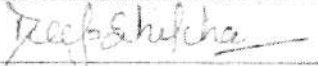
List of the Attendees

Sub:- "Celebration of Yoga Day "

Date & Day of the Meeting: - 21st June, 2019 (Friday)

Time: - 11:30 am

Venue: - Academic Section, Department of Prosthetics and Orthotics

Sr. No.	Name of the Faculties	Signature
01.	Dr. Uttara Deshmukh	
02.	Dr. Deepshikha Raut	
03.	Dr. Alka Shinde	
04.	Dr. Gauri Panse	



MGM INSTITUTE OF HEALTH SCIENCES

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UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

Sector-01, Kamothe, Navi Mumbai - 410 209 Tel 022-27437620, Fax 022 - 27431094

Report of 'Yoga Day Celebration 2018-19'

NAME OF THE EVENT: "Yoga Day Celebration 2018-19"

PURPOSE OF THE EVENT: To celebrate Yoga day as well as to spread awareness.

LOCATION OF THE EVENT: Academic Section, Department of Prosthetics and Orthotics, MGMIHS, Kamothe, Navi Mumbai

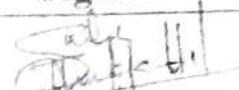
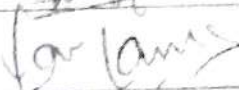
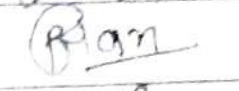
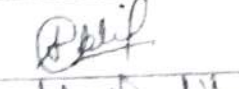
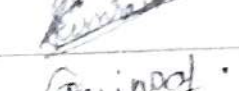
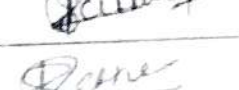
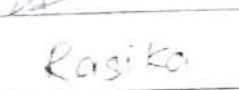
DATE AND TIME OF THE EVENT: Date: June 21st, 2019
Time: 11:30 am to 1:00pm.

NO. OF ATTENDEES: 4 Faculties and 25 Students.

PROCEEDINGS OF THE EVENT:

The program started with the brief introduction about the "International Yoga Day" which is given by Dr. Uttara Deshmukh, HOD of Prosthetics and Orthotics Department. She has shown some of the "ASANAS" as well. After that, the programme got continued with "Musical Chair". All the students were asked to perform the Musical Chair activity. It was decided that the student who got out has to perform one Yogasan. Thus, one by one, all the students performed one Yogasan each. It was entertainment along with healthy knowledge about Yoga.

Dr. Uttara U. Deshmukh
H.O.D. In-charge, MGMU DPO
Kamothe, Navi Mumbai.
Dr. Uttara Deshmukh (P & O),
H. O. D. In-Charge,
MGM Institute's University Department
of Prosthetics and Orthotics,
Kamothe, Navi Mumbai.

Sr. No.	Name of the Students	Year	Signature
01.	Sneha T Suwalkumar	BPO- 1st	
02	Lav Kumar	BPO 1st	
03	Prajakta G. Tam	BPO 1st	
04	AKhil Sunny	BPO 1st	
05	S. Aburthalib	BPO 1st	
06	khan Shaifa	BPO 1st	
07.	Gurimran Kam Bal.	BPO 1st.	
08.	Shital. Gaikwad.	BPO 1st.	
09	Snehal T. Rane.	BPO Ist	
10.	Esha S Malik	BPO Ist	
11	Pradnya Gaudde	BPO Ist	
12	Rasika Gurav	BPO Ist	Rasika
13	Vbhare Apeksha	BPO Ist	Akhare
14	<u>IInd</u> Year BPO		
14.	Khan Sana B	BPO-II nd	Khan.
15	Pranita Tambe	BPO-II nd	P. D. Tambe
16.	Nilam Mapari	BPO-II nd	Mapari
17.	Misbah choudhary	BPO-II nd	Choudhary
	<u>IIIrd</u> Year BPO		
18.	Simranjeet Kaur	BPO-III rd	Simranjeet Kaur
19	Narisha Yadav	BPO-III rd	Narisha.
20.	Tejas Pandit	BPO-III rd	Pandit

[illegible]



Uttara Deshmukh

**Dr. Uttara Deshmukh (P & O),
H. O. D. In-Charge,
MGM Institute's University Department
of Prosthetics and Orthotics,
Kamothe, Navi Mumbai.**

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MGM INSTITUTE OF HEALTH SCIENCES

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-I, Kamothe, Navi Mumbai - 410209

Time : 9:00 to 12:00

Batch : IBPT 2018-19

Subject : Yoga

Date : 8/12/2018

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	(A)
2	Aishwarya Sudhir Salunkhe	Aishwarya
3	Annmary Thomas Pereppadan	Annmary
4	Anushka Ajit Tanbe	Anushka
5	Barve Mansi Vivek	Barve
6	Bhagat Yatish Narayan	Bhagat
	Bhalala Het Dinesh	Bhalala
	Bhanushali Hiteshi Jethalal	HJB
	Bhanushali Nandini Deepa	Nandini
10	Bhosale Rutuja Dilip	(A)
11	Chavan Sakshi Prakash	(A)
12	Dadlani Hiya Anil	(A)
13	Darekar Aakanksha Vinay	Aakanksha
14	Desai Manasi Sanjay	Desai
15	Ashima Dhiman	Ashima
16	Dhurde Chhaya Mahadeo	Chhaya
17	Dongre Shivani Ketan	SP
18	Gala Aayushi Bhavesh	Aayushi
19	Gandhi Charmi Jesal	Charmi
20	Gaware Aditi Sunil	Aditi
21	Harad Mayuri Sunil	Mayuri
22	Iffat Mohammadali Khatib	Iffat
23	Jain Disha Bhavesh	(A)
	Juriani Ashriya Kailash	(A)
	Kalwani Bharti Om Prakash	(A)
26	Kamble Nikita Uday	Nikamble
27	Khan Nargaz Usman	(A)
28	Khonde Hrishikesh Ajay	HRK
29	Mandke Sayali Vinod	Sayali
30	Mathkar Sneha Niteen	(A)
31	Mehnaz Fatima Abdul Nasir	(A)
32	Nair Rohit Ajit	Rohit
33	Navkal Shweta Suren	SN
34	Neha Yadav	Neha
35	Nileshwar Isha Ravikiran	Isha
36	Nimla Hardik Mukesh	(A)
37	Nistha Mishra	Nistha
38	Panchal Ankita Bharat	Ankita

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	(A)
40	Pandya Nidhi Santosh	Nidhi
41	Parikh Kinnari Monesh	Kinnari
42	Parmar Drashti Mahesh	Drashti
43	Patil Rehan Rajendra	(A)
44	Patil Saloni Pandharinath	Saloni
45	M Raju Divya Raja	Divya
46	Randeria Kavisha Bimal	Kavisha
47	Rupani Devanshi Sanjay	Devanshi
48	Sangani Krutee Kalpesh	Krutee
49	Sanghavi Vishwa Sohil	Vishwa
50	Sawant Soham Sanjay	Soham
51	Sawant Tejas Deepak	T.D. Sawant
52	Sayta Dhanashree Vijay	Dhanashree
53	Shah Kushani Milan	Kushani
54	Shah Ritu Udayan	Ritu
55	Shah Tanvi Salii	Tanvi
56	Shaikh Aleeza Fatima Dilshad Ali	Aleeza
57	Shenvi Sadhika Subhodh	Sadhika
58	Singh Aakansha Verendra Pal	Aakansha
59	Surve Juhika Rajesh	Juhika
60	Tambat Simran Shripad	Simran
61	Tatli Neha Ashfaq	Neha
62	Thaker Riddhi Sanjay	Riddhi
63	Tiwari Leher Manish	(A)
64	Trivedi Dishu Kirti	Dishu
65	Trivedi Palak Jayesh	Palak
66	Vora Kajal Rakesh	Kajal
67	Wahedna Sadiyah Zubair	Sadiyah
68	Wangikar Manasi Milind	Manasi
69	Yadav Priti Omprakash	Priti
70	Akshata Anurag	(A)

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

45

Time : 9 to 12 pm

Date : 29/11/18

Batch : I BPT 2018-19

Subject : Yoga

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	A
2	Aishwarya Sudhir Salunkhe	Aishwarya
3	Annamary Thomas Pereppadan	Ann
4	Anushka Ajit Tambe	A
5	Barve Mansi Vivek	Barve
6	Bhagat Yatish Narayan	A
7	Bhalala Het Dinesh	Bhalala
8	Bhanushali Hiteshi Jethalal	HJB
9	Bhanushali Nandini Deepa	A
10	Bhosale Rutuja Dilip	RB
11	Chavan Sakshi Prakash	Sakshi
12	Dadlani Hiya Anil	Dadlani
13	Darekar Aakanksha Vinay	A
14	Desai Manasi Sanjay	Desai
15	Ashima Dhiman	Ashima
16	Dhurde Chhaya Mahadeo	Chhaya
17	Dongre Shivani Ketan	A
18	Gala Aayushi Bhavesh	Gala
19	Gandhi Charmi Jesal	A
20	Gaware Aditi Sunil	Aditi
21	Harad Mayuri Sunil	Mayuri
22	Iffat Mohamadali Khatib	Iffat
23	Jain Disha Bhavesh	Disha
24	Juriani Ashriya Kailash	Juriani
25	Kalwani Bharti Om Prakash	A
26	Kamble Nikita Uday	A
27	Khan Nargaz Usman	A
28	Khonde Hrishikesh Ajay	A
29	Mandke Sayali Vinod	Sayali
30	Mathkar Sneha Niteen	Sneha
31	Mehnaz Fatima Abdul Nasir	A
32	Nair Rohit Ajit	A
33	Navkal Shweta Suren	SN
34	Neha Yadav	Neha
35	Nileshwar Isha Ravikiran	Isha
36	Nimla Hardik Mukesh	A
37	Nistha Mishra	Nistha
38	Panchal Ankita Bharat	A

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	Nishtha
40	Pandya Nidhi Santosh	Nidhi
41	Parikh Kinnari Monesh	Kinnari
42	Parmar Drashti Mahesh	Drashti
43	Patil Rehan Rajendra	A
44	Patil Saloni Pandharinath	Saloni
45	M Raju Divya Raja	M Raja
46	Randeria Kavisha Bimal	A
47	Rupani Devanshi Sanjay	Devanshi
48	Sangani Krutee Kalpesh	Krutee
49	Sanghavi Vishwa Sohil	A
50	Sawant Soham Sanjay	A
51	Sawant Tejas Deepak	A
52	Sayta Dhanashree Vijay	Dhanashree
53	Shah Kushani Milan	Kushani
54	Shah Ritu Udayan	Ritu
55	Shah Tanvi Salil	Tanvi
56	Shaikh Aleeza Fatima Diishad Ali	Aleeza
57	Shenvi Sadhika Subhodh	Sadhika
58	Singh Aakansha Verendra Pal	Aakansha
59	Surve Juhika Rajesh	Juhika
60	Tambat Simran Shripad	A
61	Tatli Neha Ashfaq	Neha
62	Thaker Riddhi Sanjay	Riddhi
63	Tiwari Leher Manish	A
64	Trivedi Dishu Kirti	Dishu
65	Trivedi Palak Jayesh	Palak
66	Vora Kajal Rakesh	Kajal
67	Wahedna Sadiyah Zubair	A
68	Wangikar Manasi Milind	Manasi
69	Yadav Priti Omprakash	A

70

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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Time: 9:30 to 12:30

atch: I BPT 2018-19

Subject: Yoga

Date: 15/12/18

Sr. No.	Name of Students	Signature
1	Agrawal Rushabh Pravin	
2	Aishwarya Sudhir Salunkhe	
3	Annmary Thomas Pereppadan	
4	Anushka Ajit Tanbe	
5	Barve Mansi Vivek	
6	Bhagat Yatish Narayan	
7	Bhalala Het Dinesh	
8	Bhanushali Hiteshi Jethalal	
9	Bhanushali Nandini Deepa	
10	Bhosale Rutuja Dilip	
11	Chavan Sakshi Prakash	
12	Dadlani Hiya Anil	
13	Darekar Aakanksha Vinay	
14	Desai Manasi Sanjay	
15	Ashima Dhiman	
16	Dhurde Chhaya Mahadeo	
17	Dongre Shivani Ketan	
18	Gala Aayushi Bhavesh	
19	Gandhi Charmi Jesal	
20	Gaware Aditi Sunil	
21	Harad Mayuri Sunil	
22	Iffat Mohamadali Khatib	
23	Jain Disha Bhavesh	
24	Juriani Ashriya Kailash	
25	Kalwani Bharti Om Prakash	
26	Kamble Nikita Uday	
27	Khan Nargaz Usman	
28	Khonde Hrishikesh Ajay	
29	Mandke Sayali Vinod	
30	Mathkar Sneha Niteen	
31	Mehnaz Fatima Abdul Nasir	
32	Nair Rohit Ajit	
33	Navkal Shweta Suren	
34	Neha Yadav	
35	Nileshwar Isha Ravikiran	
36	Nimla Hardik Mukesh	
37	Nistha Mishra	
38	Panchal Ankita Bharat	

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	
40	Pandya Nidhi Santosh	
41	Parikh Kinnari Monesh	
42	Parmar Drashti Mahesh	
43	Patil Rehan Rajendra	
44	Patil Saloni Pandharinath	
45	M Raju Divya Raja	
46	Randeria Kavisha Bimal	
47	Rupani Devanshi Sanjay	
48	Sangani Krutee Kalpesh	
49	Sanghavi Vishwa Sohil	
50	Sawant Soham Sanjay	
51	Sawant Tejas Deepak	
52	Sayta Dhanashree Vijay	
53	Shah Kushani Milan	
54	Shah Ritu Udayan	
55	Shah Tanvi Salil	
56	Shaikh Aleeza Fatima Dilshad Ali	
57	Shenvi Sadhika Subhodh	
58	Singh Aakansha Verendra Pal	
59	Surve Juhika Rajesh	
60	Tambat Simran Shripad	
61	Tatli Neha Ashfaq	
62	Thaker Riddhi Sanjay	
63	Tiwari Leher Manish	
64	Trivedi Dishli Kirti	
65	Trivedi Palak Jayesh	
66	Vora Kaja! Rakesh	
67	Wahedna Sadiyah Zubair	
68	Wangikar Manasi Milind	
69	Yadav Priti Omprakash	

70 Akshata Amrute



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MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

50

Time: 9 to 12 pm

I BPT 2018-19

Subject: Yoga

Date: 1/12/18

Name of Students	Signature
Rawal Rushabh Pravin	<u>Y</u> (A)
Shwarya Sudhir Salunkhe	<u>Y</u> (A)
Annamary Thomas Pereppadan	<u>Y</u> (A)
Mushka Ajit Tambe	<u>Y</u> (A)
Arve Mansi Vivek	<u>Y</u> (A)
Shagat Yatish Narayan	<u>Y</u> (A)
Shalala Het Dinesh	<u>Y</u> (A)
Bhanushali Hiteshi Jethalal	<u>Y</u> (A)
Bhanushali Nandini Deepa	<u>Y</u> (A)
Bhosale Rutuja Dilip	<u>Y</u> (A)
Chavan Sakshi Prakash	<u>Y</u> (A)
Dadlani Hiya Anil	<u>Y</u> (A)
Darekar Aakanksha Vinay	<u>Y</u> (A)
Desai Manasi Sanjay	<u>Y</u> (A)
Ashima Dhiman	<u>Y</u> (A)
Dhurde Chhaya Mahadeo	<u>Y</u> (A)
Dongre Shivani Ketan	<u>Y</u> (A)
Gala Aayushi Bhavesh	<u>Y</u> (A)
Gandhi Charmi Jesal	<u>Y</u> (A)
Gaware Aditi Sunil	<u>Y</u> (A)
Harad Mayuri Sunil	<u>Y</u> (A)
Iffat Mohammadali Khatib	<u>Y</u> (A)
Jain Disha Bhavesh	<u>Y</u> (A)
Juriani Ashriya Kailash	<u>Y</u> (A)
Kalwani Bharti Om Prakash	<u>Y</u> (A)
Kamble Nikita Uday	<u>Y</u> (A)
Khan Nargaz Usman	<u>Y</u> (A)
Khonde Hrishikesh Ajay	<u>Y</u> (A)
Mandke Sayali Vinod	<u>Y</u> (A)
Mathkar Sneha Niteen	<u>Y</u> (A)
Mehnaz Fatima Abdul Nasir	<u>Y</u> (A)
Nair Rohit Ajit	<u>Y</u> (A)
Navkal Shweta Suren	<u>Y</u> (A)
Neha Yadav	<u>Y</u> (A)
Nileshwar Isha Ravikiran	<u>Y</u> (A)
Nimla Hardik Mukesh	<u>Y</u> (A)
Nistha Mishra	<u>Y</u> (A)
Panchal Ankita Bharat	<u>Y</u> (A)

Sr. No.	Name of Students	Signature
39	Pandit Nishtha Rajiv	<u>Nishtha</u>
40	Pandya Nidhi Santosh	<u>Nidhi</u>
41	Parikh Kinnari Monesh	<u>Kinnari</u>
42	Parmar Drashti Mahesh	<u>Y</u> (A)
43	Patil Rehan Rajendra	<u>Y</u> (A)
44	Patil Saloni Pandharinath	<u>Y</u> (A)
45	M Raju Divya Raja	<u>Y</u> (A)
46	Randeria Kavisha Bimal	<u>Y</u> (A)
47	Rupani Devanshi Sanjay	<u>Y</u> (A)
48	Sangani Krutee Kalpesh	<u>Y</u> (A)
49	Sanghavi Vishwa Sohil	<u>Y</u> (A)
50	Sawant Soham Sanjay	<u>Y</u> (A)
51	Sawant Tejas Deepak	<u>Y</u> (A)
52	Sayta Dhanashree Vijay	<u>Y</u> (A)
53	Shah Kushani Milan	<u>Y</u> (A)
54	Shah Ritu Udayan	<u>Y</u> (A)
55	Shah Tanvi Sahil	<u>Y</u> (A)
56	Shaikh Aleeza Fatima Diishad Ali	<u>Y</u> (A)
57	Shenvi Sadhika Subhodh	<u>Y</u> (A)
58	Singh Aakanksha Verendra Pal	<u>Y</u> (A)
59	Surve Juhika Rajesh	<u>Y</u> (A)
60	Tambat Simran Shripad	<u>Y</u> (A)
61	Tatli Neha Ashfaq	<u>Y</u> (A)
62	Thaker Riddhi Sanjay	<u>Y</u> (A)
63	Tiwari Leher Manish	<u>Y</u> (A)
64	Trivedi Dishu Kirti	<u>Y</u> (A)
65	Trivedi Palak Jayesh	<u>Y</u> (A)
66	Vora Kajal Rakesh	<u>Y</u> (A)
67	Wahedna Sadiyah Zubair	<u>Y</u> (A)
68	Wangikar Manasi Milind	<u>Y</u> (A)
69	Yadav Priti Omprakash	<u>Y</u> (A)

70. AKshata Amrute



Event Name: Heartfulness and Wellness fest 2019 - Event by Heartfulness Institute



Date & Time: 5th, 6th, 7th April 2019

Location: CIDCO Exhibition & Convention Center, Vashi.

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	CIDCO Exhibition & Convention Center, Vashi.	Ms. Prema Shewale	50

Kindly attach 4 photographs





Short event report

On 5th, 6th, 7th April 2019, 50 students of B.Sc AHS and MHA along with 5 faculties and Dr. Mansee Thakur, Director MGMSBS participated in Heartfulness fest 2019 organised by Heartfulness Institute, Brighter Minds, Hindustan Times, Navi Mumbai Municipal Corporation, Pillai Group of Institution, Royal Tulip Kharghar, Ronak Advertising, Apollo Hospital, Netbiz, CIDCO Exhibition & Convention Center, Lokmat and Biospectrum at CIDCO Exhibition & Convention Centre, Vashi.

This fest had 3 Unique Sessions, 1st Weekend (Fri to Sun), every Month for the participants. The events promoted were Relaxation | Heartfulness Meditation | Karayobics | Brighter Minds Brain Exercises | Yoga | Mudras and Fun Based Children Activities for all age groups and it proved to be a great experience for the students

Report Prepared by: Ms. Prema Shewale

A handwritten signature in blue ink, which appears to read "Dr. Mansee Thakur".

Director
MGM School of Biomedical Sciences
Kamothe, Navi Mumbai

INTERNATIONAL DAY OF YOGA

Yoga is India's gift to the World and is perfect exercise for keeping good health, mental well being and to create peace & harmony in our lives.

Keeping up with the spirit, it gives great pleasure for Department of Physiology in association with Departments of Medicine, Social & Preventive Medicine, School of Physiotherapy, School of Biomedical Sciences and School of Nursing to invite all for celebrations of the 5th International Day of Yoga. A special program on Yoga is being organized on:-

Date Time: **Thursday 20th June 2019, 2-4 pm.**

Venue: **MGMHS Auditorium, 3rd Floor, MGM College Building.**

Hon'ble Vice Chancellor as The Chief Guest and Hon'ble Medical Director as The Guest of Honor are being invited to grace the Occasion.

Programme Schedule:

Time	Topic	Speaker
2 pm	Welcome	Dr. R. S. Inamdar
2-2:15pm	Importance of International Yoga Day	Hon'ble Dignitaries
2:20 - 2:40pm	Sahaja Yoga for Reduction of Stress in Medical students.	Dr. Sandeep Rai
2:40 - 2:50 pm	Experience - Sahaja yoga Meditation	Dr. Mrs. Madhur Rai
2:50 - 3:45 pm	Yoga-Asanas to reduce Stress, Increase concentration	Shri R.P. Yadav, Patanjali-Yog Samiti
3:45 pm	Vote of Thanks	Dr. Yashoda Karmnani
4 pm	Tea	

All Dept HOD'S, Faculty, Residents, Staff & Students are cordially invited to attend the programme.
COME AND FEEL THE BLISS OF YOGA!

Dr. R. S. Inamdar
Prof. & HOD, Dept. of Physiology
MGM MC, NM.

Dr. G. S. Narshetty
Dean
MGM MC, NM

- CC to:-
1. Hon'ble Vice Chancellor, MGMHS, Navi Mumbai
 2. Hon'ble Medical Director MGMHS, Navi Mumbai
 3. Registrar, MGMHS, Navi Mumbai
 4. Medical Superintendent, MGM Hospital, Navi Mumbai

Short event report

On 20th June 2019, 50 students of B.Sc. AHS along with MGMSBS staff participated in celebration of 5th International Yoga Day organised by Department of Physiology in association with Department of Medicine, Social and Preventive Medicine, School of Physiotherapy, School of Biomedical Sciences and School of Nursing.

The programme focused on Importance of Yoga day along with various asanas for stress relief. Also, the dignitaries acquainted us with benefits of SAHAJA YOGA and ancient PATANJALI YOGA along with its experiences and benefits.

Report Prepared by: Ms. Prema Shewale



-Director
MGM School of Biomedical Science
Kamothe, Navi Mumbai

Event Name: VISIT TO NGO-International Heartfulness
centre, Kanha Shantivanam, Hyderabad

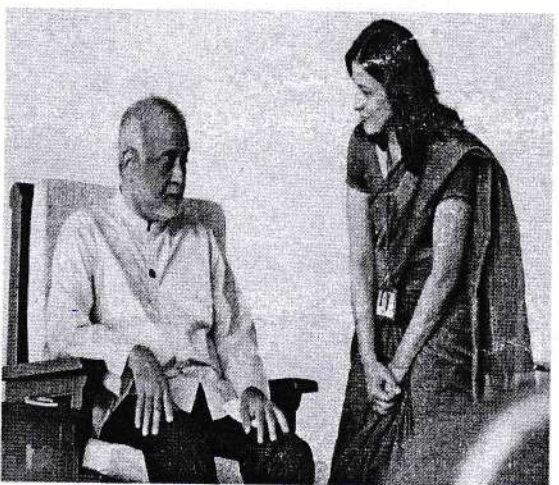
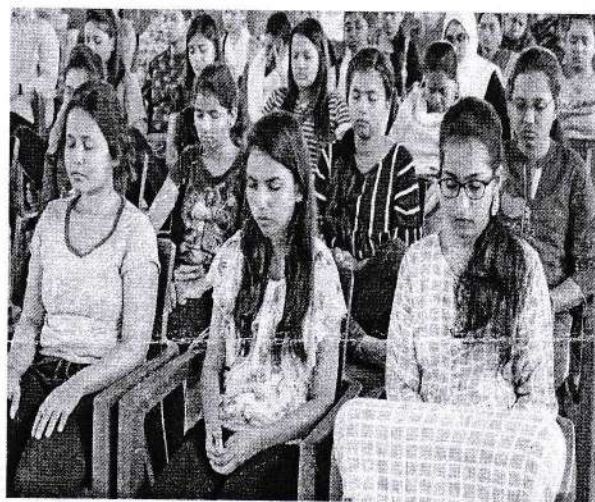


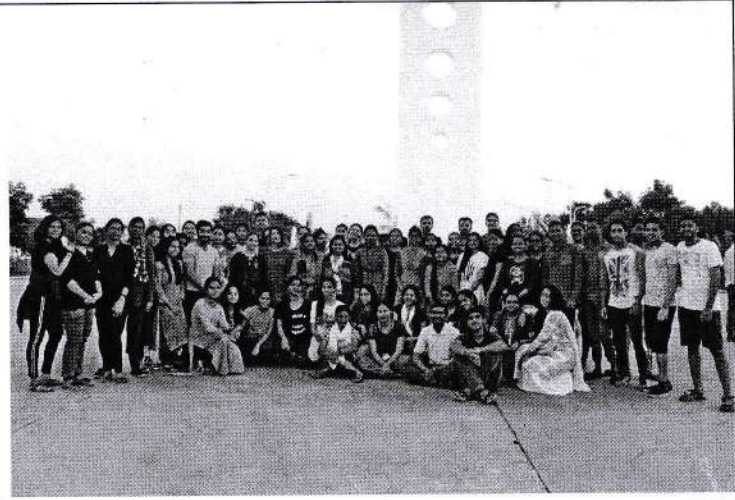
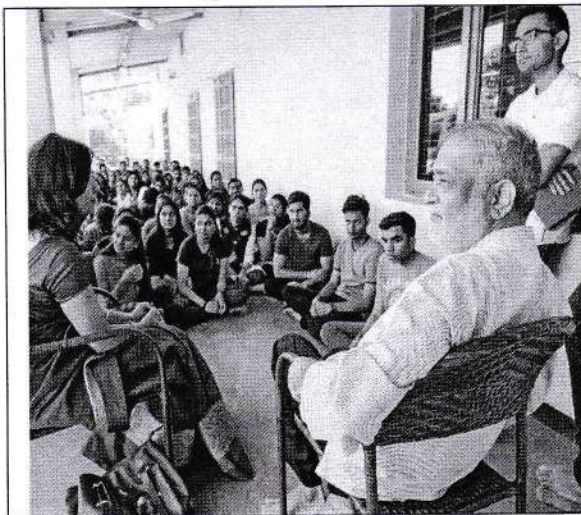
Date & Time: 21ST AND 22ND FEBRUARY 2019

Location: NGO-International Heartfulness centre, Kanha Shantivanam, Hyderabad

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	NGO-International Heartfulness centre, Kanha Shantivanam, Hyderabad	Ms. Prema Shewale	76

Kindly attach 4 photographs





Short event report

For us Meditation was one of methods to find solace and communicate with self. But in day to day routine not everytime it was possible for each one of us to find this peace. But when MGM SCHOOL OF BIOMEDICAL SCIENCES under the guidance of our Director Dr.Mansee Thakur madam arranged visit to NGO-International Heartfulness centre, Kanha Shantivanam, Hyderabad along with 72 students and 3 staff Mr.Yogesh Patil,Ph.D. Scholar,Biotechnology,Mr.Rohit Gupta,Tutor,Dept.of Optometry, Mr.Runit Patil (Non-teaching staff), Dept. of Biotechnology and Ms.PremaShewale,Tutor,Dept.of Cardiology on 21st and 22nd February 2019 which was a life changing moment for each individual of our institution. Entry to Kanha Shantivanam gave us the positivity we were longing for. The day started with Yoga, Meditation and Relaxation therapy, Self service and value of food was taught through the brothers in Ashram. Also the scenic beauty gave us the serene atmosphere we always craved for in Mumbai.

The day we got to see Dr.KamleshD.Patel, Global Guide and founder of Heartfulness Institute, Heartfulness Education Trust was the moment when everything freezed and only he was the one who was smiling with us and for us. His smile showered blessings upon us. Also Master taught us humbleness, compassion and selflessness.

We were taught to love ourselves as well as humanity was inculcated in us. Discipline, punctuality were the virtues we carried in ourselves when we left with a heavy heart only to walk the path of

Report Prepared by: Ms. Prema Shewale



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MGM Institute's University Department of Physiotherapy

N-6 CIDCO, Aurangabad-431003

NOTICE

Date: 31/01/2015

All the Students of BPT First Year are hereby informed that there will be lecture on **Yoga and Wellness** for Six days dated on **2nd and 7th of February 2015**. All students are requested to take benefit of the seminar.

Time:-2-5 pm

Venue:-Auditorium

Sachet Singh
Principal
University Department of Physiotherapy



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7th Feb 2015

List Of students Yoga and Wellness-2014-15

Sr.no.	Name of the Candidate	Student's sign
1	Bhattad Anjali Jamandas	Anjali
2	Bhujbal Mayur Sanjay	Mayur
3	Borade Prakash Subhash	Subhash
4	Chincholkar Abhay Sanjay	Abhay
5	Desai Bhagwat Babanrao	Bhagwat
6	Deshmukh Ankita Bhalchandra	Ankita
7	Dharkari Shantanu Suresh	Shantanu
8	Dongle Rutu Nagnath	Rutu Nagnath
9	Faye Pratiksha Purushottam	Faye Pratiksha
10	Hivale Anushka Madhukamal	Anushka
11	Jadhav Monali Sanjay	Monali
12	Katare Isha Arunrao	Isha
13	Kawale Sakshi Umesh	Sakshi

Secretary
Principal
Department of Physiotherapy



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NOTICE

Date: 04/02/2016

All the Students of BPT First Year are hereby informed that there will be lecture on **Yoga and Wellness** for Six days dated on **8th and 13th of February 2016**. . All students are requested to take benefit of the seminar.

Time:-2-5 pm

Venue:-Auditorium


Principal

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Aurangabad



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13th Feb 2016.

List Of students Yoga and Wellness -2015-16

Sr.no.	Name of the Candidate	Student's sign
1	Jain Abhilasha Mahavir	<i>Abhilasha</i>
2	Jaiswal Ruchika Atul	<i>Ruchika</i>
3	Jawale Shubham Balaji	<i>Shubham</i>
4	Kanhekar Devidas Vijayrao	<i>Devidas</i>
5	Karpe Anushka Jayant	<i>Anushka</i>
6	Khedekar Renuka Chandrakant	<i>Renuka</i>
7	Kulkarni Sanchiti Santosh	<i>Sanchiti</i>
8	Kulkarni Sharvari Krishna	<i>Sharvari</i>
9	Kulkarni Sunayana Ravindra	<i>Sunayana</i>
10	Lahoti Bhagyashri Ashokrao	<i>Bhagyashri</i>

Sachet K. G.
Principal
Physiotherapy



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NOTICE

Date: 08/02/2017

All the Students of BPT First Year are hereby informed that there will be lecture on **Yoga and Wellness** for Six days dated on **13th to 18th February 2017**. All students are requested to take benefit of the seminar.

Time:-2-5 pm

Venue:-Auditorium

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18th Feb 2017.

List Of students Yoga and Wellness -2016-17

Sr.no.	Name of the Candidate	Student's sign
1	Dongre Janhvi Vijay	<i>Janhvi</i>
2	Farooqui Bushra MD Salahuddin	<i>Bushra</i>
3	Fernandez regina Benjamin	<i>Regina (Fern)</i>
4	Holani Minal Deepak	<i>Minal Holani</i>
5	Ingle Gauri Shridhar	<i>Gauri Ingle</i>
6	Jaju Ankita Anil	<i>Ankita Jaju</i>
7	Kalantri Purva Kailash	<i>Purva</i>
8	Munot Aarti Prakash	<i>Aarti</i>
9	Pokharna Rahul Ramesh	<i>Rahul Ra</i>
10	Tatiya Dhiraj Anil	<i>Dhiraj</i>

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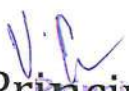
NOTICE

Date: 09/02/2018

All the Students of BPT First Year are hereby informed that there will be lecture on **Yoga and Wellness** for Six days dated on **12th and 17th of February 2018**. . All students are requested to take benefit of the seminar.

Time:-2-5 pm

Venue:-Auditorium


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17th Feb 2018.

List Of students Yoga and Wellness -2017-18

Sr.no.	Name of the Candidate	Student's sign
1	Bubere Benish Laeequeali	<i>Benish</i>
2	Chogle Elham Altaf	<i>Chongle Elham</i>
3	Dadgal Shweta Bipin	<i>Shweta</i>
4	Dalvi Siddhi Avadhut	<i>Siddhi</i>
5	Desale Gauravi Sanjay	<i>Gauravi</i>
6	Deshpande Vaishnavi Sunil	<i>Vaishnavi</i>
7	Duse Madhurya Milind	<i>Madhurya</i>
8	Gaikwad Vishakha Sukhdev	<i>Vishakha</i>
9	Gavhad Patil Nivedita Datta	<i>Patil Nivedita</i>
10	Ghadge Kshitija Malhari	<i>Kshitija</i>
11	Ghanchi Taymeena Md Raoof	<i>Taymeena</i>

V.P.
Principal

Principal
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NOTICE

Date: 15/02/2019

All the Students of BPT First Year are hereby informed that there will be lecture on **Yoga and Wellness** for six days dated on **18th to 23rd 2019**. . All students are requested to take benefit of the seminar.

Time:-2-5 pm

Venue:-Auditorium

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23rd Feb 2019

List Of students Yoga and Wellness -2018-19

Sr.no.	Name of the Candidate	Student's sign
1	Bhala Nandita Arunkumar	Nandita
2	Bhavar Vaishnavi Anil	Anil
3	Bhavsar Sakshi Manish	Sakshi
4	Bohare Komal Sominath	Komal
5	Borana Siddhi Kamlesh	Siddhi
6	Charkha Urvi Govind	Urvi
7	Chaurasia Pooja Manoj	Pooja
8	Dashrathe Gayatri Yashwant	Gayatri
9	Deshmukh Madhura Sudhir	Madhura
10	Deutkar Gargee Arvind	Arvind

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Days	Introduction	Theory (hours)	Practical (hours)	Total (hours)
Day 1	Introduction about the activity	1 hour	1 hour	2 hour
Day 2	Tadasana Vrikshasana Adho Mukho Svanasana	1 hour 30 min	1 hour 30 min	3 hour
Day 3	Trikonasana Kursiasana Naukasana	1 hour 30 min	1 hour 30 min	3 hour
Day 4	Bhujangasana Shavasana Sukhasna	1 hour 30 min	1 hour 30 min	3 hour
Day 5	Virabhadrasana Trikonasana	1 hour	1 hour 30 min	2 hour 30 min
Day 6	Revision and certificate distribution	1 hour	1 hour 30 min	2 hour 30 min



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INTRODUCTION OF YOGA-

Yoga' is a Sanskrit term meaning 'to join, unite or yoke together', and the essential purpose of yoga is to bring together body, mind and spirit into a harmonious whole. The central methods of yoga are physical postures or 'asanas' and movement, breathing techniques or 'pranayama' and meditation. Yoga includes guidance on healthy lifestyle, eating habits, mental attitude, and Ayurvedic medicine is also part of the Yogic path to health and balance.

Physical benefits of yoga

- Improved posture
- Better sleep
- Increased natural energy level and vitality
- Greater flexibility, strength and stamina
- Pulse and respiratory rate decreases
- Blood pressure decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Cleansing and regulating of all the body's systems

Mental benefits of yoga

- Calm and clarity
 - Greater confidence and generally more positive mood
 - Sense of inner well-being and 'centeredness'
- Increased awareness of body and movement
-



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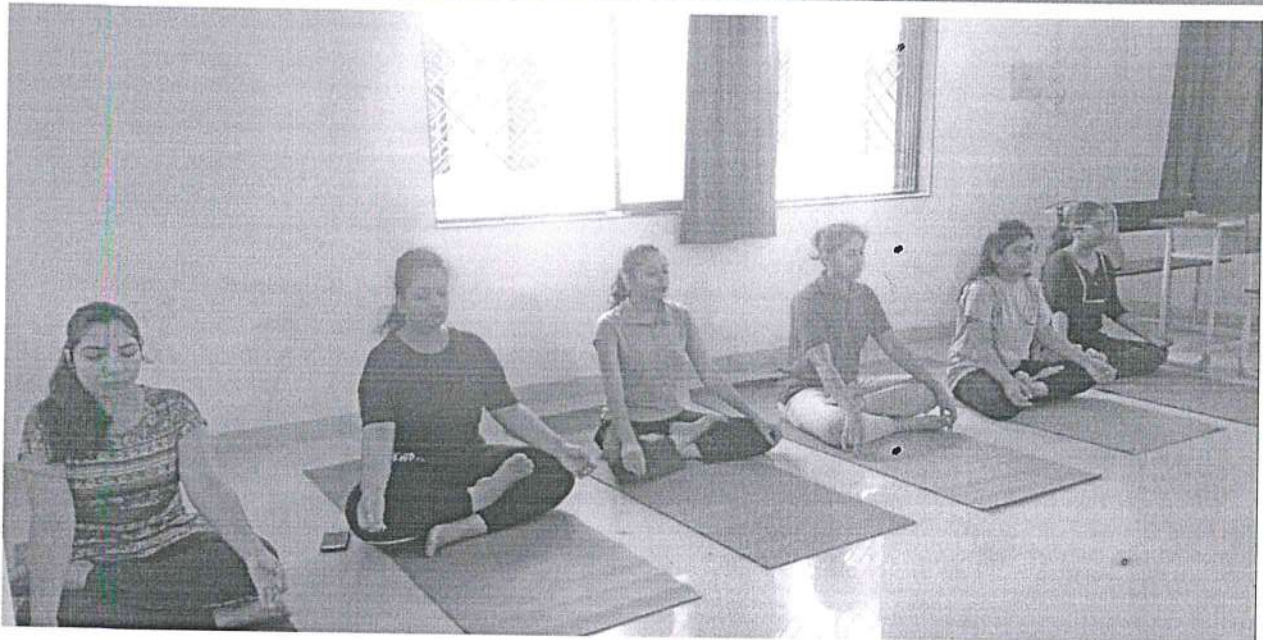
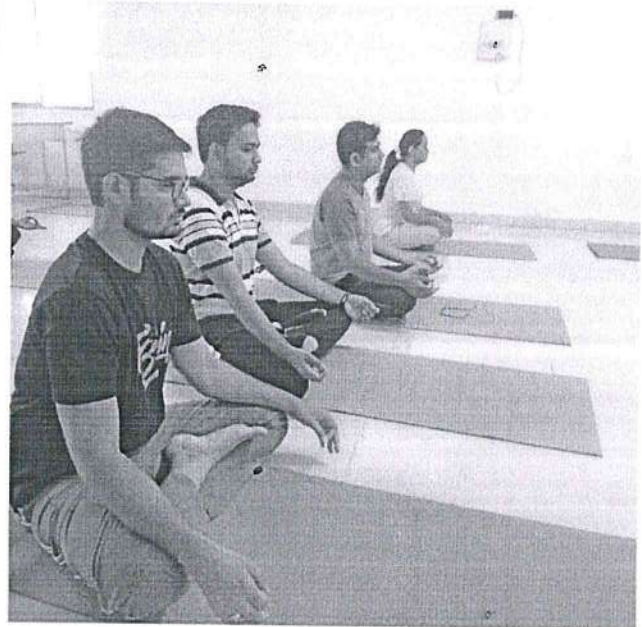
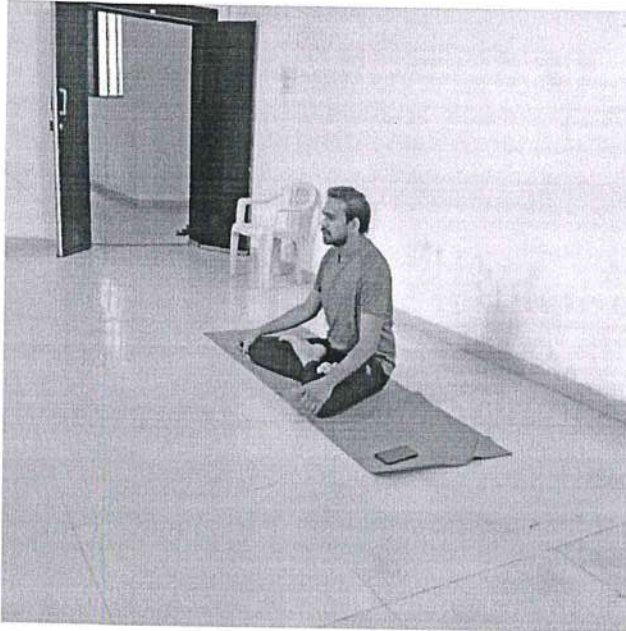
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1. Tadasana (Mountain Pose)

This pose teaches one to stand with majestic steadiness like a mountain. The word 'Tada' means a mountain, that's where the name comes from. It involves the major groups of muscles and improves focus and concentration. It is the starting position for all the other asana.



Therapeutic effects –

1. It helps in increasing the flexibility of ankle ,thighs and joints.
2. It helps in posture correction.
3. It improves balance by making spine more agile.



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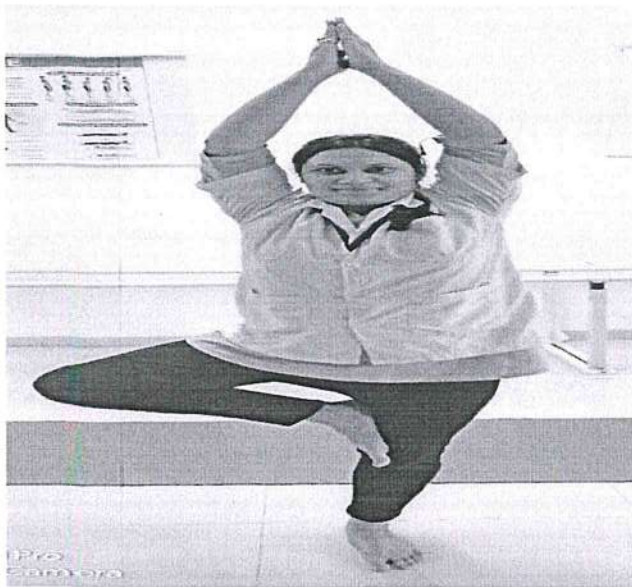
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2. Vrikshasana (Tree Pose)

This pose gives you a sense of grounding. It improves your balance and strengthens your legs and back. It replicates the steady stance of a tree. Place your right foot high up on your left thigh. The sole of the foot should be flat and placed firmly. Keep your left leg straight and find your balance. While inhaling, raise your arms over your head and bring your palms together. Ensure that your spine is straight and take a few deep breaths. Slowly exhale, bring your hands down and release your right leg. Back in the standing position repeat the same with the other leg



Therapeutic effects -

1. It helps in balance and co-ordination.
2. Stabilizes the nervous system and calms the mind by relieving anxiety and stress.
3. Helpful in enhancing tone of muscle.



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3. Adho Mukho Svanasana

This pose stretches hamstrings, chest and lengthens the spine, providing additional blood flow to the head. It will leave you feeling energized. Sit on your heels, stretch your arms forward on the mat and lower your head. Form a table, like pushing your hands, strengthening your legs and slowly raising your hips. Press your heels down, let your head hang freely and tighten your waist.



Therapeutic effects-

1. Energizes the body.
2. Helps to prevent osteoporosis.
3. Strengthens the arms and legs.
4. Helps to relieve the symptoms of menopause.



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4. Trikonasana (Triangle Pose)

It stretches the legs and torso, mobilizes the hips and promotes deep breathing, leaving one with enlivening effects. Stand with your feet wide apart. Stretch your right foot out (90 degrees) while keeping the leg closer to the torso. Keep your feet pressed against the ground and balance your weight equally on both feet. Inhale and as you exhale bend your right arm and make it touch the ground while your left arm goes up. Keep your waist straight. Ensure that your body is bent sideways and not forward or backwards. Stretch as much as you can while taking long, deep breaths. Repeat on the other side.



Therapeutic effects -

1. Improve digestion .
2. Relieves back pain .
3. Stretches and strengthens the thigh ,knees and ankle.



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5. Kursiasana (Chair Pose)

An intensely powerful pose, this one strengthens the muscles of the legs and arms. It builds your willpower and has an energizing effect on the body and mind. Stand straight with your feet slightly apart. Stretch your arms but don't bend your elbow. Inhale and bend your knees, pushing your pelvis down like you are sitting on chair. Keep your hands parallel to the ground and back straight. Take deep breaths. Bend gradually but make sure your knees don't go beyond your toes.



Therapeutic effects-

1. Strengthen the thighs and ankle.
2. Stretches the Achilles tendon and shin.
3. Improves function of respiratory, digestive and circulatory system.



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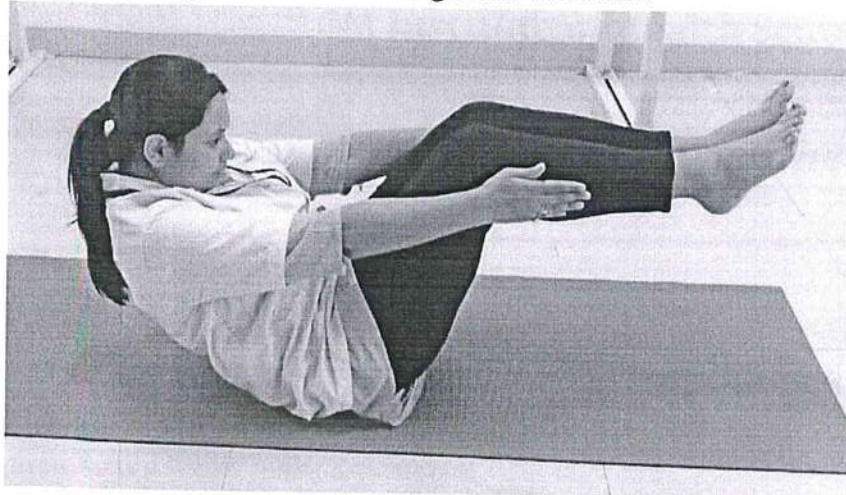
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6. Naukasana (Boat Pose)

It tightens the abdominal muscles and strengthens shoulders and upper back. It leaves the practitioner with a sense of stability. Lie back on the mat with your feet together and hands by your side. Take a deep breath and while exhaling gently lift your chest and feet off the ground. Stretch your hands in the direction of your feet. Your eyes, fingers and toes should be in one line. Hold till you feel some tension in your navel area as your abdominal muscles begin to contract. As you exhale, come back to the ground and relax.



Therapeutic effects-

1. Helps to reduce the belly fat.
2. Strengthen the core muscle.

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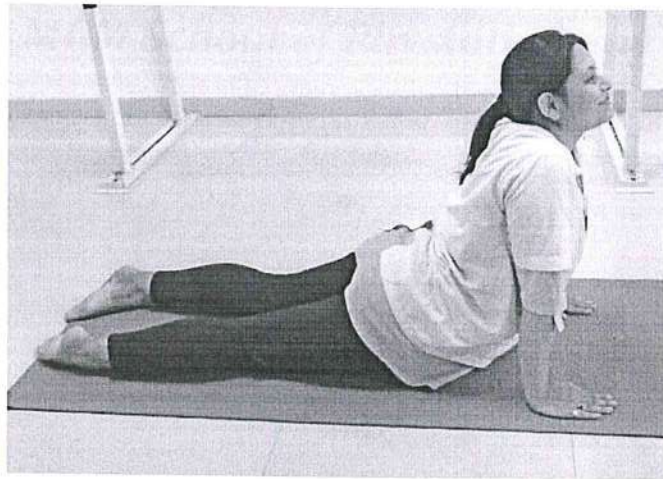
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7. Bhujangasana (Cobra Pose)

This one will strengthen the lower back muscles while cushioning the spine, triceps and opens the chest to promote the inhalations. It also makes the spine flexible.

Lie on your stomach with your feet together and toes flat. Place your hands downwards below your shoulders on the mat, lift your waist and raise your head while inhaling in. Pull your torso back with the support of your hands. Keep your elbows straight and make sure you put equal pressure on both palms. Tilt your head back and make sure your shoulders are away from your ears. Exhale while coming back to the ground.



Therapeutic effects

1. Helps in increasing flexibility.
2. Reduce stiffness from lumbar spine.
3. It corrects postural imbalance.



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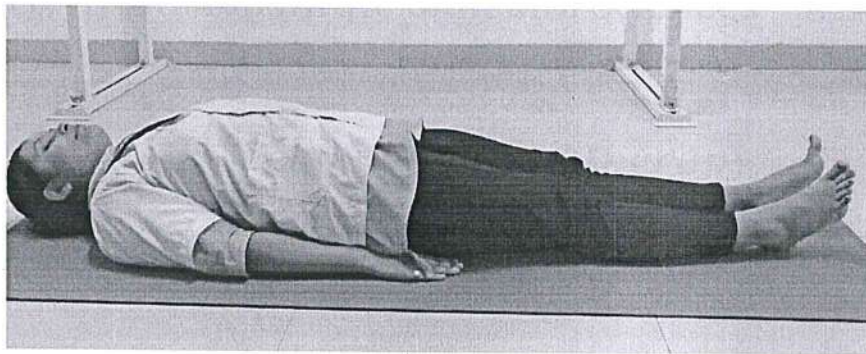
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8. Shavasana

Shavasana, Corpse Pose, or Mrtasana, is an asana in hatha yoga and modern yoga as exercise, often used for relaxation at the end of a session. It is the usual pose for the practice of yoga nidra meditation.



Therapeutic effects-

1. Relaxes the body.
2. Reduce headache, fatigue, insomnia.
3. Helps to regulate the blood pressure.



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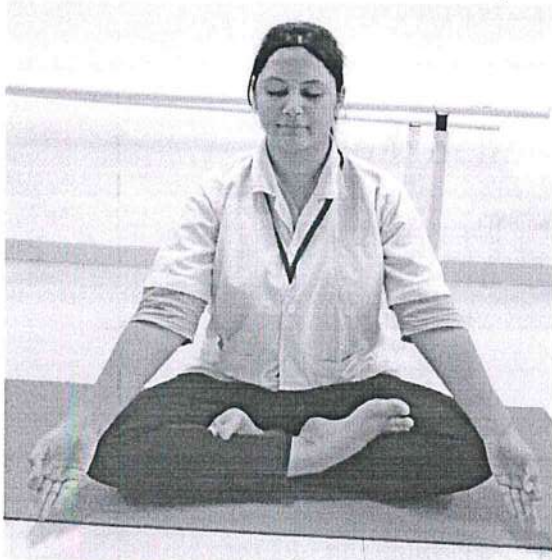
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9. Sukhasna:- Sukhasna is a comfortable position for pranayama and meditation. It gives the practitioner a centering effect. All the other asanas are done to eventually make the body feel comfortable to be able to sit in this position for meditation. This asana takes the yoga practice beyond its physical dimension and helps you get in touch with your spiritual side. Sit comfortably on the mat with crossed legs (left leg tucked inside the right thigh and right leg tucked inside the left thigh). Keep spine straight. Place your hands on your knees. You can use the Jnana mudra or Chin mudra. Relax your body and breathe gently.



Therapeutic effects-

1. Lengthen the back muscle.
2. Improves body posture.
3. Backbone becomes stronger.



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10. Virabhadrasana

It also strengthens your legs and arms, opens your chest and shoulders, and it contracts your abdominal organs. Your breath needs to be regulated; your focus should be on the expansion of your arms which will help you to improve your patience. Keep yourself elevated rather than collapsing with your hips – don't allow gravitation to pull you down stay strong.



Therapeutic effects-

1. Strengthens ankle, shoulder, back, arm and thigh.
2. Enhance balance, grounding and concentration.
3. Improves digestive system.



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