



JAWAHAR MEDICAL FOUNDATION'S  
A.C.P.M. MEDICAL COLLEGE & HOSPITAL

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RefNo. 2607 / AC P MMC / Dhule

date 24/06/2022

### Programme report

Title of Program	'Yoga Training Program' & '8th International Yoga Day Celebration'
Participant Type (tick applicable)	UG students, PG students, Teaching & Non-teaching faculty of ACPM Medical College, Dhule
Date and Duration of Program	4/5/2022 to 11/5/2022 12/6/2022 to 21/6/2022 Time: 6.30 am to 7.30 am 21/6/2022: ✓ 6.30 am to 7.00 am: Yoga training ✓ 10.30 am to 11.00 am: Yoga poster & slogan presentation and Yoga related Rangoli competition ✓ 11.00 am to 12.30 pm: Yoga lecture & Yoga technique demonstration, Meditation, Yoga cultural activity, etc.
Venue of the program/event	4/5/2022 to 11/5/2022: College garden lawn, ACPM MC Dhule 12/6/2022 to 21/6/2022: White house, ACPM MC Dhule 21/6/2022 (8 <sup>th</sup> International day of Yoga, celebration): Late A.P.J. Abdul Kalam Hall, ACPM MC Dhule
Program Organized by (Department/Committee/Unit)	NSS unit, ACPM Medical College, Dhule Dept of Physiology, Pharmacology & Psychiatry
Program in-charge	1. Dr. Ganesh V. Kulkarni, NSS Programme Officer 2. Dr. Subhash Bothikar, NSS Assistant Programme Officer 3. Dr. Sakshi Agrawal, NSS Assistant Programme Officer
Name of Faculty/ Guest Speaker	1. Dr. Vijay Chaurasiya 2. Dr. Prashant Solanke 3. Dr. Dilip Patil 4. Dr. Yashwant Mahale 5. Dr. Aarti Karnik 6. Dr. Nitin Kulkarni 7. Dr. Nikumbh 8. Dr. Hemant Makone 9. Dr. Pranjali Shinde
Supporting staff member	Class 3 & class 4 staff of various depts. like Physiology, Microbiology, Physiotherapy. Security staff, gardener, etc.
Vote of thanks presented by	Dr. Shivraj Varpe
Geo-tagged photos (tick applicable)	Yes
Number of participants (attended program/event)	More than 300



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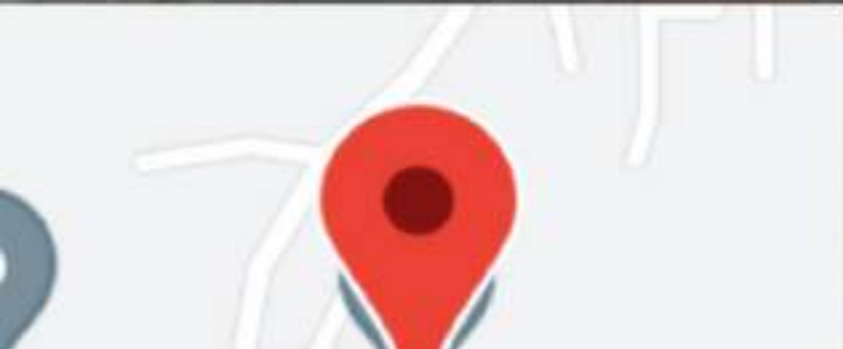
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<p>Brief about the Program (Activity/Event details)</p>	<p>Yoga training program was conducted in two sessions: 1<sup>st</sup> session (for 8 days) &amp; 2<sup>nd</sup> session (for 10 days). During these training sessions, Dr. Vijay Chaurasiya first introduced the students &amp; staff about history &amp; heritage of Yoga, an ancient technique, followed in India from thousands of years. Dr. Vijay, taught various asanas, pranayama, suryanamaskar, meditation throughout these 18 days. Dr. Vijay, enlightened the students &amp; staff about benefits of yoga on physical, mental, psychosocial &amp; spiritual health. Dr. Dilip Patil &amp; Dr. Nikumbh also guided the students &amp; staff about impact of yoga on day to day life. Dr. Hemant Makone, guided the students &amp; staff about meditation &amp; pranayama. On 21/6/2022 (6<sup>th</sup> International Yoga Day), yoga training was carried out as usual in morning session. Then at 10.30 am, exhibition of Yoga posters, slogans and yoga related Rangolis was arranged. Then at 11.00 am, lamp lighting was done by eminent. Dr. Dilip patil sir delivered powerpoint presentation on Yoga. After that, Dr Vijay Chaurasiya, along with Dr. Kaushal Patil (3<sup>rd</sup> yr student) &amp; Dr. Tejas Dhomane (1<sup>st</sup> yr student) presented cultural activity of yoga. MLA, Mr. Kunal Patil sir, Dr Mamta Patil madam, Dr. Sangeeta madam, Dr. Prashant Solanke graced the occasion. All teaching staff, students &amp; non-teaching staff were present in large number. Dr. Shivraj Varpe, anchored the whole programme on 21/6/2022.</p>
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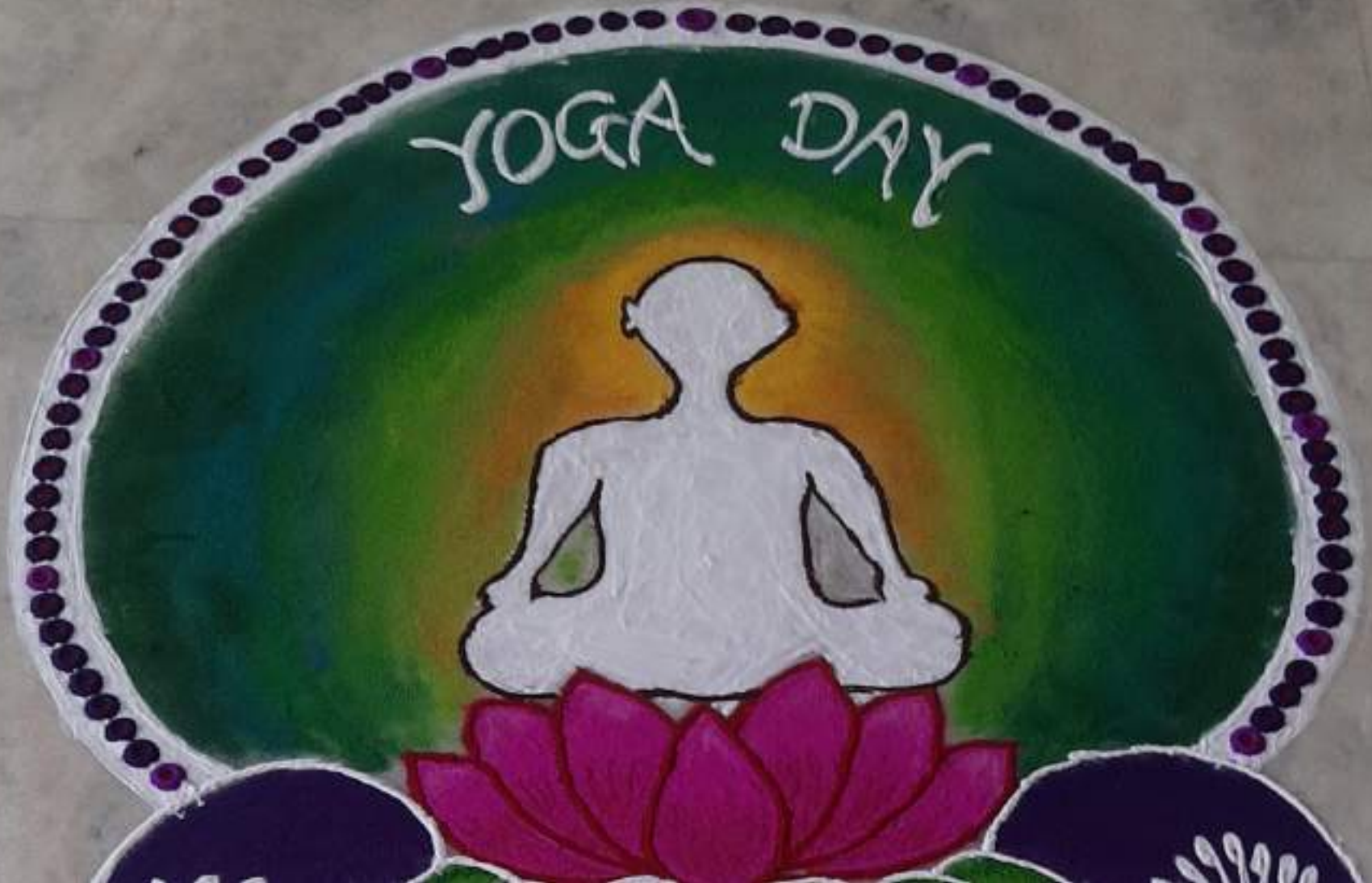
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A.C.P.M.MEDICAL COLLEGE  
DHULE - 424001. [M.S.]



**Dhule, Maharashtra, India**  
**The White House, Dhule, Ma**

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YOGA DAY



Dhule, Maharashtra.



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योग विद्या धाम शिरूर



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**A.C.P.M. MEDICAL COLLEGE & HOSPITAL, DHULE**  
**YOGA TRAINING PROGRAM**





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YOGA TRAINING PROGRAMME



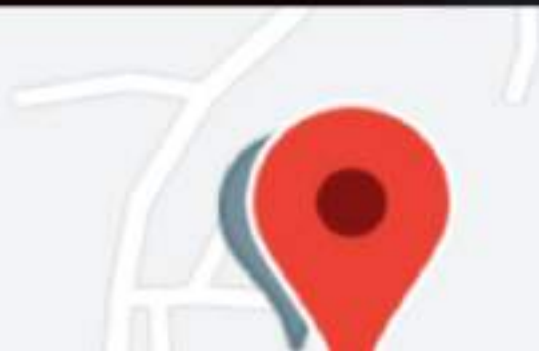












**Morane Pr. Laling, Maharaja Pratap Chandra  
VPXF+3FG, Morane Pr. Laling**



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