

Report of Yoga and wellness Development Programme during the Academic Year (2019-2020 to 2023-2024)



Swami Vivekanand Subharti University, Meerut

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Ref. No.: Phy.Edu./SVSU/2023/ 403⁰⁰

Date: 09-10/08/2023

**REPORT ON
DISTRICT YOGASANA SPORTS CHAMPIONSHIP**


Title of the activity	District Yogasana Sports Championship	Level of Program	District
Focused Area	Yoga	Date of Activity	09 to10-08-2023
Name of the associated department	Department of Physical Education, Faculty of Education, SVSU	Day	Wednesday-Thursday
Name of Chief Guest, Special Guest and Guest of Honour	1. Chief Guest Major General Dr. G.K. Thapliyal (Vice-Chancellor SVSU) 2. Special Guest Dr. Shailya Raj, Chief Executive Officer (SVSU) 3. Guest of Honor Mr. Rishipal Singh, State President Uttar Pradesh Yogasana Sports Association	Time	10:00 AM-06:00 PM
Total Participants	152	Venue	6 th floor, Faculty of Education, SVSU
Officials	15	Organizing Secretary	Dr. Manju Adhikari, Associate Professor, Department of Physical Education, FOE, Swami Vivekanand Subharti University, Meerut.
Faculty members	15	Report Prepared By	Ms. Nisha Saini Department of Physical Education, SVSU
Others	50	Activity organized by	Department of Physical Education, FoE, SVSU

Objectives of the District Yogasana Sports Championship-To propels the contestants to rise to their personal best physically, emotionally, mentally, and spiritually also, to spread the awareness among the people.

Description: Major Dhyanchand college of Physical Education (Faculty of Education) SVSU, Meerut organized A National District Yogasana Sports Championship in collaboration with District Yogasana Sports Association, Meerut (Yogasana Bharat). The seminar began with the presentation of potted saplings to the guests and lightning of lamp followed by Saraswati Vandana. Ms. Nisha Saini, Assistant Professor, Department of Physical Education started the event with the guest welcome and introduced objective of the event. The competition started with Saraswati Vandana and lighting of the lamp by the chief guest and special guests.

Prof. (Dr.) Sandeep Kumar (Dean, Faculty of Education, SVSU, Meerut) formally welcomed the chief guest Honorable Vice Chancellor Major General Dr. G.K. Thapliyal, Guest of Honor Mr. Rishipal Singh, State President Uttar Pradesh Yogasana Sports Association and invited technical officials, Mr. Ankit Shastri, Mr. Jaiveer Singh, Ms. Mukta Sishodiya, Ms. Shilpi Panwar and all the guests, faculty members and participants. He also highlighted all the facilities available in the University for the different sports and a brief introduction about Yogasana Bharat. Dean Faculty of Education and District Yogasana Sports Association President Dr. Sandeep Chaudhary said that District Yogasana Sports Association Meerut is a member of Uttar Pradesh Yogasana Sports Association, Yogasana Bharat which is affiliated to the Indian Olympic Association and recognized by the Ministry of Youth Welfare and Sports. In his inaugural address, the Honorable Vice Chancellor Major General (Dr.) G.K. Thapliyal (SVSU, Meerut) congratulated the Physical Education department for successfully organizing the event also, encouraged the participants and congratulated them for participating in the Yogasana competition. There were three categories of sub-junior, junior, and senior participation in the competition and the winning players in all the categories were selected for the state level competition. About 152 players from different schools of Meerut district participated in this 2-day competition. At the conclusion of the competition, Dr. Shailya Raj, Chief Executive Officer of Subharti University blessed all the participants and wished them a bright future. She told that while participating in the game, we should play with full heart without worrying about our win or loss and should play with the spirit of patriotism. In the end, Dr. Manju Adhikari, Associate Professor, Department of Education, FOE and event organizer presented vote of thanks to all the guests, teachers, officials, students, participants, coaches and other dignitaries. On this occasion, Dr. Anoj Raj, Dr. Praveen Kumar, Dr. Deepak Raghav, Dr. Atul Tiwari, Preeti Bansal, Ms. Sonia Rana, Mr. Durgesh Gautam, Mr. Nikhil Sahron, Mr. Kapil

BANNER OF WORKSHOP



MEERUT DISTRICT YOGASANA SPORTS CHAMPIONSHIP

09th to 10th August, 2023

ORGANIZED BY



Major Dhyanchand Department of Physical Education
Swami Vivekanand Subharti University
Subhartipuram, NH-58, Delhi-Haridwar Bypass Road, Meerut, U.P.

IN COLLABORATION WITH

District Yogasana Sports Association, Meerut
Senior (18 to 28), Junior (14 to 18) & Sub-Junior (9 to 14)

Event Category

- Traditional Yogasana
- Artistic Yogasana Single
- Artistic Yogasana Pair
- Rythmic Yogasana Pair

Yoga for Harmony & Peace

CERTIFICATE



Certificate No.: DYSC
2023177

DISTRICT YOGASANA SPORTS ASSOCIATION DISTRICT - MEERUT

Affiliated to: Uttar Pradesh Yogasana Sports Association (UPVSA)
Registration No.: LUC/08612 / 2020-21 | UPVSA Affiliated to : Yogasana Bharat
(Associate Member: Indian Olympic Association)
Recognized by: Ministry of Youth Affairs and Sports, Govt. of India

DISTRICT YOGASANA SPORTS CHAMPIONSHIP (Men & Women) AUGUST, 2023
(9th & 10 August 2023)

CERTIFICATE OF PARTICIPATION

Certified that Mr/Ms. _____
S/Do Shri _____ has participated in
District Yogasana Sports (M & W) Championship, August 2023
Organized by
Major Dhyanchand Department of Physical Education, Swami Vivekanand
Subharti University Meerut, Uttar Pradesh
In collaboration with
District Yogasana Sports Association, Meerut.
He/She has secured _____ position.

<p>Event:</p> <ul style="list-style-type: none"> • Traditional Yogasana <input type="checkbox"/> • Artistic Single <input type="checkbox"/> • Artistic Pair <input type="checkbox"/> • Rhythmic Pair <input type="checkbox"/> 	<p>Age Category:</p> <ul style="list-style-type: none"> • Sub-Junior <input type="checkbox"/> • Junior <input type="checkbox"/> • Senior <input type="checkbox"/>
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Shri Kapil Tyagi
Secretary-DYSA Meerut



Dr. Manju Adhikari
Event Coordinator



Dr. Sandeep Kumar
President-DYSA Meerut

ATTENDANCE SHEET

Meerut District Yogasana Sports Championship

09th to 10th August, 2023

Technical Official Duties

Sr.	Hall No. 1	Sign.	Hall No. 02	Sign.	Hall No. 03	Sign.
1	Mr. Kapil (D)		Mr. Durgesh Gautam (D)		Mr. Nikhil (D)	
2	Ms. Shilpi Parwar (D)		Mr. Jaiveer (D)		Ms. Mukta (D)	
3	Ms. Preeti (T)		Mr. Vishal (T)		Ms. Dumini (T)	
4	Mr. Nishant (Eval.) Nishant		Ms. Priya (Eval.)		Mr. Utkarsh (Eval.)	
5	Ms. Nisha (SM)		Mr. Robin (SM)		Mr. Hemant (SM)	
6	Mr. Adarsh (FR)		Mr. Vishal (FR)		Ms. Subhi (FR)	
7	Mr. Ankit Jaden (V)		Ms. Shivani Arya (V)		Ms. Anu Rathi & Ms. Srijya Rana (Verification)	

Abbreviation: D-Judge 1 & 2, T-Time Judge, Eval-Evaluator Judge, SM-Stage Management, FR- Final Result, V-Verification

Chief Judge - Mr. Ankit Shastri →

 Dr. Sandeep Kumar
 Head - Physical Education
 Dean - Faculty of Education

 Dr. Manju Adhikari
 Event Coordinator

WINNERS LIST

DISTRICT YOGASANA CHAMPIONSHIP 2023**SENIOR CATEGORY FEMALE (18+ TO 28 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1134	MANISHA KUMARI MEENA	PANNALAL MEENA	HMT	I
	1147	VARSHA	MAHENDRA SINGH	HMT	II
	1108	MEGHA	SANJAY SHARMA	RISHI YOG ACADEMY	III
	1148	DIVYA	GOVIND SINGH	HMT	IV

DISTRICT YOGASANA CHAMPIONSHIP 2023**SENIOR CATEGORY FEMALE (28+ TO 35 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1151	NISHA SAINI	TRILOK CHAND	SVSU	I

DISTRICT YOGASANA CHAMPIONSHIP 2023**SENIOR CATEGORY MALE (28+ TO 35 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1002	AKASHYA KUMAR	JITENDRA KUMAR	CCS MEERUT	I

DISTRICT YOGASANA CHAMPIONSHIP 2023**SENIOR CATEGORY FEMALE (35+ TO 45 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1112	SEEMA ARYA	MANGE RAM ARYA		I
	1118	CHANDANA BERA	JUGAL CHANDRA BISWAS		II

DISTRICT YOGASANA CHAMPIONSHIP 2023**SENIOR CATEGORY MALE (35+ TO 45 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1113	PAWAN KUMAR	DEVRAJ SINGH	CCS MEERUT	I

SENIOR CATEGORY MALE (45+ TO 55 Yrs)

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1110	POONAM RANI	RAM VEER SINGH	CCS MEERUT	I

		MITTAL UNNATI GARG/TANISHA NIMESH	KAPIL GARG/SANJAY KUMAR NIMESH	THE ADHYAN	IV
	1090/1091	BARBIE SINGH/ HARSITA	NAVAL KISHORE	THE ADHYAN	V

**DISTRICT YOGASANA CHAMPIONSHIP 2023
JUNIOR CATEGORY MALE (14+ TO 18 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1046	VANSH RAY	SURENDRA RAY	SARTHAQ YOGA TRUST	I
	1044	MAYANK	MR. MAHESH KUMAR	BRSSM	II
	1138	ADI ABDULLAH	MOHD. IRANA ANSARI	BRSSM	III
	1136	NISHANI PRAJAPAT	MR. JILE SINGH	SDSSM IC	IV
	1141	ABHISHEK KUMAR DAKSH	MR. SANJAY KUMAR	SDSSM IC	V
RHYTHMIC PAIR	1044/1138	MAYANK/ADI ABDULLAH	MR. MAHESH KUMAR / MOHD. IRANA ANSARI	BRSSM	I

**DISTRICT YOGASANA CHAMPIONSHIP 2023
JUNIOR CATEGORY FEMALE (14+ TO 18 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1045	RITIKA SHARMA	ERNESH KUMAR	KISHAN IC	I
	1103	SHAGUN SHARMA	MR. UMESH SHARMA	ARYA SHALA	II

ARTISTIC SINGLE	1139	SARISHA JAIN	ANKUR JAIN	THE AADHYAN	III
	1062	KRATI AGRAWAL	SAURABH AGRAWAL	THE AADHYAN	IV
	1049	SAKSHI PANDAY	MR. GOPAL DUTT PANDEY	SDSSM IC	V
	1062	KRATI AGRAWAL	SAURABH AGRAWAL	THE AADHYAN	I
	1161	SHREYASHI BANSAL	SACHIN BANSAL	DARSHAN ACADEMY	II
	1103	SHAGUN SHARMA	MR. UMESH SHARMA	ARYA SHALA	III

**DISTRICT YOGASANA CHAMPIONSHIP 2023
SENIOR CATEGORY MALE (18+ TO 28 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1111	ARYAN	RAJESH	V.S.U	I
	1051	NISHKARSH		S.V.S.U	II
	1102	MANISH GAUTAM	PINTU	M.C.	III
	1065	PRAYAG GUPTA	RAMESH BABU GUPTA	DMT	IV
	1119	VISHAL ARYA		S.V.S.U	V
ARTISTIC SINGLE	1102	MANISH GAUTAM	PINTU	BRSSM	I

**DISTRICT YOGASANA CHAMPIONSHIP 2023
SENIOR CATEGORY FEMALE (18+ TO 28 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
	1134	MANISHA KUMARI	PANNALAL	DMT	I

**DISTRICT YOGASANA CHAMPIONSHIP 2023
SUB-JUNIOR CATEGORY MALE (9+ TO 14 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1057	DEEPANSHU KASHYAP	JAIVEER SINGH KASHYAP		I
	1050	DAKSH MALIK	PARVIDRA KUMAR	ARMY PUB. SCHOOL	II
	1021	ANSHUMAN PRAJAPATI	AMIT KUMAR		III
	1137	ANKIT PANDEY	GOPAL PANDEY		IV
	1092	VASHUDEV	DHARMENDRA		V
ARTISTIC SINGLE	1050	DAKSH MALIK	PARVIDRA KUMAR	RISHI ACADEMY	I
	1057	DEEPANSHU KASHYAP	JAIVEER SINGH KASHYAP	SOSSM	II
	1079	DIVYANSH GIRI	DINESH GIRI	DARSHAN ACADEMY	III
	1021	ANSHUMAN PRAJAPATI	AMIT KUMAR	THE ADHYAYAN	IV
	1100	ADITYA TOMAR	HARIOM SINGH	BBSSN	V
ARTISTIC PAIR	1074/1086	JAYANT CHOUDHARY/LAKSHAY PUNDRI	PUSHPENDRA SINGH/MANOJ PUNDRI	DARSHAN ACADEMY	I
RYTHMIC PAIR	1093/1088	KARTIK TOMAR/ RISHABH	KRISHAN PAL/AMIT KUMAR	BBSSN	I
	1068/1094	ANMOL SINGH TOMAR/ SURYA PRATAJ TOMAR	AMRESH TOMAR/SANJEEV TOMAR	BBSSN	II
	1077/1096	DIVYANSH NISHAD/PRATHAM JAIN	AMIT KUMAR/RAHUL JAIN	DARSHAN ACADEMY	III

**DISTRICT YOGASANA CHAMPIONSHIP 2023
SUB-JUNIOR CATEGORY FEMALE (9+ TO 14 Yrs)**

	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
TRADITIONAL	1048	SHRISTI VERMA	PRADEEP KUMAR	THE AARYANS	I
	1063	VANSHIKA PAL	TAPESH KUMAR		II
	1073	VASHNAVI TOMAR	AMRESH TOMAR		III
	1098	PRIYAL SHARMA	VINEET MOHAN SHARMA		IV
	1004	ARYA MITTAL	AMIT KUMAR MITTAL		V
ARTISTIC SINGLE	1124	DAKSHITA BHARDWAJ	ANUPAM SHARMA	THE ADHYAYAN	I
	1098	PRIYAL SHARMA	VINEET MOHAN SHARMA	THE AARYANS	II
	1146	DEEPIKA DAYAL	RAMESHWAR DAYAL	DARSHAN ACADEMY	III
	1085	ARADHYA SHARMA	PRADEEP KUMAR SHARMA	DARSHAN ACADEMY	IV
	1066	TARU THAKUR	DHEERAJ KUMAR	THE ADHYAYAN	V
ARTISTIC PAIR	1179/1063	MAHI SAINI/VANSHIKA PAL	SANJEEV SAINI/TAPESH KUMAR	THE ADHYAYAN	I
	1058/1048	VANI UJWAL/SHRISTI VERMA	JAIVARDHAN UJWAL	THE AARYANS	II
	1084/1069	ASMI RASTOGI/KHANAK KASHYAP	JATIN RASTOGI/MUKESH KASHYAP	DARSHAN ACADEMY	III
RYTHMIC PAIR	1089/1095	SWATI MANDAL/ PIHU SINGHAL	UJAL MANDAL	THE ADHYAYAN	I
	1076/1080	NANDINI KUSHWAHA/AKKSHTA KHOKHAR	BHOOP SINGH/SUNIL KUMAR	DARSHAN ACADEMY	II
	1064/1004	VADHAVI RASTOGI/ARYA	PUNEET RASTOGI/AMIT KUMAR MITAL	THE ADHYAYAN	III

		MITTAL UNNATI	KAPIL GARG/SANJAY KUMAR NIMESH	THE ADHYAYAN	IV
	1090/1091	BARBE SINGH/ HARSHITA	NAVAL KISHORE	THE ADHYAYAN	V

**DISTRICT YOGASANA CHAMPIONSHIP 2023
JUNIOR CATEGORY MALE (14+ TO 18 Yrs)**

PARTICIPANTS

SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. C. PAIR	RYTHM C. PAIR
1001	ENNAI GARGI	KAMU GURU	KRISHNO D	F	1	0
1004	IRINI	SATENDRA SINGH	KAMINI SHARMA	F	1	0
1005	VANHAVI BASTOGI	PUNJIT BASTOGI	KRISHNO D	F	1	0
1006	VANI GUWAL	ANVARUDHAN SINGH GUWAL	KRISHNO	F	1	0
1006	VANI GUWAL	ANVARUDHAN GUWAL	KRISHNO	F	1	1
1007	VANSHI BHARDWAJ	VANHAVI BHARDWAJ	KRISHNO D	F	1	0
1003	VANSHIKA PAI	TAPESH KUMAR	KRISHNO D	F	1	0
1009	VANSHIKA SINGI	UMED PAL	A VINI TARAR	F	1	0
1013	VASUDHAM TOMAR	ABHIRAM TOMAR	ANAND	F	1	0
1002	VASHISHTY SHARMA	SHARMA	ANAND SINGH	M	1	0
1011	VEER PRATAP SINGI	VIGRAM SINGH	ANAND SINGH	M	1	0
1014	VIRAT SINGH	ANU KUMAR	KAMINI SHARMA	M	1	0

DISTRICT YOGASANA CHAMPIONSHIP 2023 JUNIOR CATEGORY (TRADITIONAL AND ARTISTIC SINGLE)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. SINGLE	RYTHM SINGLE
1201	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1220	MEHAR PRASAD	MR. AJAY SINGH	SHIVANI SHARMA	F	1	0
1240	SALONI PUSHA	MR. RAJESH SINGH / PUSHA	SHIVANI SHARMA	F	1	0
1242	NIHITA PAI	MR. VINAY KUMAR	SHIVANI SHARMA	F	1	0
1271	NEERUJA KUMAR DASHI	MR. SANJAY SINGH	SHIVANI SHARMA	M	1	0
1281	SARAH PANDAY	MR. GOPAL DUTT PANDAY	SHIVANI SHARMA	F	1	0
1283	ULMIL YADAVANANDA	YADAV	VIKAS SARTHA	M	0	1
1285	SHASHI SHARMA	MR. JAYESH SHARMA	PREETIKA	F	1	1
1286	VANSHI RAY	SURENDRANATH	VIKAS SARTHA	M	1	0
1287	PRACHI	YADAV	VIKAS SARTHA	F	0	1
1292	BITRA SHARMA	BRINCH KUMAR	VIKAS SARTHA	F	1	0
1293	ANVITA	MR. MANISH KUMAR	MANISH SARTHA	M	1	0
1298	ADARSH	MR. JYOTSNA KUMAR	MANISH SARTHA	M	1	0
1301	SHWET SHARMA	MR. JYOTSNA KUMAR SHARMA	NEELVISHU	M	1	0
1303	PARVITTA	SACHIN MITAL	NEELVISHU	F	1	0
1304	BRATI AGARWAL	SANDEEP AGARWAL	NEELVISHU	F	1	1
1305	SARDANA ANS	BAJAJ ANS	NEELVISHU	F	1	1

DISTRICT YOGASANA CHAMPIONSHIP 2023 JUNIOR CATEGORY (TRADITIONAL AND ARTISTIC PAIR)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. C. PAIR	RYTHM C. PAIR
1306	UJWAL	VIKAS / ANURAG	VIKAS SARTHA	M	0	1
1308	ANVITA	MR. MANISH KUMAR	VIKAS SARTHA	M	0	1
1310	SHREYASH	MR. JYOTSNA KUMAR	SARTHA	M	0	1
1317	SHREYASH SHARMA	VIKAS / ANURAG	VIKAS SARTHA	F	0	1

SUB-JUNIOR CATEGORY (TRADITIONAL AND ARTISTIC PAIR)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. C. PAIR	RYTHM C. PAIR
1001	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1002	IRINI	SATENDRA SINGH	KAMINI SHARMA	F	1	0
1003	VANHAVI BASTOGI	PUNJIT BASTOGI	KRISHNO D	F	1	0
1004	VANI GUWAL	ANVARUDHAN SINGH GUWAL	KRISHNO	F	1	0
1005	VANI GUWAL	ANVARUDHAN GUWAL	KRISHNO	F	1	1
1006	VANSHI BHARDWAJ	VANHAVI BHARDWAJ	KRISHNO D	F	1	0
1007	VANSHIKA PAI	TAPESH KUMAR	KRISHNO D	F	1	0
1008	VANSHIKA SINGI	UMED PAL	A VINI TARAR	F	1	0
1009	VASUDHAM TOMAR	ABHIRAM TOMAR	ANAND	F	1	0
1010	VASHISHTY SHARMA	SHARMA	ANAND SINGH	M	1	0
1011	VEER PRATAP SINGI	VIGRAM SINGH	ANAND SINGH	M	1	0
1012	VIRAT SINGH	ANU KUMAR	KAMINI SHARMA	M	1	0

SUB-JUNIOR CATEGORY (TRADITIONAL AND ARTISTIC SINGLE)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. SINGLE	RYTHM SINGLE
1013	MEHAR	MR. AJAY SINGH	SHIVANI SHARMA	F	1	0
1014	ANVITA	MR. MANISH KUMAR	VIKAS SARTHA	M	1	0
1015	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1016	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1017	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1018	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1019	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1020	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1021	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1022	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1023	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1024	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1025	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1026	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1027	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1028	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1029	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1030	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1031	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1032	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1033	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1034	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1035	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1036	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1037	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1038	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1039	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1040	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1041	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1042	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1043	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1044	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1045	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1046	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1047	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1048	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1049	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1050	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1

DISTRICT YOGASANA CHAMPIONSHIP 2023 SENIOR CATEGORY (35+ TO 45) (TRADITIONAL AND ARTISTIC SINGLE)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. SINGLE	RYTHM SINGLE
1101	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1102	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1103	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1104	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1105	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1106	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1107	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1108	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1109	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1110	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1111	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1112	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1113	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1114	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1115	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1116	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1117	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1118	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1119	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1120	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1121	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1122	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1123	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1124	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1125	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1126	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1127	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1128	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1129	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1130	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1131	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1132	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1133	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1134	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1135	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1136	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1137	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1138	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1139	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1140	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1141	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1142	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1143	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1144	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1145	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1146	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1147	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1148	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1149	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1150	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1

DISTRICT YOGASANA CHAMPIONSHIP 2023 SENIOR CATEGORY (45+ TO 55) (TRADITIONAL AND ARTISTIC SINGLE)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST. SINGLE	RYTHM SINGLE
1201	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1202	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1203	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1204	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1205	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1206	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1207	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1208	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1209	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1210	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1211	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1212	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1213	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1214	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1215	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1216	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1217	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1218	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1219	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1220	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1221	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1222	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0	1
1223	SHREYASH KARNAL	SACHIN KARNAL	LUJITA THAKUR	F	0</	

GLIMPSE AND NEWS OF NATIONAL SEMINAR





MAHARISHI AUROBINDO SUBHARTI
COLLEGE & HOSPITAL OF
NATUROPATHY & YOGIC SCIENCES
SWAMI VIVEKANAND SUBHARTI UNIVERSITY
Return to Nature - The Future of Healthcare

Office of the Principal & Dean Faculty of AYUSH

Dated: 22nd June 2024

“International Yoga Day on 21 June 2024”



REPORT:

- Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, Swami Vivekanand Subharti University Meerut organized an “**International Yoga Day**” on 21 June 2024. This session was organized from 10:00 AM TO 12:00 PM.
- **Venue:** Lage & Roy Universal School Daurala Meerut.
- Total Number of participants-50
- The session started with the Omkara meditation and relaxation technique to relax the mind of students by Dr. Adil (Asst. Professor).
- During the program Dr. Balkrishna JR 2 and Dr. Sandeep JR 2 instructed the session, and Dr. Naina JR1 corrected the students' posture. And two students of BNYS, Milli 4th year, and Shruti 4th year performing a demonstration.
- The resource person explained unique theories about **International Yoga Day** and techniques for happiness in various situations & motivated all the students and faculty, staff.



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Office of the Principal & Dean Faculty of AYUSH

Date: 20-06-2024

Report: Yoga for MBBS 2023 batch students



On the occasion of "International Day of Yoga 2024" with the theme "Yoga for Self and Society", Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Subharti University, Meerut conducted a Yoga Practical session for students of MBBS 2023 batch (200 students) from 10-6-2024 to 20-06-2024, from 8:00 am to 9:00 am. The purpose of the session was to create the awareness of international day of Yoga among the students. The students practiced the common Yoga protocol (IDY) which includes several loosening exercises, asanas, kapalbhatti, pranayama, dhyana and sankalpa.



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Participants List:

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Handwritten signature and circular official stamp of Swami Vivekanand Subharti University Meerut.

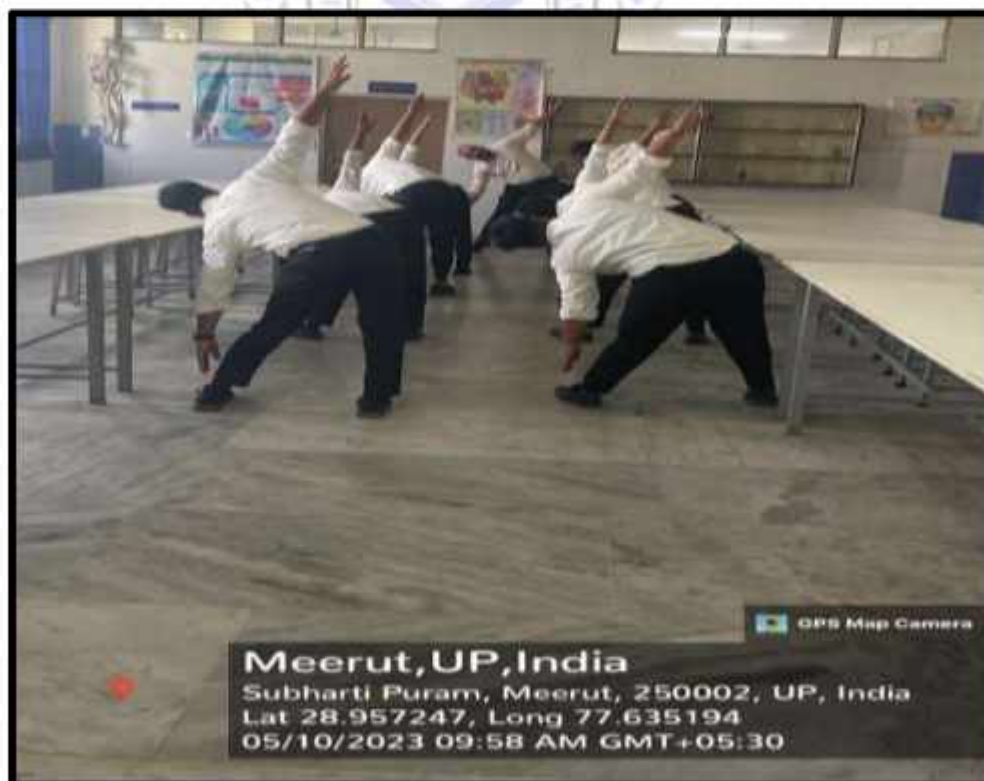
Dr. Abhay M. Shankaregowda
Principal, MASCHNYS
Dean, Faculty of AYUSH, SVSU

‘YOGA’ means addition. Addition of energy, strength and beauty to body, mind and soul

Prime Minister Narendra Modi in his maiden address at United Nations General Assembly in September 2014 went down in history. Not only because of his bold statements but also because it gave rise to a new wave: The International Day of Yoga (IDY). The world joined hands in his proposition of celebrating it on 21st June. In his words, Yoga is a precious gift to mankind. Yoga is the union of mind and body; thought and actions; discipline and actions.

It connects us with the nature. With a healthy body and mind, we can pave the way towards a better society. Yoga is not just a set of asanas; it brings positive changes in one’s lifestyle making him a better aware and responsible human being. Very soon the UN understood the importance of Yoga in the fast-paced modern world and declared 21st June a world celebration of Yoga and Meditation. In its maiden year celebration in 2015, millions were witnessed all around the globe to adopt this lifestyle.

Students learnt about how yoga impact their life and brings positivity in all aspect connected to their growth, this session was conducted by Mr. Aadesh Kumar on 10/05/2023.



Mr. Aadesh Kumar is performing yoga with students

Where Education is a Passion...
Faculties of the University:

- Faculty of Dental Sciences (Estd. 1995)
- Faculty of Physiotherapy & Allied Health Sciences (Estd. 1999)
- Faculty of Medicine (Estd. 2000)
- Faculty of Nursing (Estd. 2000)
- Faculty of Law (Estd. 2000)
- Faculty of Engineering & Technology (Estd. 2005)
- Faculty of Management & Commerce (Estd. 2007)
- Faculty of Education (Estd. 2008)
- Faculty of Pharmacy (Estd. 2009)
- Faculty of Fine Arts (Estd. 2009)
- Faculty of Arts & Social Science (Estd. 2009)
- Subharti Polytechnic College (Estd. 2010)
- Faculty of AYUSH (Estd. 2011)
- Faculty of Science (Estd. 2012)

2022-23
YOGA SESSION

S. No.	Enrollment No.	Name of Student	Signature	Name of activity
1.	2211000000176	AADIL KHAN	Aadil	YOGA™
2.	2211000000001	AAKASH CHAUHAN	Aakash	means addition,
3.	2211000000007	AAKASH DAHIYA	Aakash	Addition of
4.	2211000001058	AAKASH INSHA	Aakash	energy,
5.	2211000000005	AAKASH YADAV	Aakash	strength
6.	2211000000165	AARIF KHAN	Aarif	and beauty
7.	2211000000036	ABDUS SABOOR KHAN	Abdus	to body,
8.	2211000000059	ABHI MALIK	Abhi	mind and
9.	2211000000040	ABHISHEK	Abhishek	soul
10.		ABHISHEK MALIK	Abhishek	Total no. of
11.	2211000000060	ABHISHEK PAL	Abhishek	student-50
12.	2211000000156	ABHISHEK SHARMA	Abhishek	
13.	2211000000370	ADITYA KAUSHIK	Aditya	
14.	2211000000054	ADITYA PRATAP	Aditya	
15.	2211000000055	AFZAL BEG	Afzal	
16.	2211000000008	AKASH YADAV	Aakash	
17.	2211000000068	AMAN	Aman	
18.	2211000000076	AMAN MITTAL	Aman	
19.	2211000000043	AMAN SAINI	Aman	
20.	2211000000052	AMAN TYAGI	Aman	
21.	2211000000045	ANIK SHARMA	Anik	
22.	2211008802058	ARJUN TYAGI	Arjun	
23.	2211000000038	ARNAV PARASHAR	Arnav	
24.	2211000000168	ARSHAN ALI	Arshan	
25.	2211000000164	AYUSH AGARWAL	Ayush	
26.	2211000000188	DEEPANSH GARG	Deepansh	
27.	2211000000205	DEVANSH KUMAR	Devansh	
28.	2211000000013	DEVASHISH	Devashish	
29.	2211000000157	DEVIKA RANI	Devika	
30.	2211000000055	FARMAN TYAGI	Farmansh	
31.	2211000000371	GOURAV	Gourav	
32.	2211000000169	HARSH	HARSH	
33.	2211000000292	HARSH CHAUDHARY	HARSH	
34.	2211000000011	HARSH GAUR	HARSH	

• • • •

Where Education is a Passion
 Faculties of the University:

- Faculty of Dental Sciences
(Estd. 1996)
- Faculty of Physiotherapy &
Allied Health Sciences
(Estd. 1999)
- Faculty of Medicine
(Estd. 2000)
- Faculty of Nursing
(Estd. 2000)
- Faculty of Law
(Estd. 2002)
- Faculty of Engineering &
Technology
(Estd. 2005)
- Faculty of Management &
Commerce
(Estd. 2007)
- Faculty of Education
(Estd. 2008)
- Faculty of Pharmacy
(Estd. 2009)
- Faculty of Fine Arts
(Estd. 2009)
- Faculty of Arts & Social
Science
(Estd. 2009)
- Subharti Polytechnic
College (Estd. 2010)
- Faculty of AYUSH
(Estd. 2011)
- Faculty of Science
(Estd. 2013)

35.	2211000000158	HEMANT SINGH	HEMANT
36.	2211000000016	HUZAIFA KHAN	HUZAIFA
37.	2211000000044	ISHANT MALIK	ISHANT
38.	2211000000296	JAKIR	JAKIR
39.	2211000000014	JISHAN ALI	JISHAN
40.	2211000000015	KADIR	KADIR
41.	2211000000009	KAIF AAMAN	KAIF
42.	2211000000023	KARTIK	KARTIK
43.	2211000000037	KARTIK PAL	KARTIK
44.	2211000000047	KASIM	Kasim
45.	2211000000010	KESHAV TYAGI	Keshav
46.		KM RADHIKA	Km Radhika
	2211000000536	GAUTAM	
47.	2211000000012	KUSHANT	Kushant
48.	2211000000569	MADHAV SINGH	Madhav
49.	2211000000574	MANISH TOMAR	Manish
50.	2211000000033	MOEEN KHAN	Moheen

Silvmm
 PRINCIPAL & DEAN
 Kharwal Subharti College of Pharmacy
 Subharti Puram, Meerut (U.P.)

District Yoga competition report

- District-level yoga competition was held from 10/09/2022 to 11/09/2022. The competition was conducted by Uttar Pradesh Yogasana Sports Association at Swami Vivekanand Subharti University, Meerut. The ceremony was inaugurated by Major Gen (Dr.) G.K. Thapliyal, honorable Vice Chancellor of Swami Vivekanand Subharti University and Dr. Abhay Shankaregowda, Pro Vice-chancellor of Swami Vivekanand Subharti University, Meerut.

A total of 6 students for MASCHNYS participated in various categories of yoga competitions such as;

1. Senior Traditional yoga
2. Senior Artistic yoga single
3. Senior Artistic yoga Pair

The Following student won the following awards:

Ms. Deepika Tomar, BNYS (2019 batch) secured a gold medal in Senior Traditional yoga & Senior Artistic yoga single.

Mr. Rahul, BNYS (2019 batch) secured a Silver in Senior Artistic yoga single.

Mr. Ayush BNYS (2019 batch) secured a Bronze in the Senior Artistic yoga single.

Ms. Deepika Tomar BNYS (2019 batch) & Ms. Deepti Sharma BNYS (2017 batch) secured Silver in the Senior Artistic yoga pair.



Students are performing the Yoga



Students demonstrating Asanas in the competition



श्रीमान् श्रीमान् श्रीमान्



Winners of the Yoga Competition



Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067
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(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Office of the Head Dept. of Community Medicine

3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapaal bharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga sessions were supervised by one of the faculty member from dept of community medicine. A total of **68 participants** benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 GH Batch Community Attendance Posting MBBS Medicine SMC (14-02-2022 to 12-03-2022)

S.N.	Name of Students	14/2/22	15/2/22	16/2/22	17/2/22	18/2/22	19/2/22	21/2/22	22/2/22	23/2/22	24/2/22	25/2/22	26/2/22	27/2/22	28/2/22	29/2/22	01/3/22	02/3/22	03/3/22	04/3/22	05/3/22	06/3/22	07/3/22	08/3/22	09/3/22	10/3/22	11/3/22	12/3/22	
55	KAJAL GOSWAMI	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	KESHAV AGARWAL	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	JYOTI KUMARI																												
58	KHUSHI POSWAL	A	A	A	A	A		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	KRISHAN KANT SHARMA	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	KRISHNA GOPAL GANDHI	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	LOKESH BANIK	A	A	A	A	A		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	LOVEESH JHANJI	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	MADHUR THAWANI	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	MAHIMA GARG	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	MAHIMA SINGH	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	MANASI AGRAWAL	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	MANRAJ SINGH	A	A	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	MANSI	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	MANSI SATYA	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	MANVI BANSAL	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	KNAN SAMREEN	P	P	P	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
		Dr. Kishore Kumar	Dr. Chhavi K. Gupta	Dr. Bhawan Prasad	Dr. Vansha	Dr. Vansha		Dr. Pooja Prakash	Dr. Chhavi	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad	Dr. Bhawan Prasad



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Office of the Head Dept. of Community Medicine

Date: 26/02/2022

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 21-2-22 to 25-2-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana (10 minutes)
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
- Kapal bharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of **8 participants** benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC



Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)
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 A constituent college of



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)

Office of the Head Dept. of Community Medicine

Date: 05/3/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 28-2-22 to 04-3-22.

Before initiating yoga practices, the students were shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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Office of the Head Dept. of Community Medicine

3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of **80 participants** benefitted from the session.

Dr. Rahul Bansal
Professor & Head
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Office of the Head Dept. of Community Medicine

Date:13/3/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 7-3-22 to 12-3-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 64 students benefitted from the session.

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Office of the Head Dept. of Community Medicine

Date: 20/3/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 14-3-22 to 19-3-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)

2. Asana (postures)

- Suryanamaskar (5 minutes)
- Tadasana
- Triaktadasana
- Katichakrasana 10 minutes
- Halasana
- Pascimottanasana
- Shavasana



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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga sessions were supervised by one of the faculty member from dept of community medicine. A total of 33 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 IJ Batch Community Attendance Posting MBBS Medicine SMC

(14-03-2022 to 09-04-2022)

S.N.	Name of Students	14/3/22	15/3/22	16/3/22	17/3/22	18/3/22	19/3/22	20/3/22	21/3/22	22/3/22	23/3/22	24/3/22	25/3/22	26/3/22	27/3/22	28/3/22	29/3/22	30/3/22	31/3/22	1/4/22	2/4/22	3/4/22	4/4/22	5/4/22	6/4/22	7/4/22	
71	MANYA SINGH	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
72	MAYANK SHANKER PANDEY	_____																									
73	MEENAL UPADHYAY	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P		
74	MIHIKA JAIN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
75	MIHIR KHANDELWAL	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P			
76	MOHAMMAD ARMAN	_____																									
77	MOHAMMAD WASIQ KHAN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P		
78	MOHD ANAS S/o JULFAKAR	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
79	MOHD ANAS S/o NASEEM AHMAD	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P			
80	MOHD AQIB	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
81	MOHD KASIM CHOUDHARY	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	
82	MUDIT GOEL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
83	MUKUL KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P			
84	NAMAMI ARORA	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
85	NARESH	P	P		P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P			
86	NATASHA DAS	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
		Dr. Prasad	Dr. Anuradha	Dr. P. Mani	Dr. V. M. C.	Dr. Anuradha	Dr. Anuradha	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad	Dr. Prasad



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Office of the Head Dept. of Community Medicine

Date: 26/3/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 21-3-22 to 25-3-22.

Before initiating yoga practices the students were shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 63 students benefitted from the session.

Dr. Rahul Bansal
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Office of the Head Dept. of Community Medicine

Date: 2/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 28-3-22 to 01-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 77 students benefitted from the session.

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Office of the Head Dept. of Community Medicine

Date:09/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 4-4-22 to 08-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 47 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
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2020 IJ Batch Community Attendance Posting MBBS Medicine SMC
(14-03-2022 to 09-04-2022)

S.N.	Name of Students	14/3/22	15/3/22	16/3/22	21/3/22	22/3/22	23/3/22	24/3/22	25/3/22	26/3/22	27/3/22	28/3/22	29/3/22	30/3/22	31/3/22	1/4/22	2/4/22	3/4/22	4/4/22	5/4/22	6/4/22	7/4/22		
71	MANYA SINGH	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
72	MAYANK SHANKER PANDEY	[Handwritten signature]																						
73	MEENAL UPADHYAY	P	P		P	P	P	P	P	P	P	P	P	P	P	A	A	A	P					
74	MIHIKA JAIN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
75	MIHIR KHANDELWAL	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	A	P				
76	MOHAMMAD ARMAN	[Handwritten signature]																						
77	MOHAMMAD WASIQ KHAN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P			
78	MOHD ANAS S/o JULFAKAR	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
79	MOHD ANAS S/o NASEEM AHMAD	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P			
80	MOHD AQIB	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
81	MOHD KASIM CHOUDHARY	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	
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85	NARESH	P	P		P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	
86	NATASHA DAS	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
		Dr. Parvati	Dr. Anuradha	Dr. Pooja	Dr. Urvashi	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha	Dr. Anuradha



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Office of the Head Dept. of Community Medicine

Date: 26/3/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 21-3-22 to 25-3-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
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4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 63 students benefitted from the session.

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Date: 2/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 28-3-22 to 01-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
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- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 77 students benefitted from the session.

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2020 IJ Batch Community Attendance Posting MBBS Medicine SMC
(14-03-2022 to 09-04-2022)

S.N.	Name of Students	14/3/22	15/3/22	16/3/22	17/3/22	18/3/22	19/3/22	20/3/22	21/3/22	22/3/22	23/3/22	24/3/22	25/3/22	26/3/22	27/3/22	28/3/22	29/3/22	30/3/22	31/3/22	1/4/22	2/4/22	3/4/22	4/4/22	5/4/22	6/4/22	7/4/22		
71	MANYA SINGH	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
72	MAYANK SHANKER PANDEY	-----																										
73	MEENAL UPADHYAY	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P				
74	MIHIKA JAIN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
75	MIHIR KHANDELWAL	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P				
76	MOHAMMAD ARMAN	-----																										
77	MOHAMMAD WASIQ KHAN	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P			
78	MOHD ANAS S/o JULFAKAR	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
79	MOHD ANAS S/o NASEEM AHMAD	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P				
80	MOHD AQIB	P	P		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
81	MOHD KASIM CHOUDHARY	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P		
82	MUDIT GOEL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
83	MUKUL KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P			
84	NAMAMI ARORA	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
85	NAPESH	P	P		P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P			
86	NATASHA DAS	P	P		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
		Dr. Kaur	Dr. Anuradha	Dr. Pawan	Dr. VML	Dr. Anuradha	Dr. Anuradha	Dr. Nikita	Dr. Anuradha	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	



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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Office of the Head Dept. of Community Medicine

Date:09/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 4-4-22 to 08-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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Office of the Head Dept. of Community Medicine

3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 47 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC



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Date: 16/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 11-4-22 to 15-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 70 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 KL Batch Community Attendance Posting MBBS Medicine SMC
(11-04-2022 to 07-05-2022)

S.N.	Name of Students	11/4/22	12/4/22	13/4/22	14/4/22	15/4/22	16/4/22	17/4/22	18/4/22	19/4/22	20/4/22	21/4/22	22/4/22	23/4/22	24/4/22	25/4/22	26/4/22	27/4/22	28/4/22	29/4/22	30/4/22	01/5/22	02/5/22	03/5/22	04/5/22	05/5/22	06/5/22		
X87	NIDA KHATOON	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
88	NIDHI THAKUR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
89	NISHA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
90	NISHA SISODIA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
91	NISHTHA GUPTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
92	NITISH KUMAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
93	PANKAJ JOSHI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
94	PANKHURI RAJ	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
95	PARITOSH GAUTAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
96	PRADYUMN MISHRA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
97	PRADYUMNA UPADHYAY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
98	PRAJWAL GUPTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
99	PRAKHAR AGRAWAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
100	PRINCESS CHATURVEDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
X101	PRITHVI DOGRA	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
102	PRIYA ROY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
		Dr. P. Patel	Dr. Vaidya of Dr. M. G. S. A.	Dr. Vaidya of Dr. M. G. S. A.	Dr. Bhawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan	Dr. Pawan



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Office of the Head Dept. of Community Medicine

Date:23/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 18-4-22 to 22-4-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana



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3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga sessions were supervised by one of the faculty member from dept of community medicine. A total of 61 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC



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Office of the Head Dept. of Community Medicine

Date:30/4/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 25-4-22 to 29-4-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 52 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(02-05-22 to 07-05-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
02-05-22 Monday		MBBS 2020 KL SC / ASHA Dr. Varsha	MBBS 2019 B- Batch. Epid. Ex Dr. Anuradha
03-05-22 Tuesday	ID- UL - FITR		
04-05-22 Wednesday	MBBS- 2019 3- 4 CM. 10.4 Describe RMCH/CSSM interventions (IL) Dr. Saurabh	MBBS 2020 KL Visit to Old Age Home Dr. Rahul Bansal - Dr. Anchal	MBBS 2019 B- Batch. Epid. Ex Dr. Chhavi
05-05-22 Thursday	MBBS-2020-9 Terminal exam. MBBS- 2019 8-9 AM CM. 7.8 Describe and demonstrate the application of computers in epidemiology (SGD DOAP) (Test) Dr. Rahul Bansal	MBBS 2020 KL PHC / CHC Dr. Pawan	MBBS 2019 B- Batch. Epid. Ex Dr. Monika
06-05-22 Friday	MBBS- 2020 2-4 CMI.6a+3.7a Life cycle of mosquito and Principles of vector control (linker) Dr. Nitesh	MBBS 2020 KL Viva Dr. Anuradha / Dr. Monika	MBBS 2019 B- Batch. Bio - Stats. Ex. Dr. Kaynat
07-05-22 Saturday	CMI 5 Describe the application of interventions at various levels of prevention Dr. Pawan	MBBS 2020 AETCOM	MBBS 2019 B- Batch. Bio - Stats. Ex. Dr. Kaynat

MBBS- 2020 IJ Batch (11-4-22 to 07-5-22)

MBBS- 2019 B Batch (02-05-22 to 14-05-22)

During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM

PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
I.G. Incharge

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date:07/5/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 2-5-22 to 6-5-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 48 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(09-05-22 to 14-05-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
09-05-22 Monday		MBBS 2020 MN Introduction Dr. Rahul Bansal	MBBS 2019 B- Batch. Problem Solving Exercise Dr. Anuradha
10-05-22 Tuesday		MBBS 2020 MN UIP. & Newer Vaccine Dr. Nitesh	MBBS 2019 B- Batch. Problem Solving Exercise Dr. Monika
11-05-22 Wednesday	MBBS- 2019 3- 4 CM: 10.4 Describe RMCH/CSSM interventions (SGD) Dr. Bhawana	MBBS 2020 MN Visit to UHTC Dr. Anchal	MBBS 2019 B- Batch. Problem Solving Exercise Dr. Chhavi
12-05-22 Thursday	MBBS- 2020 8-9 Terminal exam. MBBS- 2019 8-9 AM CM: 7.9 Describe and demonstrate the application of computers in epidemiology (SGD/DOAP) (Test) Dr. Rahul Bansal	MBBS 2020 MN FPD & Hospital Waste Management Dr. Pawan	MBBS 2019 B- Batch. Entomology Slide Dr. Anuradha
13-05-22 Friday	MBBS- 2020 2-4 CM3.7 Larvae of mosquitos, sand fly and other vector of public health importance & various control measures VI (Micro) SDL CM3.8 Chemical control of arthropods of public health importance and Health hazards of common pesticides VI (pharma) SGD Dr. Nitesh	MBBS 2020 MN Coldchain Dr. Varsha	MBBS 2019 B- Batch. Entomology Slide Dr. Nitesh
14-05-22 Saturday	CM1.5 Describe the application of interventions at various levels of prevention Dr. Pawan		MBBS 2019 B- Batch. Entomology Slide Dr. Chhavi

MBBS- 2020 MN Batch (09-5-22 to 11-6-22)

MBBS- 2019 B Batch (02-05-22 to 14-05-22)

During clinical posting yoga of both the batches (2019 & 2020) from 10 to 10:30 AM
PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge


(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 14/5/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 9-5-22 to 13-5-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 65 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(16-05-22 to 21-05-22)


DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
16-05-22 Monday	Budh Purnima		
17-05-22 Tuesday		MBBS 2020 MN Cereals & Pulses Dr.Monika / Dr. Anchal	MBBS 2019 C- Batch. Epid. Ex Dr. Chhavi
18-05-22 Wednesday	MBBS- 2019 3- 4 CM: 10.5 Describe UIP/ IMNCI Programme (SGD) Dr. Bhawana	MBBS 2020 MN Fruits & Vegetable Dr.Nitesh / Dr. Anchal	MBBS 2019 C- Batch. Epid. Ex Dr. Monika
19-05-22 Thursday	MBBS-20208-9 Terminal exam. MBBS- 2019 8-9 AM Epidemiology Dr. Rahul Bansal	MBBS 2020 MN Milk & Milk Products Dr.Chhavi/ Dr. Anchal	MBBS 2019 C- Batch. 10-11:30Epid. Ex Dr. Anuradha 11:30-1:00 Bio – Stats. Ex. Dr. Kaynat
20-05-22 Friday	MBBS- 2020 2-4 CM3.6b NVBDCP VI (micro) IL Dr. Nitesh	MBBS 2020 MN Oils & Fats Dr.Varsha / Dr. Anchal	MBBS 2019 C- Batch. Bio – Stats. Ex. Dr. Kaynat
21-05-22 Saturday	MBBS- 2018 8-9 AM CM1.6 Describe and discuss the concepts, the principles of Health promotion and Education Dr. Pawan	MBBS 2020 AETCOM	MBBS 2019 C- Batch. Bio – Stats. Ex. Dr. Kaynat

MBBS- 2020 MN Batch (09-5-22 to 11-6-22)

MBBS- 2019 C Batch (16-05-22 to 28-05-22)

- During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM
- PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge


(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 21/5/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 16-5-22 to 20-5-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 50 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(30-05-22 to 04-06-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
30-05-22 Monday		MBBS 2020 MN Conventional Contraceptive Dr. Nitesh	
31-05-22 Tuesday	MBBS- 2021 10- 1PM Family Adoption Programme. Dr. Pawan, Dr. Anuradha Dr. Monika, Dr. Nitesh, Mr. Atar Singh, Mr. Vimal, Mr. Satpal.	MBBS 2020 MN Newer & Emergency Contraceptive Dr. Bhawan	
01-06-22 Wednesday	MBBS- 2019 3- 4 Terminal exam.	MBBS 2020 MN Environmental Model Dr. Chhavi	Terminal exam.
02-06-22 Thursday	MBBS-2020 8-9 CM5.6a National nutritional policy + CM5.6b National nutritional programs VI (PE)SGD+Feedback on First Internal assessment Dr. Monika MBBS- 2019 8-9 Terminal exam. 23/5 to 4/6/2022	MBBS 2020 MN Visit to Gau Dham Dr. Rahul Bansal / Dr. Sartaj	
03-06-22 Friday		MBBS 2020 MN Environmental Instrument Dr. Monika	
04-06-22 Saturday	MBBS- 2021 exam. 30 th May to 13 th June	MBBS 2020 AETCOM	

- During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM
- PG / faculty from Yoga & Naturopathy college will come for yoga session

for
Pawan
(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date:4/6/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 30-5-22 to 3-6-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 56 students benefitted from the session.

Dr. Rahul Bansal
 Professor & Head
 Dept of Community Medicine
 SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(09-06-22 to 11-06-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
06-06-22 Monday		MBBS 2020 MN SC / ASHA Dr. Pawan	
07-06-22 Tuesday		MBBS 2020 MN CHC /PHC Dr. Anuradha	
08-06-22 Wednesday	MBBS- 2019 3- 4 SUMMER VACATION	MBBS 2020 MN Horrocks apparatus, Chlorine testing Kit Dr. Bhawana	SUMMER VACATION
09-06-22 Thursday	MBBS-2020 8-9 CM5.7 Food hygiene and milk hygiene HI (micro) SDL Dr. Monika MBBS- 2019 8-9 SUMMER VACATION	MBBS 2020 MN Visit Old Age Home Dr. Rahul Bansal / Dr. Sany	
10-06-22 Friday		MBBS 2020 MN Viva Dr. Varsha / Dr. Monika	
11-06-22 Saturday	MBBS- 2021 Exam.	MBBS 2020 AETCOM	

MBBS- 2020 MN Batch (09-5-22 to 11-6-22)

During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM

PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 11/6/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 6-6-22 to 10-6-22

Before initiating yoga practices the students were shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 57 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(13-06-22 to 18-06-22)

DATE & DAYS	LECTURE	Clinical Posting	
		MBBS 2020 Batch Time 10:00 AM to 1:00 PM	MBBS 2019 Batch Time 10 AM to 1:00 PM
13-06-22 Monday		MBBS 2020 OP Introduction & UIP Dr. Rahul Bansal / Dr. Anchal	MBBS 2019 D Stats. Ex. Dr. Kaynat
14-06-22 Tuesday		MBBS 2020 OP Newer Vaccine & Coldchain Dr. Nitesh / Dr. Anchal	MBBS 2019 D Stats. Ex. Dr. Kaynat
15-06-22 Wednesday		MBBS 2020 OP Visit to UHTC Dr. Anchal	MBBS 2019 D Stats. Ex. Dr. Kaynat
16-06-22 Thursday	MBBS-2020 8-9 CM5.8 Food fortification+ food adulteration - PFA act VI (Paedia IL) Dr. Monika MBBS- 2019 8-9 Epid. Dr. Rahul Bansal MBBS- 2019 3- 4 Dr. Varsha	MBBS 2020 OP Contraceptive Dr. Anuradha / Dr. Anchal	MBBS 2019 D Epid. Ex. Dr. Nitesh
17-06-22 Friday		MBBS 2020 OP Emergency & New Contraceptives Dr. Anchal	MBBS 2019 D Epid. Ex. Dr. Anuradha
18-06-22 Saturday	MBBS- 2021 CML.7 Enumerate and describe health indicators Dr. Pawan	MBBS 2020 AETCOM	MBBS 2019 D Epid. Ex. Dr. Monika

MBBS- 2020 OP Batch (13-06-22 to 09-07-22)

MBBS- 2019 D Batch (13-6-22 to 25-6-22)

Bring clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM

; / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 18/6/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 13-6-22 to 17-6-22.

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 72 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 OP Batch Community Attendance Posting MBBS Medicine SMC
(13-06-2022 to 09-07-2022)

S.N.	Name of Students	13/6/22	14/6/22	15/6/22	16/6/22	17/6/22	20/6/22	21/6/22	22/6/22	23/6/22	24/6/22	27/6/22	28/6/22	29/6/22	30/6/22	01/7/22	02/7/22	03/7/22	04/7/22	05/7/22	06/7/22	07/7/22	08/7/22	09/7/22
119	SACHIN	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	A	A	P	A	P	P	P	P
120	SAHLI RAJ	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	A	A	P	A	P	P	P	P
121	SAKSHI MITTAL	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
122	SAMEEKSHA DHEK	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
123	SANKHE ARYA RAJENDRA	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
124	SANSKRITI SINGH	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
125	SAUMYADYUTI JANA	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
126	SHAIKH NAFEEES ALI	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P
127	SHRISTI KHANNA	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P
128	SHRUTI BOBAL	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
129	SHUBHAM MANN	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
130	SOHAM RANA	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
131	SWAGAT SAHOO	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
132	TANISHQ AGRAWAL	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
133	TANMAY	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
134	TANNU HARSANA	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
		Dr. Rakulson	Dr. Nikesh	Dr. Rakul	Dr. Anurag	Dr. Rakul	Dr. Manika	Dr. Vansha	Dr. Bhavani	Dr. Pawan	Dr. Rakul	Dr. Anurag	Dr. Manika	Dr. Nikesh	Dr. Vansha	Dr. Rakul	Dr. Vansha	Dr. Manika	Dr. Nikesh	Dr. Shwami	Dr. Pawan	Vivek		

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(27-06-22 to 02-07-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
27-06-22 Monday		MBBS 2020 OP MN Horrocks apparatus, Chlorine testing Kit. Dr. Anuradha / Dr. Anchal	MBBS 2019 E Stats. Ex. Dr. Kaynat
28-06-22 Tuesday		MBBS 2020 OP Fruits & Vegetable Dr. Monika / Dr. Anchal	MBBS 2019 E Stats. Ex. Dr. Kaynat
29-06-22 Wednesday		MBBS 2020 OP Oil & Fats Dr. Nitesh / Dr. Anchal	MBBS 2019 E Stats. Ex. Dr. Kaynat
30-06-22 Thursday	MBBS-2020 8-9 Bio-Stats-II Dr. Kaynat MBBS-2019 8-9 Epidemiology Study. Dr. Rahul Bansal MBBS-2019 3-4 IMNCI Dr. Pawan	MBBS 2020 OP Milk & Milk products Dr. Versha / Dr. Anchal	MBBS 2019 E Epid. Ex. Dr. Nitesh
01-07-22 Friday		MBBS 2020 OP Visit to Gm Dham Dr. Rahul Bansal / Dr. Sartaj	MBBS 2019 E Epid. Ex. Dr. Anuradha
02-07-22 Saturday	MBBS-2021 8-9AM CM1.7 Enumerate and describe health indicators Dr. Pawan MBBS-2019 8-10AM Atcom FGD Dr. Varsha	MBBS 2020 AETCOM	MBBS 2019 E Epid. Ex. Dr. Monika

MBBS-2020 OP Batch (13-06-22 to 09-07-22)

MBBS-2019 E Batch (27-06-22 to 09-07-22)

ring clinical posting yoga of both the batches (2019 & 2020) from 10 to 10:30 AM

; / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 2/7/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 27-6-22 to 1-7-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 69 students benefitted from the session.

Dr. Rahul Bansal
 Professor & Head
 Dept of Community Medicine
 SMC

2020 OP Batch Community Attendance Posting MBBS Medicine SMC
(13-06-2022 to 09-07-2022)

S.N.	Name of Students	13/6/22	14/6/22	15/6/22	16/6/22	17/6/22	20/6/22	21/6/22	22/6/22	23/6/22	24/6/22	27/6/22	28/6/22	29/6/22	30/6/22	01/7/22	02/7/22	03/7/22	04/7/22	05/7/22	06/7/22	07/7/22	08/7/22	09/7/22
119	SACHIN	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
120	SAHIL RAJ	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
121	SAKSHI MITTAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
122	SAMEEKSHA DHEK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
123	SANKHE ARYA RAJENDRA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
124	SANSKRITI SINGH	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
125	SAUMYADYUTI JANA	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
126	SHAIKH NAFFES ALI	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
127	SHRISTI KHANNA	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
128	SHRUTI BOBAL	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
129	SHUBHAM MANN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
130	SOHAM RANA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
131	SWAGAT SAHOO	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
132	TANISHQ AGRAWAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
133	TANMAY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
134	TANNU HARSANA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
		Dr. Rajesh Vin	Dr. Nitesh	Dr. Rajesh	Dr. Arunima	Dr. Rajesh	Dr. Manika	Dr. Vansh	Dr. Bhavika	Dr. Parvati	Dr. Rajesh	Dr. Divyansha	Dr. Manika	Dr. Nitesh	Dr. Vansh	Dr. Rajesh	Dr. Vansh	Dr. Manika	Dr. Nitesh	Dr. Bhavika	Dr. Parvati	Dr. Rajesh	Dr. Vansh	Dr. Manika

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(04-07-22 to 09-07-22)


DATE & DAYS	LECTURE	Clinical Posting	
		MBBS 2020 Batch Time 10:00 AM to 1:00 PM	MBBS 2019 Batch Time 10 AM to 1:00 PM
14-07-22 Monday		MBBS 2020 OP Sub-Center / ANM Dr. Varsha / Dr. Anchal	MBBS 2019 D Problem Solving Ex. Dr. Anuradha / Dr. Prateek
15-07-22 Tuesday		MBBS 2020 OP PPD Dr. Bhawana / Dr. Anchal	MBBS 2019 D Problem Solving Ex. Dr. Anuradha / Dr. Prateek
16-07-22 Wednesday		MBBS 2020 OP Visit to Bio-Medical Waste Dr. Sartaj / Dr. Prateek	MBBS 2019 D Problem Solving Ex. Dr. Monika / Anchal
17-07-22 Thursday	MBBS-2020 8-9 Bio- Stats -III Dr. Kaynat MBBS- 2019 8-9 National health programme. Dr. Nitesh MBBS- 2019 3- 4 IMNCI Dr. Pawan	MBBS 2020 OP Visit to Old Age Home Dr. Anchal / Mr. Atar Singh	MBBS 2019 D Problem Solving Ex. Dr. Nitesh / Dr. Prateek
18-07-22 Friday		MBBS 2020 OP Viva Dr. Pawan / Dr. Varsha	MBBS 2019 D Entomology Slide. Dr. Monika / Dr. Prateek
19-07-22 Saturday	MBBS- 2021 8-9AM CM1.7 Enumerate and describe health indicators Dr. Pawan MBBS- 2019 8-10AM Atcom FGD Dr. Rahul Bansal	MBBS 2020 AETCOM	MBBS 2019 D Entomology Slide. Dr. Nitesh / Dr. Prateek

MBBS- 2020 OP Batch (13-06-22 to 09-07-22)

MBBS- 2019 E Batch (27-06-22 to 09-07-22)

During clinical posting yoga of both the batches (2019 & 2020) from 10 to 10:30 AM

Faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
Prof. & Head



Subharti Medical College

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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Office of the Head Dept. of Community Medicine

Date: 9/07/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 4-7-22 to 8-7-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 69 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 OP Batch Community Attendance Posting MBBS Medicine SMC
(13-06-2022 to 09-07-2022)

S.N.	Name of Students	13/6/22	14/6/22	15/6/22	16/6/22	17/6/22	20/6/22	21/6/22	22/6/22	23/6/22	24/6/22	27/6/22	28/6/22	29/6/22	30/6/22	01/7/22	02/7/22	03/7/22	04/7/22	05/7/22	06/7/22	07/7/22	08/7/22	09/7/22
119	SACHIN	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
120	SAHIL RAJ	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
121	SARSHI MITTAL	P	P	P	A	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
122	SAMEEKSHA DHEK	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
123	SANKHE ARYA RAJENDRA	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
124	SANSKRITI SINGH	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
125	SAUMYADYUTI JANA	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
126	SHAIKH NAFEEES ALI	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
127	SHRISTI KHANNA	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
128	SHRUTI BOBAL	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
129	SHUBHAM MANN	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
130	SOHAM RANA	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P
131	SWAGAT SAHOO	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
132	TANISHQ AGRAWAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
133	TANMAY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
134	TANNU HARSANA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
		Dr. Rachul Sin	Dr. Nitesh	Dr. Rachul	Dr. Anurag	Dr. Rachul	Dr. Manika	Dr. Vansha	Dr. Bhavika	Dr. Pawan	Dr. Rachul	Dr. Anurag	Dr. Manika	Dr. Nitesh	Dr. Vansha	Dr. Rachul	Dr. Vansha	Dr. Manika	Dr. Nitesh	Dr. Bhavika	Dr. Pawan			

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(11-07-22 to 16-07-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
11-07-22 Monday		MBBS 2020 Introduction & UIP Dr. Varsha / Dr. Anchal	MBBS 2019 F Stats. Ex. Dr. Kaynat/ Dr. Prateek
12-07-22 Tuesday	MBBS- 2021 9-12PM Family Adoption Health Workers	MBBS 2020 Newer Vaccine & Coldchain Dr. Bhawana / Dr. Anchal	MBBS 2019 F Stats. Ex. Dr. Kaynat/ Dr. Prateek
13-07-22 Wednesday		MBBS 2020 Visit to UHTC Dr. Anchal / Mr. Mashrool	MBBS 2019 F Stats. Ex. Dr. Kaynat/ Dr. Prateek
14-07-22 Thursday	MBBS-2020 8-9 Bio- Stats -IV Dr. Kaynat MBBS- 2019 8-9 National health programme. Dr. Nitesh MBBS- 2019 3- 4 CM: 17.1 Define and describe the concept of health care to community (IL) Dr. Pawan	MBBS 2020 Contraceptive Dr. Anuradha / Dr. Anchal	MBBS 2019 F Epid. Ex. Dr. Nitesh/ Dr. Prateek
15-07-22 Friday		MBBS 2020 Emergency & New Contraceptives Dr. Monika / Dr. Anchal	MBBS 2019 F Epid. Ex. Dr. Anuradha/ Dr. Prateek
16-07-22 Saturday	MBBS- 2021 8-9AM CM1.7 Enumerate and describe health indicators Dr. Pawan MBBS- 2019 8-10AM Atcom Module 3.1 Skill lab session (COMMUNITY MEDICINE) Dr. Anuradha	MBBS 2020 AETCOM	MBBS 2019 F Epid. Ex. Dr. Monika/ Dr. Prateek

MBBS- 2020 QR Batch (11-07-22 to 06-08-22)

MBBS- 2019 F Batch (11-07-22 to 23-07-22)

- During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM
- PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date: 16/7/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 11-7-22 to 15-7-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
- Kapalbharti
- Bharamri

4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 80 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 QR Batch Community Attendance Posting MBBS Medicine SMC
(11-07-2022 to 06-08-2022)

S.N.	Name of Students	11/7/22	12/7/22	13/7/22	14/7/22	15/7/22	16/7/22	18/7/22	19/7/22	1/8/22	2/8/22	3/8/22	4/8/22						
135	TANYA SHARMA	P	P	P	P	P	P	.		P	P	P	P						
136	UTKARSH AGARWAL	P	P	P	P	P	P	P	P	P	P	P	P						
137	VAIBHAV PANDEY	P	P	P	P	P	P			P	.	P	P						
138	VAISHALI PANWAR	P	P	P	P	P	P	P	P	P	P	P	P						
139	VANSHIKA SHARMA	P	P	P	P	P	P	.	P	P	P	P	P						
140	VIJAYA RAI	P	P	P	P	P	P	.		P	P	P	P						
141	VIKAS KUMAR TIWARI	P	P	P	P	P	P	.		P	P	P	P						
142	VILAKSHAN BHATIA	P	P	P	P	P	P	.		P	.	P	P						
143	VISHU GUPTA	P	P	P	P	P	P	.		P	.	P	P						
144	VIVEK SOORMA	P	P	P	P	P	P	P	P	P	.	P	P						
145	YADAV MUKUNDAM MUNNALAL	P	P	P	P	P	P	P	P	P	P	P	P						
146	YASH GUPTA	P	P	P	P	P	P	.		P	P	P	P						
147	YASH KUMAR SINGH	P	P	P	P	P	P	.		P	.	P	P						
148	YASH PRATAP SINGH	P	P	P	P	P	P	P	P	P	.	P	P						
149	YASHA CHAUDHARY	P	P	P	P	P	P	P	P	P	.	P	P						
150	YUTHIKA YADAV	P	P	P	P	P	P	P	P	P	P	P	P						
		100 Vanshika	100 Utkarsh	100 Beant	100 Anvika	100 Anvika		100 Anvika	100 Anvika	100 Anvika	100 Anvika	100 Anvika	100 Anvika						

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(25-07-22 to 30-07-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
25-07-22 Monday			
26-07-22 Tuesday		SHIVRATRI HOLIDAY	
27-07-22 Wednesday			
28-07-22 Thursday	MBBS-2020 8-9 CM 6.4d Statistical methods - 1, - 6.4e Statistical methods -2- Dr. Kaynat MBBS- 2019 8-9 CM: 8.3 Enumerate and describe disease specific National Health Programs(SGD) Dr. Nitesh MBBS- 2019 3- 4 CM: 17.2 Describe community diagnosis (IL) + 17.3 Describe primary health care, components and principles Dr. Pawan	MBBS 2020 OP Environmental Instrument Dr. Bhawana / Dr. Anchal	MBBS 2019 G- Stats. Ex. Dr. Kaynat/ Dr. Prateek
29-07-22 Friday		MBBS 2020 OP A1 A2 Milk & Visit Gnu Dham Dr. Rahul Bansal / Dr. Anchal	MBBS 2019 G- Stats. Ex. Dr. Kaynat/ Dr. Prateek
30-07-22 Saturday	MBBS- 2021 8-9AM CMI.8 Describe the Demographic profile of India and discuss its impact on Health Dr. Varsha MBBS- 2019 8-10AM Atcom CM: PANDEMIC: Module 3.1 Introduction of case scenario -CM: PANDEMIC: Module 3.1 (SDL) PANDEMIC: Module 3.1 Interactive Lecture Dr. Bhawana	MBBS 2020	MBBS 2019 G- Stats. Ex. Dr. Kaynat/ Dr. Prateek

MBBS- 2020 QR Batch (11-07-22 to 06-08-22)

MBBS- 2019 G Batch (25-07-22 to 06-08-22)

During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM

PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)

UG Incharge


 (Dr. Rahul Bansal)
 Prof. & Head



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Office of the Head Dept. of Community Medicine

Date:30/07/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 25-7-22 to 29-7-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 15 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 QR Batch Community Attendance Posting MBBS Medicine SMC
(11-07-2022 to 06-08-2022)

S.N.	Name of Students	11/7/22	12/7/22	13/7/22	14/7/22	15/7/22	16/7/22	18/7/22	19/7/22	1/8/22	2/8/22	3/8/22	4/8/22						
135	TANYA SHARMA	P	P	P	P	P	P	.	P	P	P	P	P						
136	UTKARSH AGARWAL	P	P	P	P	P	P	P	P	P	P	P	P						
137	VAIBHAV PANDEY	P	P	P	P	P	P		P	.	P	P	P						
138	VAISHALI PANWAR	P	P	P	P	P	P	P	P	P	P	P	P						
139	VANSHIKA SHARMA	P	P	P	P	P	P	.	P	P	P	P	P						
140	VIJAYA RAI	P	P	P	P	P	P	.	P	P	P	P	P						
141	VIKAS KUMAR TIWARI	P	P	P	P	P	P	.	P	P	P	P	P						
142	VILAKSHAN BHATIA	P	P	P	P	P	P	.	P	.	P	P	P						
143	VISHU GUPTA	P	P	P	P	P	P	.	P	.	P	P	P						
144	VIVEK SOORMA	P	P	P	P	P	P	P	P	.	P	P	P						
145	YADAV MUKUNDAM MUNNALAL	P	P	P	P	P	P	P	P	P	P	P	P						
146	YASH GUPTA	P	P	P	P	P	P	.	P	P	P	P	P						
147	YASH KUMAR SINGH	P	P	P	P	P	P	.	P	.	P	P	P						
148	YASH PRATAP SINGH	P	P	P	P	P	P	P	P	.	P	P	P						
149	YASHA CHAUDHARY	P	P	P	P	P	P	P	P	.	P	P	P						
150	YUTHIKA YADAV	P	P	P	P	P	P	P	P	P	P	P	P						
		for Vanshika	for Utkarsh	for Vaibhav	for Vaishali	for Vanshika	for Vilakshan	for Vishu	for Vivek	for Yash	for Yash	for Yash	for Yash						

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(01-08-22 to 06-08-22)

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DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
01-08-22 Monday		MBBS 2020 Sub-Center / ANM Dr. Varsha / Dr. Anchal	MBBS 2019 Epid. Ex Dr. Monika / Dr. Prateek
02-08-22 Tuesday		MBBS 2020 PPD Dr. Bhawana / Dr. Anchal	MBBS 2019 Epid. Ex Dr. Anuadha / Dr. Prateek
03-08-22 Wednesday		MBBS 2020 Visit to old age home Dr. Anchal / Mr. Atie Singh	MBBS 2019 Problem Solving Ex. Dr. Nitesh. / Dr. Prateek
04-08-22 Thursday	MBBS-2020 8-9 6.4e Statistical methods Dr. Kaynat MBBS- 2019 8-9 CM: 8.4 Principles and enumerate the measures to control a disease epidemic (SGD) Dr. Nitesh MBBS- 2019 3- 4 CM: 17.4 Describe National policies related to health and health planning and MDG (IL) Dr. Pawan	MBBS 2020 Fruits and Vegetables Dr. Anuadha / Dr. Anchal	MBBS 2019 Problem Solving Ex. Dr. Monika / Dr. Prateek
05-08-22 Friday		MBBS 2020 Viva Dr. Pawan / Dr. Varsha	MBBS 2019 Problem Solving Ex. Dr. Anuadha / Dr. Prateek
06-08-22 Saturday	MBBS- 2021 8-9AM CM1.9 Demonstrate the role of effective Communication skills in health in a simulated environment Dr. Rahul Bansal MBBS- 2019 8-10 CM: PANDEMIC: Module 3.1 Preparation of epidemic curve etc. PANDEMIC: Module 3.1 Discussion & closure Dr. Bhawana	MBBS 2020	MBBS 2019 Entomology Slide. Dr. Nitesh. / Dr. Prateek

MBBS- 2020 QR Batch (11-07-22 to 06-08-22)

MBBS- 2019 G Batch (25-07-22 to 06-08-22)

(Pawan Neghar)
UG Incharge

Chaudhary

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date:06/08/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 1-8-22 to 5-8-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 57 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 QR Batch Community Attendance Posting MBBS Medicine SMC
(11-07-2022 to 06-08-2022)

S.N.	Name of Students	11/7/22	12/7/22	13/7/22	14/7/22	15/7/22	16/7/22	18/7/22	19/7/22	1/8/22	2/8/22	3/8/22	4/8/22						
135	TANYA SHARMA	P	P	P	P	P	P	.	P	P	P	P							
136	UTKARSH AGARWAL	P	P	P	P	P	P	P	P	P	P	P							
137	VAIBHAV PANDEY	P	P	P	P	P	P		P	.	P	P							
138	VAISHALI PANWAR	P	P	P	P	P	P	P	P	P	P	P							
139	VANSHIKA SHARMA	P	P	P	P	P	P	.	P	P	P	P							
140	VIIAYA RAI	P	P	P	P	P	P	.	P	P	P	P							
141	VIKAS KUMAR TIWARI	P	P	P	P	P	P	.	P	P	P	P							
142	VILAKSHAN BHATIA	P	P	P	P	P	P	.	P	.	P	P							
143	VISHU GUPTA	P	P	P	P	P	P	.	P	.	P	P							
144	VIVEK SOORMA	P	P	P	P	P	P	P	P	.	P	P							
145	YADAV MUKUNDAM MUNNALAL	P	P	P	P	P	P	P	P	P	P	P							
146	YASH GUPTA	P	P	P	P	P	P	.	P	P	P	P							
147	YASH KUMAR SINGH	P	P	P	P	P	P	.	P	.	P	P							
148	YASH PRATAP SINGH	P	P	P	P	P	P	P	P	.	P	P							
149	YASHA CHAUDHARY	P	P	P	P	P	P	P	P	.	P	P							
150	YUTHIKA YADAV	P	P	P	P	P	P	P	P	P	P	P							
		Dr. Vanshika	Dr. Bhavani	Dr. Neha	Dr. Anuradha	Dr. Manisha	Dr. Bhavani	Dr. Gaur Chakraborty	Dr. Vanshika	Dr. B.	Dr. Arun Agarwal	Dr. Manisha							

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(08-08-22 to 13-08-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
08-08-22 Monday		MBBS 2020 Introduction & UTP Dr. Varsha / Dr. Anchal	MBBS 2019 Family Study. Dr. Nitesh / Dr. Preetak
09-08-22 Tuesday	MBBS- 2021 9-12PM Family Adoption discussion with faculty regarding visit by MBBS-2021 batch	MBBS 2020 Newer Vaccine & Coldchain Dr. Harwani / Dr. Anchal	MBBS 2019 Family Study. Dr. Nitesh / Dr. Preetak
10-08-22 Wednesday		MBBS 2020 Visit to UHTC Dr. Anchal / Mr. Mashrool	MBBS 2019 Family Study. Dr. Nitesh / Dr. Preetak
11-08-22 Thursday	RAKSHA BANDHAN		
12-08-22 Friday		MBBS 2020 Contraceptive Dr. Amundha / Dr. Anchal	MBBS 2019 Family Study. Dr. Nitesh / Dr. Preetak
13-08-22 Saturday	MBBS- 2021 8-9AM CM1.9 Demonstrate the role of effective Communication skills in health in a simulated environment Dr. Rahul Bansal	MBBS 2020	MBBS 2019 Family Study. Dr. Nitesh / Dr. Preetak

MBBS- 2020 AB Batch (08-08-22 to 17-09-22)

MBBS- 2019 HI Batch (08-08-22 to 02-09-22)

During clinical posting yoga of both the batches (2019 & 2020) from 10 to 10:30 AM
PG / faculty from Yoga & Naturopathy college will come for yoga session

S-2021 batch Incharge

harwani A	1-25	Dr. Pawan	B	26-50	Dr. Varsha	C	51-75
amundha D	76-100	Dr. Monika	E	101-125	Dr. Nitesh	F	126-150

(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
PrC & Head



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Office of the Head Dept. of Community Medicine

Date:13/08/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 8-8-22 to 12-8-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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Office of the Head Dept. of Community Medicine

- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 70 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

2020 AB Batch Community Attendance Posting MBBS Medicine SMC

(08-08-2022 to 17-09-2022)

S.N.	Name of Students	8/8/22	9/8/22	10/8/22	11/8/22	12/8/22	14/8/22	17/8/22	18/8/22	19/8/22	22/8/22	23/8/22	24/8/22	25/8/22	12/9/22	13/9/22	14/9/22	15/9/22	16/9/22	
	WASHISHU JINDAL	P	P	P	P		P	A	P	P	P	P	A	A	P	A	P	P	P	
2	AASTHA	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
3	ABDUL KARIM FAROOQI	P	P	P	P		P	A	A	P	P	P	A	A	A	P	P	P	P	
4	ABHINAY MAHESHWARI	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
5	ADITY WARDHAN SINGH	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
6	ADITYA BHATI	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
7	AIMAN FAROOQ	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
8	AJEET KUMAR	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
9	AKSHITA GUPTA	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
10	ANAMIKA KUMARI	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
11	ANANYA AGARWAL	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
12	ANCHIT KUMAR	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
13	ANIK GAUR	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
14	ANJALI	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
15	ANJALI SINGH	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
16	ANJU	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
17	ANKIT KUMAR	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
18	ANSHIKA KUMAR	P	P	P	P		P	A	A	P	P	P	A	A	P	P	P	P	P	
		Dr. Vansha	Dr. Bhaskar	Dr. Ujjwal	Dr. Anurag		Dr. Palwan	Dr. Bhaskar	Dr. Manish	Dr. Manish	Dr. Nitish	Dr. Anurag	Dr. Palwan	Dr. Vansha	Dr. Vansha	Dr. Rishabh/Dr. Manish	Dr. Anurag	Dr. Rishabh/Dr. Manish	Dr. Vansha	Dr. Anurag

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(15-08-22 to 20-08-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
15-08-22 Monday		Independence Day	
16-08-22 Tuesday		MBBS 2020 Environmental Model Dr. Monika	MBBS 2019 Family Study. Dr. Nitesh / Dr. Prateek
17-08-22 Wednesday		MBBS 2020 Environmental Instrument Dr. Bhawana	MBBS 2019 Family Study. Dr. Nitesh / Dr. Prateek
18-08-22 Thursday	MBBS- 2020 8-9AM CM4.1e Focused group discussion Dr. Saurabh MBBS- 2019 8-9AM CM: 8.5 Principles of planning, implementing and evaluating control measures for disease (IL) Dr. Anuradha MBBS- 2019 3-4PM CM: 17.5 Describe health care delivery in India (SC) (SGD) Dr. Pawan	MBBS 2020 CHC /PHC Dr. Pawan	MBBS 2019 Family Study. Dr. Nitesh / Dr. Prateek
19-08-22 Friday		MBBS 2020 Visit to CHC Dr. Anchal / Mr. Atar Singh	MBBS 2019 Family Study. Dr. Nitesh / Dr. Prateek
20-08-22 Saturday	MBBS- 2021 8-9AM CM1.10 Demonstrate the important aspects of the doctor patient relationship in a simulated environment Dr. Rahul Bansal	MBBS 2020	MBBS 2019 Family Study. Dr. Nitesh / Dr. Prateek

MBBS- 2020 AB Batch (08-08-22 to 17-09-22)

MBBS- 2019 HI Batch (08-08-22 to 02-09-22)

- During clinical posting yoga of both the batches (2019& 2020) from 10 to 10:30 AM
- PG / faculty from Yoga & Naturopathy college will come for yoga session

(Pawan Parashar)
UG Incharge

(Dr. Rahul Bansal)
Prof. & Head



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Office of the Head Dept. of Community Medicine

Date:20/08/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 15-8-22 to 19-8-22

Before initiating yoga practices the students was shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 50 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(21-08-22 to 27-08-22)

DATE & DAYS	LECTURE	Clinical Posting MBBS 2020 Batch Time 10:00 AM to 1:00 PM	Clinical Posting MBBS 2019 Batch Time 10 AM to 1:00 PM
22-08-22 Monday		MBBS 2020 Horrocks apparatus, Chlorine testing Kit Dr. Pawan / Dr. Anchal	MBBS 2019 Family Study Dr. Nitesh / Dr. Prateek
23-08-22 Tuesday		MBBS 2020 Fruits & Vegetable Dr. Monika / Dr. Anchal	MBBS 2019 Visit to CHC Dr. Prateek
24-08-22 Wednesday		MBBS 2020 Oil & Fats Dr. Nitesh / Dr. Anchal	MBBS 2019 Visit to Wellness Center Dr. Prateek
25-08-22 Thursday	MBBS- 2020 8-9AM CM 4.2 Organise health education program at village level for under 5 malnutrition SDI. Dr. Rahul Bansal MBBS- 2019 8-9AM CM 8.6 Educate and train health workers in disease surveillance, control & treatment and health education SGD (DOAP) Dr. Anura-cha MBBS- 2019 3-4PM CM 17.5 Describe health care delivery in India (PHC) (SGD) Dr. Pawan	MBBS 2020 Milk & Milk products Dr. Rahul / Dr. Anchal	MBBS 2019 Family Study Dr. Nitesh / Dr. Prateek
26-08-22 Friday		MBBS 2020 Visit to Gau Dham Dr. Anchal / Mr. Atar Singh / Dr. Rahul Bansal	MBBS 2019 Family Study Dr. Nitesh / Dr. Prateek
27-08-22 Saturday	MBBS- 2021 8-9AM CM 1.0 Demonstrate the important aspects of the doctor patient relationship in a simulated environment Dr. Rahul Bansal	MBBS 2020	MBBS 2019 Family Study Dr. Nitesh / Dr. Prateek

MBBS- 2020 AB Batch (08-08-22 to 17-09-22)

MBBS- 2019 HI Batch (08-08-22 to 02-09-22)

During clinical posting yoga of both the batches (2019 & 2020) from 10 to 10:30 AM

PG / faculty from Yoga & Naturopathy college will come for yoga session

MBBS-2021 batch Incharge

(Pawan Parashari)
I.G. Incharge

Chauhan

(Dr. Rahul Bansal)
Prof. & Head



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Date: 27/08/22

Yoga session

A practical yoga session was organized for students of MBBS 2020 batch during their clinical posting from 22-8-22 to 26-8-22

Before initiating yoga practices the students were shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga were cleared by thorough discussion. Timing of yoga practice was kept from 30-45 min daily and it was ensured that yoga practice do not affect the regular teaching program.

Informed consent was obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)
2. Asana (postures)
 - Suryanamaskar (5 minutes)
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana
 - Pascimottanasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes



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- Anulome vilome
 - Kapalbharti
 - Bharamri
4. Meditation with sound 10 minutes

These classes were conducted by a trained yoga expert (BNYS) available full time in the college on regular basis. These yoga session were supervised by one of the faculty member from dept of community medicine. A total of 42 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
Dept of Community Medicine
SMC



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‘YOGA’ means addition. Addition of energy, strength and beauty to body, mind and soul.

Prime Minister Narendra Modi in his maiden address at United Nations General Assembly in September 2014 went down in history. Not only because of his bold statements but also because it gave rise to a new wave: The International Day of Yoga (IDY). The world joined hands in his proposition of celebrating it on 21st June. In his words, Yoga is a precious gift to mankind. Yoga is the union of mind and body; thought and actions; discipline and actions.

It connects us with the nature. With a healthy body and mind, we can pave the way towards a better society. Yoga is not just a set of asanas; it brings positive changes in one's lifestyle making him a better aware and responsible human being. Very soon the UN understood the importance of Yoga in the fast-paced modern world and declared 21st June a world celebration of Yoga and Meditation. In its maiden year celebration in 2015, millions were witnessed all around the globe to adopt this lifestyle.

Students learnt about how yoga impact their life and brings positivity in all aspect connected to their growth, this session was conducted by Mr. Aadesh Kumar on 06/08/2022



‘YOGA’ means addition. Addition of energy, strength and beauty to body, mind and soul.



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2021-22 YOGA SESSION

S. No.	Enrollment No.	Name of Student	Signature	Name of activity
1.	1811000020095	Aarif Ali	Aarif	9. YOGA" means addition. Addition of energy, strength and beauty to body, mind and soul Total no. of student-68
2.	1811000020096	Abdul Mannan	Abdul Mannan	
3.	1811000020097	Abdul Rehman Faridi	Abdul Rehman Faridi	
4.	1704050000758	Abhishek Pundir	Abhishek	
5.	1811000020196	Amisha	Amisha	
6.	1811000020237	Aniket	Aniket	
7.	1811000020098	Ankit Chauhan	Ankit Chauhan	
8.	1811000020099	Ankit Saini	Ankit Saini	
9.	1811000020100	Ankit Singh	Ankit Singh	
10.	1811000020101	Arif Chaudhary	Arif Chaudhary	
11.	1811000020102	Arshad Saifi	Arshad Saifi	
12.	1811000020290	Arun Tanwar	Arun Tanwar	
13.	1811000020238	Ashwani Tyagi	Ashwani Tyagi	
14.	1811000020194	Athar Faleel	Athar Faleel	
15.	1811000020103	Ayush Tyagi	Ayush Tyagi	
16.	1811000020104	Azmoeddin	Azmoeddin	
17.	1811000020105	Bhupendra Kumar	Bhupendra Kumar	
18.	1811000020239	Chirag Tyagi	Chirag Tyagi	
19.	1811000020106	Danish Malik	Danish Malik	
20.	1811000020236	Dnyanesh Dutt Kaushik	Dnyanesh Dutt Kaushik	
21.	1811000020281	Farman	Farman	
22.	1811000020197	Gourang Varsh	Gourang Varsh	
23.	1811000020107	Gaurav Panwar	Gaurav Panwar	
24.	1811000020187	Haquekat	Haquekat	
25.	1811000020108	Ibrahim	Ibrahim	
26.	1811000020213	Kareena Chaudhary	Kareena Chaudhary	
27.	1811000020214	Kim Ameer Jahan	Kim Ameer Jahan	
28.	1811000020109	Kim Shivani Sharma	Kim Shivani Sharma	
29.	1811000020225	Kim Swati Singh	Kim Swati Singh	
30.	1811000020215	Kim Chaudhary Samreen	Kim Chaudhary Samreen	
31.	1811000020110	Mahab Ali	Mahab Ali	
32.	1811000020282	Manawar Ali	Manawar Ali	
33.	1811000020247	Manish Kumar	Manish Kumar	
34.	1811000020204	Miyank Tyagi	Miyank Tyagi	
35.	1811000020286	Melotib Chauhan	Melotib Chauhan	
36.	1811000020283	Moh Parvez Chauhan	Moh Parvez Chauhan	
37.	1811000020111	Mohammad Mowis Khan	Mohammad Mowis Khan	
38.	1811000020112	Mohd Abid	Mohd Abid	
39.	1811000020113	Mohd Ahsan	Mohd Ahsan	
40.	1811000020198	Mohd Akbar	Mohd Akbar	
41.	1811000020216	Mohd Amir	Mohd Amir	
42.	1811000020289	Mohd Anis Saifi	Mohd Anis Saifi	
43.	1811000020284	Mohd Asif	Mohd Asif	
44.	1811000020114	Mohd Danish	Mohd Danish	
45.	1811000020252	Mohd Faiz	Mohd Faiz	
46.	1811000020205	Mohd Harish	Mohd Harish	
47.	1811000020115	Mohd Nazeem	Mohd Nazeem	
48.	1811000020184	Mohd Rabe Siddique	Mohd Rabe Siddique	
49.	1811000020116	Mohd Sajid	Mohd Sajid	
50.	1811000020117	Mohd Shahvez	Mohd Shahvez	
51.	1811000020118	Mohd Shuaib	Mohd Shuaib	
52.	1811000020119	Mohd Tabish Faruqi	Mohd Tabish Faruqi	
53.	1811000020217	Mohd	Mohd	
54.	1811000020218	Mohd Giri	Mohd Giri	
55.	1811000020121	Muhammad Sohail	Muhammad Sohail	

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56.	1811000022053	Muhammed Aqib	Aqib -
57.	1811000020248	Musafa	Musafa
58.	1811000020490	Nandini Chaudhary	Nandini
59.	1811000020123	Naved Khan	Naved
60.	1811000020124	Noman	Noman
61.	1811000020125	Pankaj Kumar	Pankaj
62.	1811000020240	Prabhat Kumar	Prabhat
63.	1811000020200	Prabhat Sharma	Prabhat
64.	1811000020288	Prateek Hasan	Prateek
65.	1811000020126	Prince Divit	Prince
66.	1811000022087	Punit	Punit
67.	1811000020191	Rajeev Pandey	Rajeev
68.	1811000022146	Rishabh	Rishabh

Sharma
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(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 2(f) of UGC Act 1956)



Ref. No.: HM/SVSU/2021/3164(b)

Date:18/9/2021

Report on Orientation Programme 2021-22

The orientation programme for the newly admitted students of MHMCT, BHMCT and Diploma was organized from 13th Sep, 2021 to 18th Sept, 2021. Students were formally welcomed and introduced to the culture of Subharti University.

Introduction about College, Programmes and Teachers

The orientation began with a welcome speech by Head of Institution Prof. (Dr.) Shiv Mohan Verma, followed by brief details about:

- College & Facilities
- Programmes running at BCSCMH
- CBCS in the curriculum
- Evaluation pattern
- Rules & Regulations

After this, faculty members were introduced by Prof. (Dr.) Shiv Mohan Verma.

University & College Show-round

New students were taken to campus tour of Subharti University, where they learnt about whereabouts of the University (Offices, Canteens and Hostels). Students visited all the practical Labs in the college and got knowledge about the utility of each laboratory.



BHIKAJI CAMA SUBHARTI COLLEGE OF HOTEL MANAGEMENT

Website: hotelmanagement.subharti.org e-mail: hotelmanagement@subharti.org Ph: 0121-2436043 / 52 (Extn: 3188), Teletax: 0121-3058030, 2439067

A constituent college of

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Daily Yoga Sessions from 14-18 Sept, 2021 Yoga session was organized for students to impart health and mental benefits. Yoga helps clear the mind, which can give students a break from the constant social atmosphere of college. Practicing getting to a quiet mind space can make it easier to concentrate when reading, studying and sitting through lectures. Large no. of students gathered to participate in Yoga Session.



Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005

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Lecture on Personality Development: Personality Development is an integral part of Hospitality Industry, From the beginning, we have started the classes on Personality Development for the students so that they can better understanding the value of the same.



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Uttar Pradesh



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Meerut
Uttar Pradesh

Lecture on "Ragging – A Menace"

Lecture on "Ragging – A Menace" was organized for new students at Seminar Hall. Students were informed about Anti-Ragging squad and its functions. Students were also provided with Anti-Ragging helpline numbers.



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Uttar Pradesh



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Meerut
Uttar Pradesh

Dr. Shiv Mohan Verma
Head of the Institution
Bhikaji Cama Subharti College of Hotel Management
Meerut, Uttar Pradesh

Dr. Shiv Mohan Verma
HOI

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005

E-mail: subharti@subharti.org, Website: www.subharti.org

Yoga Session

14/09/2021 - 18/09/2021

Attendance Sheet

S. No.	Name of the Student	Programme Name	Enrolment No.
1.	Mayank Singh	BHMCT	2007000050434
2.	Annu Shree	BHMCT	2107000000097
3.	Bharti Kumari	BHMCT	2107000040790
4.	Abhay Kumar	BHMCT	2107000040793
5.	Pankaj Kumar	BHMCT	2107000040794
6.	Sundram Kumar Pandey	BHMCT	2107000040797
7.	Sunny Kumar	BHMCT	2107000040798
8.	Dimpal Kumari Singh	BHMCT	1907000003159
9.	Anjali Kumari	BHMCT	1907000001208
10.	Sonu Kumari	BHMCT	1907000001309
11.	Arshad Raza	BHMCT	2107000040564
12.	Md. Sahil	BHMCT	2107000040795
13.	Sandeep Kumar	BHMCT	2107000040573
14.	Deepak Kumar	BHMCT	2107000040791
15.	Anish	BHMCT	2107000040792
16.	Akash	BHMCT	2107000040808
17.	Arman Ali	BHMCT	2107000040796
18.	Azad Hussain	BHMCT	2107000040809

Dr. Shiv Mohan Verma
Head of Institution



Department of Education

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Ref. No. Head/DOE/SVSU/2022

Date:11/05/2022

Health Awareness Programme on "Yoga and Pranayam"

(Date: 11-05-2022)

Report

Subject: "Yoga and Pranayam"

Event Type: Health Awareness Programme

Date / Duration: 11/05/2022 (7.00am to 09:00am)

Venue:Sardar Patel Municipal Inter College, Meerut

Name of Coordinators:Mr Ashok Kumar Yadav

Total no of Participants: (All Students of B.El.Ed 2nd& 6th Semester and Students of S.P.M.I.C, Meerut)

Objective of the event: To enhance awareness on "Yoga and Pranayam"

Outcome of event: All participants got aware about the Benefits of "Yoga and Pranayam"

Report on Event: Faculty of Education, Swami VivekanandSubharti University, Meerut conducted health awareness programme "Yoga and Pranayam"

Prof. (Dr.) Sandeep Kumar, Dean, Faculty of Education, SVSU, told that it was the matter of utmost importance to do yoga and let other do too. Yoga Improve Mind Body Coordination and improve consciousness while pranayam improve Breath and Mind control.

Prof. (Dr.) Anoj Raj, Head, Department of Education SVSU, Meerut explained that the art of practicing yoga helps in controlling an individual's mind, body and soul. Therefore we must adopt yoga and pranayam as an essential part of daily life. As a tradition of SVSU; MrsReeba Devi, Assistant Professor D.O.E, SVSU Meerut welcomed Dr. Navneet Kumar Tomer, Principal of S.P.M.I.C, Meerut by offered sapling. Mr. Ashok Kumar Yadav, Assistant Professor D.O.E, SVSU Meerut started this programme by prayer and "Mantra Uchharan" suryanamskar 12 asana presented by expert Mr. Ashok Kumar Yadav along with B.El.Ed Students, Mr.Yadav exposed different asana such as Tirkon asana, Tadasan, Varkshasan, Gomukh asana, as well as practiced of pranayam (BhramriPranayam,KapalbhatiPranayamAnulomVilomPranayametc

Vedika,Veshali, Gungan,Khushi, Prretam,Vinay, Deepika, Lavi, Niharika, Aman, Anshul, Pallavi, Nisha, PriyaetcB.El.Ed pupil teacher shown their immense presence to make this programme more meaningful and practically.

At the End of the program MrsReeba Devi Assistant Professor D.O.E, SVSU, Meerut delivered votes of thanks to one and all on the behalf of SVSU Meerut. She explained deep gratitude towards Principal, teachers, and Students of S.P.M.I.C Meerut.

Feedback: Most of the students said that it is useful and asked for conduction of more programs in future

Mr. Ashok Kumar Yadav
Event Coordinator, Assistant Professor,
FOE, SVSU, Meerut

Dr. Anoj Raj
Head, Department of Education
FOE, SVSU, Meerut



Department of Education

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Health Awareness Programme on “Yoga and Pranayam” (Date: 11-05-2022) Glimpse of the Activity





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Ref. No. Head/DOE/SVSU/2022

Health Awareness Programme on "Yoga and Pranayam"

(Date: 11-05-2022)

Attendance List

UTKALMANI GOPABANDUDAS FACULTY OF EDUCATION			
Department of Education			
Yoga and Pranayam Activity during internship 11-05-2022			
Sl. No.	Student Name	Father's Name	Signature
1	BEANSY JAIN	VIPUL JAIN	Hansraj Palkar
2	RIKTA TYAGI	VINOD KUMAR TYAGI	
3	NEVY MALIK	VINOD KUMAR MALIK	
4	ERSYA YADAV	VINOD KUMAR	Dhanya
5	TANI	SANDEEP KUMAR	
6	NEERUKA SHARMA	KAPAL SHARMA	Neeruka
7	TRISTI FANI	VINOD KUMAR	Pratibha
8	DIVYAJA SINGH	ARVIND KUMAR	
9	KANISHKA	BASANT	Shreelal
10	KANISHKA TYAGI	PRANAV TYAGI	Nikita
11	ANI DEEPA	SUNIL KUMAR	Neha
12	ANUSHA	KANISHKA KUMAR	Rashmi
13	DEEPA GARG	VIKAS GARG	
14	KANISHKA CHOUDHARY	DEVENDER SINGH	Vishal
15	NEHA SHUKLA	GRHAJA SHANKAR SHUKLA	Naitik
16	ANUSHA AWASTHI	SHY DATTA AWASTHI	Shreeram
17	KANISHKA CHOUDHARY	ADITYA CHOUDHARY	Anuska
18	VIKAS KUMAR	SATENDRA SINGH	Rishi
19	DEEPA CHOUDHARY	ASHOK KUMAR	Rishi
20	ANUSHA	SHRUTI KUMAR	Darshini
21	ANUSHA SALMAN	MOHD JAVED	Salman
22	DEEPA SANGWAN	STENDRA SANGWAN	Anuska
23	ANUSHA CHIKARA	RAM KUMAR CHIKARA	
24	DEEPA SHARMA	NARESH SHARMA	
25	DEEPA KUMAR	PREVEEN KUMAR	Rishi
26	ANUSHA PAL	BIRESH KUMAR	Sangam Pal
27	DEEPA ARYA	STENDRA	Rishi
28	ANUSHA	RAJESH KUMAR	Anuska
29	ANUSHA KASHYAP	NARESH KUMAR KASHYAP	Rishi
30	ANUSHA	KAVENDRA SINGH	Rishi
31	DEEPA	VINOD KUMAR	Taiph
32	ANUSHA GORWAL	BRJ MOHAN	
33	TARUNA SINGH	SURESH KUMAR	Taruna
34	ANUSHA MALIK	SANDEEP MALIK	Vedika
35	ANUSHA RANI	DNESH KUMAR SHARMA	Sanku
36	ANUSHA RANI	SHYSHANKAR RANI	Anuska
37	ANUSHA PAL	RAM NEVAS PAL	Anuska
38	ANUSHA AGGARWAL	ANIL AGGARWAL	Shalini Aggarwal
39	ANUSHA KUMAR	BHENDER SINGH	
40	ANUSHA	RAJESH KUMAR	

Class Coordinator: *[Signature]*

Academic Coordinator: *[Signature]* 11/05/2022

Head: *[Signature]*



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UTKALMANI GOPABANDUDAS FACULTY OF EDUCATION


Department of Education

Yoga and Pranayam Activity during internship 11-05-2022

Sl.No	Student Name	Father's Name	Signature
1	AARUSHI	VIPIN KUMAR	Aarushi
2	AJAY PEGWAL	ELAMCHAND	Ajaya
3	AMAN KAIF	MOHD. MANAVVAR	Aman Kaif
4	AKZO DHAWAL	ROOPCHAND	Akzo
5	BHAWNA	HARDEEP SINGH	Bhawna
6	JYOTI	MADAN	Jyoti
7	KANAK	PADAM SINGH	Kanak
8	KHUSHI	PRADEEP KUMAR	Khushi
9	KIRTI AGARWAL	VINAY KUMAR AGARWAL	Kirti
10	MOHD. SHAGAF ALAM	SALEEM AHAMD	Shagaf
11	NISHA SAHARAN	VINAY KUMAR	Nisha
12	PALLAVI POONIA	DEVENDER SINGH	Pallavi
13	PRADEEP YADAV	RAM KEVAL YADAV	Pradeep
14	SAKSHI SAINI	SATISH KUMAR	Sakshi Saini
15	SALONI	LOKESH KUMAR	Saloni
16	SAPNA YADAV	BHUPENDRA	Sapna
17	SHRASHTI SHARMA	SACHIN SHARMA	Shrasti
18	SHRUTI KAUSHIK	AJAY KUMAR SHARMA	Shruti
19	SUJATA SINGH	BHOPAL SINGH	Sujata
20	VIJAY PEGWAL	ELAMCHAND	Vijay
21	LAXMI SHARMA	MANOJ SHARMA	Laxmi
22	KUMKUM RANI	LT. PARMOD KUMAR	Kumkum
23	KETKEE TOMAR	YOGENDER KUMAR	Ketkee
24	TANU YADAV	VEDPARKASH YADAV	Tanu
25	VEDIKA VERMA	ANIL VERMA	Vedika
26	SACHIN KUMAR	SATENDRA SINGH	Sachin
27	GUNGAN CHOUHARY	KOLINDER SINGH	Gungana
28	ANUSHA CHOUHARY	ASHOK CHOUHARY	Anusha


Class Coordinator


Academic Coordinator


Head



Department of Physical Education

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Date: 26-03-2022

REPORT

Workshop on Fitness through Yoga practice

25-26 March, 2022

Report day one

Women Empower Committee of Swami Vivekanand Subharti University organized 02 days Workshop on on Fitness through Yoga practice. Dr Manju Adhikari, Associate professor Department of Physical Education and the member of women empowerment committee, SVSU was the convener of the event and the Yoga expert Ms Nisha Saini was the resource person of the workshop. Dr Manju Adhikari and Ms Soniya Rana welcomed the Yoga expert Ms Nisha Sain with a sapling on the behalf all women empower committee.

On the first day of workshop yoga expert Nisha Saini discussed about the general health issues and certain health conditions related to women, she also discussed the problem related to the menstruation cycle and the yogic management.

More than 80 students participated in these workshop different colleges of Subharti University. Workshop started with prayer and everyone performed asana, pranayama and mantra.

Ms Nisha Saini, Yoga expert motivated the girls student for yoga and she explained about the importance of health awareness.

At the end of the workshop Dr Manju Adhikari thanked to Ms Nisha Saini and all the participants and she motivated the girls to join the next day workshop and take benefits of it.

Report day 2

On the closing ceremony of workshop Dr Anjali Khare, professor department of pathology and chair women of women empowerment committee, Swami Vivekananda Subharti University and Dr Manju Adhikari, associate professor department of physical education and member of women empowerment committee, Swami Vivekanand Subharti University felicitated yoga expert Ms Nisha Saini with appreciation certificate. On the second day of workshop yoga expert taught the different yogic techniques to cope up with stress and to build up the immunity power.



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The girls students from different college of Subharti University participated in the workshop and was feeling motivated to continue the yoga practice in future.

At the end of the workshop Dr Manju Adhikari thanked everyone and proposed vote of thanks to the vice chancellor GK Thapliyal, Swami Vivekananda Subharti University, Chief Executive Officer Prof. Shalya Raj and Dean, faculty of education, Professor Sandeep Kumar for giving the permission to conduct this workshop in the physical education department and she thanked to doctor Anjali Khare, all the team members of women empowerment, yoga expert Nisha Saini, technical team for their support, all the faculty members and all the participant for joining the session.

Prof. (Dr.) Sandeep Kumar
Chairman, Sports Committee

Dr. Manju Adhikari
Convener - Event



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Attendance Sheet of the participate

Department of Physical Education

SNo.	Name	Course	Sign day1	Sign day2
1	Snigdha Rana	BPEd	Snigdha	Snigdha
2	Yukti Pal	BPEd	Yukti	Yukti
3	Snigdha Nagar	BPEd	Snigdha	Snigdha
4	Devi Khattar	BPEd	Devi	Devi
5	Vansha Sharma	BPEd	Vansha	Vansha
6	Devi Sharma	BPEd	Devi	Devi
7	Amey Ravi	PED	Amey	Amey
8	Neeti Kumar	M.Ed	Neeti	Neeti
9	Shikha Sharma	M.Ed II Sem	Shikha	Shikha
10	Arshi Sharma	M.Ed II Sem	Arshi	Arshi
11	Kaushal Kaur	M.Ed II Sem	Kaushal	Kaushal
12	Husna	M.Ed II Sem	Husna	Husna
13	Shweta Sharma	M.Ed II Sem	Shweta	Shweta
14	Kajal	M.Ed II Sem	Kajal	Kajal
15	Kajal Devi	M.Ed II Sem	Kajal	Kajal
16	Ritu Ch.	M.Ed II YR	Ritu	Ritu
17	Swarna	Asst. Prof	Swarna	Swarna
18	Kumari Riya	B.Ed. Ed. 4 th year	Kumari	Kumari
19	Mansi GND	B.Ed. Ed. 4 th year	Mansi	Mansi
20	Kaushal Kaur	B.Ed. Ed. 4 th year	Kaushal	Kaushal
21	SEETA SHARMA	B.Ed. III rd Sem	Seeta	Seeta
22	Mr. Anshu Devi	Assistant Professor	Anshu	Anshu
23	Rishi Chaudhary	Asst. Prof	Rishi	Rishi
24	Ritika Verma	B.ed II nd Sem	Ritika	Ritika
25	Vaishali Kaur	B.ed II nd Sem	Vaishali	Vaishali
26	Mansam Tatin	B.ed II nd Sem	Mansam	Mansam
27	Kirti Agrawal	B.El.Ed II nd Sem	Kirti	Kirti
28	Gurpreet Ch.	B.El.Ed II Sem	Gurpreet	Gurpreet
29	Tarun Yadav	B.El.Ed II Sem	Tarun	Tarun
30	Sakshi Saini	B.El.Ed II Sem	Sakshi	Sakshi
31	Kanak	B.El.Ed II Sem	Kanak	Kanak
32	Sapna Yadav	"	Sapna	Sapna
33	Laxmi	"	Laxmi	Laxmi
34	Jyoti Yadav	"	Jyoti	Jyoti
35	Pallavi Poonia	B.El.Ed II Sem	Pallavi	Pallavi
36	Anusha Choudhary	B.El.Ed II Sem	Anusha	Anusha
37	Vandana Verma	B.El.Ed II Sem	Vandana	Vandana
38	Kumkum Sagar	B.El.Ed II Sem	Kumkum	Kumkum
39	Shraddha	B.El.Ed II Sem	Shraddha	Shraddha



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40	Boya			
41	Sanjiv Chakravarti	B.Ed		
42	Sukhvi Kashyap	B.Ed		
43	Surbhanshu	B.Ed		
44	Rishi	B.Ed		
45	Ashu	B.Ed		
46	Mrs. Rashmi Rani	B.Ed		
47	Bhaskar	B.Ed		
48	Shalini Agrawal	B.Ed		
49	Prachi Chaudhary	B.Ed		
50	Deepika Sangwan	B.Ed		
51	Janak	B.Ed		
52	Dipu	B.Ed		
53	Pooja	B.Ed		
54	Rashmi	B.Ed		
55	Sangam Pal	B.Ed		
56	Kalpna Rani	B.Ed		
57	Krishna Singh	B.Ed		
58	DEEPA	B.Ed		
59	Ishika Singh	B.Ed		
60	Vandana Mishra	B.Ed		
61	Taruna Singh	B.Ed		
62	Kavya	B.Ed		
63	Koyal	B.Ed		
64	Mrs. Sanjeev Rani	Asst. Professor		
65	Kunja Sain	Junior Lect.		
66	Dr. Bhavesh Sharma	Prof.		
67	Shabnam	B.Ed		
68	Garvi Jaiswal	B.P.E.S		
69	Shivangi Joshi	B.P.E.S		
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Dr. Manju Adhikari
 Asst. Prof.
 Department of Phys. Edu.

Prof. (Dr.) Sandeep Kumar
 Dean, Faculty of Education

Dr. Manju Adhikari
 Convener Event



SHAHEED BABA DEEP SINGH
Department of Home Science
FACULTY OF ARTS & SOCIAL
SCIENCES



Email ID- hsc@subharti.org, Website - www.subharti.org, Contact No. 91-9639010541

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mail.hsc@subharti.org

Workshop on Sports Nutrition

Venue- Shaheed Baba Deep Singh Department of Home Science, Swami Vivekanand Subharti University, Meerut

Timings- 10:00am to 4:00pm

Coordinator- Dr. Shalu Nehra

Date- 20/06/2022

Sports nutrition states to the practice of maintaining a healthy diet and consuming nutrient-rich food products. A workshop on **Sports Nutrition** was successfully completed under the guidance of Dr. Shalu Nehra, Assistant Professor on 20/06/2022.

The main objectives of this workshop were to understand the significance role of nutrition among those who are athletes and heavy exercise on daily basis because nutrition can help boost athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Duration of this course was 06 hours in which students from another Department also actively participated.

Course Outcomes- Workshop covered that how eating a good diet can help provide the energy you need to finish a race, or just enjoy an unintended sport or activity. Sports drinks, protein powders, dietary supplements and protein bars are some of the common examples of sports nutrition products. Athletes and active adults include these products with a specific plan to achieve different fitness goals such as gaining lean mass and improving their body composition. These products also aim to reduce the

effects of injury, physical fatigue, and delayed recovery that can influence an athlete's performance, so students were able to understand the **vital for supportive an athlete's general health and their training needs**. Having a suitable diet provides a person with enough energy and nutrients to meet the demands of training and exercise. In addition to helping a person perform optimally, it facilitates recovery

Conclusion- As per the report of feedback, students were satisfied after completing this one-day workshop, the main objectives of the course have been met. They know that with lifestyle disease incidences on the rise, there is an increasing awareness among consumers about the benefits of a healthy and nutritious diet.



Report on Career Advancement

On dated 17th September 2021, a career advancement workshop was organized at Maharishi Aurobindo Subharti College and Hospital of Naturopathy and Yogic Sciences (MASCHNYS).

Dr. Braj Bhushan, Associate Professor conducted a Power Point Presentation of the objectives, strategies and methods to prepare for a better career. Students and Interns were also made aware about the existence of Career Advancement Centre (CAC) at University level and the organogram and objectives of CAC.

The program was attended by the students of BNYS 4th year senior (Batch 2017) and Interns (Batch 2016) of (MASCHNYS). A total number of 67 students attended the program.



(Dr. Braj Bhushan, Assoc. Prof. addressing the students on Career Advancement)

List of Participant of Career advancement session

Sr. No.	Name of the Participants
1.	Rudra Pratap Singh
2.	Nikita Suman
3.	Sahil Khan
4.	Smriti Sharma
5.	Shruti Soni
6.	Iti Tiwari
7.	Anubhav Madhur
8.	Prince Verma
9.	Navneet Pratap Singh Kushawah
10.	Km Neeshee
11.	Kartavya Naman Chaudhary
12.	Malay Sachin
13.	Rajat Singh
14.	Shipra Sharma
15.	Hasan Azam Naqvi
16.	Chandranshu Patidar
17.	Shreya Shree Jha
18.	Aadarsh Kumar
19.	Sakshi
20.	Yashree Sharma
21.	Siddarth Sharma
22.	Priya Suman
23.	Sheetal Chaudhary
24.	Dipanshu
25.	Naveen Wagadre
26.	Mili Gupta
27.	Suhani Singh
28.	Km Vandana Patel
29.	Shibraj Bhattarai
30.	Saunhya Kishore
31.	Naval Srivastava
32.	Km Jayanti
33.	Nishan Singh
34.	Utsav Pokhrel
35.	Bipasha Khatri
36.	Tushar Sharma
37.	Piyush Avasthi
38.	Muskan Yadav
39.	Preety Kumari Jaiswal
40.	Sakshi Kumari
41.	Sakshi Singhal
42.	Samriddhi Singh
43.	Savita
44.	Shagun Mahajan
45.	Shakshi
46.	Shashwat Singh
47.	Shelly Mishra
48.	Aakash Mehra
49.	Aakershita Sinha
50.	Aanchal Jain
51.	Aanchal Maan
52.	Aashi Goel
53.	Adiba
54.	Agrima
55.	Akrati Rana
56.	Akshita


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57.	Alisha Moses
58.	Amara
59.	Anjali Kumari Annu
60.	Anju Rani
61.	Arshi Naem
62.	Ashirbad Dash
63.	Ayush Panchal
64.	Bhavya Jagga
65.	Bhavi Tandon
66.	Britto Riona Robin
67.	Chhavi Verma



(Dr. Jasmine Anandabai)

Principal



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Report

Platform – Google Meet

Resource person- Dr. Tazmani Sultana, Lecturer, Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences.

It was attended by 106 students of BPT & MPT

She started the seminar by discussing the benefits of yoga

- Improves strength, balance and flexibility.
- Helps with back pain relief. .
- can ease arthritis symptoms. .
- Benefits heart health. .
- Relaxes you, to help you sleep better.
- Can mean more energy and brighter moods.
- Helps you manage stress.


She encourages the students to take yoga & wellness lessons and practice yoga daily for healthy body and peaceful mind specially at the time of online classes.



(Students during workshop on yoga)

List of Participant of Health benefit of Yoga

Sr. No.	Name of the Participants
1	Rudra Pratap Singh
2	Nikita Suman
3	Sahil Khan
4	Smriti Sharma
5	Shruti Soni
6	Iti Tiwari
7	Anubhav Madhur
8	Prince Verma
9	Navneet Pratap Singh Kushawah
10	Km Neeshee
11	Kartavya Naman Chaudhary
12	Malay Sachin
13	Rajat Singh
14	Shipra Sharma
15	Hasan Azam Naqvi
16	Chandranshu Patidar
17	Shreya Shree Jha
18	Aadarsh Kumar
19	Sakshi
20	Yashree Sharma
21	Siddarth Sharma
22	Priya Suman
23	Sheetal Chaudhary
24	Dipanshu
25	Naveen Wagadre
26	Mili Gupta
27	Suhani Singh
28	Km Vandana Patel
29	Shibraj Bhattarai
30	Saumya Kishore
31	Naval Srivastava
32	Km Jayanti
33	Nishan Singh
34	Utsav Pokhrel
35	Bipasha Khatri
36	Tushar Sharma
37	Piyush Avasthi
38	Muskan Yadav
39	Preety Kumari Jaiswal
40	Anju Rani
41	Arshi Naeem
42	Ashirbad Dash
43	Ayush Panchal
44	Bhavya Jagga
45	Bhuvi Tandon
46	Britto Riona Robin
47	Chhavi Verma
41	Mansi Garolia
42	Megha Bharadwaj
43	Mohd Gulfan
44	Mohd Uvesh Saifi
45	Muskaan Aggarwal
46	Muskan Bhati
47	Muskan Kharbanda
48	Muskan Kumari
49	Nandini
50	Navva Gahlawat


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51	Pracm Singh
52	Praveen Kumar Singh
53	Preet Kumar Panwar
54	Priyangi Singh
55	Rashi Varshney
56	Renu Choudhary
57	Rishab Bhutani
58	Ritul Singh
59	Riya Jain
60	Riya Jain
61	Saba
62	Sabina
63	Sakshi Kumari
64	Sakshi Singhal
65	Samridhi Singh
66	Savita
67	Shagun Mahajan
68	Shakshi
69	Shashwat Singh
70	Shelly Mishra
71	Shikha
72	Shipra
73	Shivani Mishra
74	Shivendra Kumar Kungarwal
75	Shraddha Suman
76	Shreya Chawla
77	Shreya Chawla
78	Shreya Gupta
79	Shreya Tyagi
80	Shrutika Singh
81	Siddhant Singh Panwar
82	Simarpreet Kaur
83	Soumya Talyan
84	Stuti Bishnoi
85	Summaiya Shamim
86	Swati Singh
87	Swikriti Agrawal
88	Tanya Rastogi
89	Tarun Sharma
90	Ujjwal Vashishtha
91	Ujjwal Verma
92	Vaishnavi Awasthi
93	Vani Gupta
94	Vania Asad Sheikh
95	Vanshika Jain
96	Vertika Verma
97	Vidushi Saini
98	Viebhu Madan
99	Yashika Rajput
100	Yashika Singh
101	Aakesh Golwara
102	Aayush Tyagi
103	Aayushi Kaushik
104	Anam Jahan
105	Ananya Jalan
106	Animesh

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Report

Program on -“Yoga and Wellness”

Purpose – Enhancement of Physical skill of students.

Date- 20/01/2021

Trainer – Mr. Rahul Bansal

Participants- 24

Ganesh Shankar Vidhyarthi Subharti College of journalism and Mass Communication arranged a one day Program on “Yoga and Wellness”. The Trainer of the program was Mr. Rahul Bansal. He addressed the students about importance of Yoga and wellness for journalists and media persons. Students also learned about the process of Yoga. They also know about different types of Yoga. The Coordinator of this workshop was Mr. Yasir Arafat.

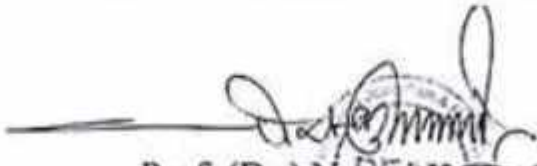



(Mr. Rahul Bansal addressing the students on “Yoga and Wellness”)

20.01.2021

Student Attendance Wellness

Sr. No	Student Name	Course/ Batch
1.	KOMAL BAISLA	BJMC/2020
2.	MOHIT SENGAR	BJMC/2020
3.	ANJALI	BJMC/2020
4.	PUSHPENDRA KUMAR	BJMC/2020
5.	MANI	BJMC/2020
6.	KAJAL	BJMC/2019
7.	AKSHAT SHARMA	BJMC/2019
8.	TARUN SHARMA	BJMC/2019
9.	CHIRAG KANSAL	BJMC/2019
10.	ISHIKA JAIN	BJMC/2019
11.	KARAN SINGH RUHELA	BJMC/2019
12.	SHIVANI PRAKASH	BJMC/2019
13.	ANKUSH	BJMC/2019
14.	RASHMI KUMARI	BJMC/2019
15.	PRITEE KUMARI	BJMC/2019
16.	UMAR SALIM	BJMC/2018
17.	KM. CHANCHAL	BJMC/2018
18.	HARISH KUMAR	BJMC/2018
19.	NIDA PARVEEN	BJMC/2018
20.	ANJALI	BJMC/2018
21.	SHIKEB MAJEED	MJMC/2020
22.	SALONI KASHYAP	MJMC/2020
23.	ANJU YADAV	MJMC/2020
24.	SUMIT GUPTA	MJMC/2019


 Prof. (Dr.) Neeraj Karan Singh
 Dean & Principal
 GSVSCJMC, SVSU, MEERUT


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Department of Education

Recognized by National Council for Teacher Education (NCTE)

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Date-21-06-2021

Report

International Yoga Day was celebrated by the Department of Education, FOE, SVSU on 21st June 2021 through online mode. On this occasion, all students of the Department participated with full enthusiasm. Mrs. Sangeeta (Sports Committee Coordinator) motivated the students to actively participate in this programme. Dr. Santosh Sharma (Academic Coordinator) guided the students that Yoga enhances physical and mental health of the youth which will immensely contribute to the national development. Students contributed the photographs showing them in the act of various Asanas of yoga.

Sangeeta Rani

Activity Incharge

HOD

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Yog Mudra



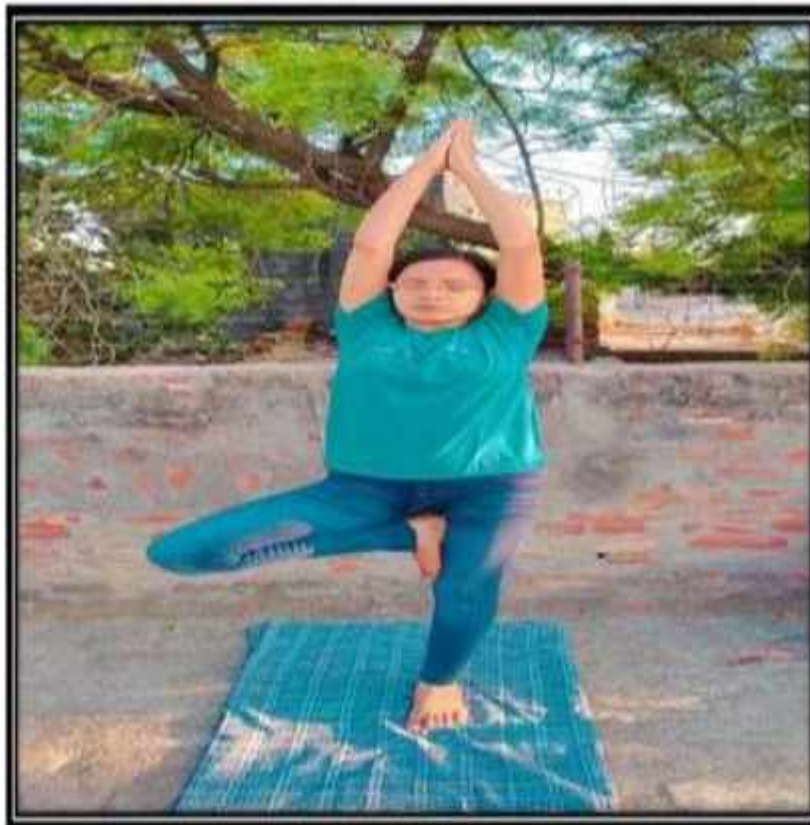
(Students are practicing of Yoga at home on the occasion of International Day of Yoga)



Dhyana Mudra



Dhyana Mudra



Surya Namaskar



Participants during International Yoga Day Celebration

Students Attendance Sheet
Programme Name:- International Yoga Day

Sl.No	Students Name	Father Name	Class
1.	BHOLESH SHARMA	OMKAR SHARMA	B.El.Ed. 8 th Sem
2.	BISHAKHA MAURYA	SANJAY MAURYA	B.El.Ed. 8 th Sem
3.	KASHISH POONIA	OMENDER POONIA	B.El.Ed. 8 th Sem
4.	NIKITA YADAV	GAMBHIR SINGH YADAV	B.El.Ed. 8 th Sem
5.	RAJAT VARMA	KESHAV DEV VERMA	B.El.Ed. 8 th Sem
6.	SANGAM PAL	BIRESH KUMAR	B.El.Ed. 4 th Sem
7.	PRITI KAUSHIK	NARESH SHARMA	B.El.Ed. 4 th Sem
8.	PRIYA UJJWAL	PRAVEEN KUMAR	B.El.Ed. 4 th Sem
9.	NAITIK SHUKLA	GIRAJA SHANKAR SHUKLA	B.El.Ed. 4 th Sem
10.	JYOTI	SATISH CHANDRA	M.Ed. 4 th Sem
11.	KMAASHI SHARMA	DARSHANVIR SHARMA	M.Ed. 4 th Sem
12.	VINOD KUMAR DHASMANA	RAMESH CHAND DHASMANA	M.Ed. 4 th Sem
13.	SHIVAM AWASTHI	SHIV DATTA AWASTHI	B.El.Ed. 4 th Sem
14.	MANVI JAIN	VIPUL JAIN	B.El.Ed. 4 th Sem
15.	SAKSHI RANI	DINESH KUMAR SHARMA	B.El.Ed. 4 th Sem
16.	KALPANA RANI	SHIVSHANKAR RAM	B.El.Ed. 4 th Sem
17.	ANSHUL PAL	RAM NIVAS PAL	B.El.Ed. 4 th Sem
18.	SHALINI AGGARWAL	ANIL AGGARWAL	B.El.Ed. 4 th Sem
19.	ANKIT KUMAR	BIJENDER SINGH	B.El.Ed. 4 th Sem
20.	TANU	SANJEEV KUMAR	B.El.Ed. 4 th Sem
21.	PREETAM	VINOD KUMAR	B.El.Ed. 4 th Sem
22.	ABHILASHA CHAUHAN	MANOJ KUMAR	B.El.Ed. 4 th Sem
23.	ANCHAL RANA	IJENDRA RANA	B.El.Ed. 4 th Sem
24.	ARTI SHARMA	SURENDRA SHARMA	B.El.Ed. 4 th Sem
25.	ASHISH OJHA	NIRANJAN OJHA	B.El.Ed. 4 th Sem
26.	BHAVANA SINGH	SURENDRA KUMAR	B.El.Ed. 4 th Sem
27.	CHETNA RANI	GAUTAM	B.El.Ed. 4 th Sem
28.	ABHILASHA CHAUHAN	OM SINGH	B.El.Ed. 4 th Sem
29.	ANCHAL RANA	MANOJ KUMAR	B.El.Ed. 4 th Sem
30.	DEEPAK KUMAR	IJENDRA RANA	B.El.Ed. 4 th Sem

Sangeeta Rani

Activity Incharge


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SUBHARTI MEDICAL COLLEGE ORGANIZES YOGA & WELLNESS



Date- 20.9.2020

Details of capability enhancement scheme**Yoga & Wellness**

Department of community medicine is doing this activity from year 2010-2011 by introducing yoga practices in the first block posting of M.B.B.S. 3rd semester students to improve their physical as well as mental health status. Before initiating yoga practices the students are shown the published research work done on yoga and health in the leading Indian and western medical institutions. Their doubts and apprehension about yoga are cleared by thorough discussion. Timing of yoga practice is kept from 30-45 min daily and it is ensured that yoga practice do not affect the regular teaching program.

Informed consent is obtained from all the students.

Intervention –

The students were given 30 minutes for yoga practice every day in the beginning of posting for one month.

Yoga class consisted of following practices:

1. Preliminary preparation - 5 min.
2. Asana (postures)
 - Suryanamskar - 5 minutes
 - Tadasana
 - Triaktadasana
 - Katichakrasana 10 minutes
 - Halasana

- Pashchimottasana
 - Shavasana
3. Pranayama (breathing exercise) - 10 minutes
- Anulome- vilome
 - Kapalhati
 - Bhramari
4. Meditation with sound 10 minutes

These classes are conducted by a trained yoga expert (BNYS) available full time in the college on regular basis.



(Students are practicing of Yoga pranayam on the occasion of Yoga and Wellness Programme)



Participant with Yoga



Yoga Practice




Yog Mudra

Dr. Rahul Bansal,
Head of department,
Department of community medicine,
Subharti Medical College.

List of Participants of Yoga & wellness

S.No.	Name of the student
1	Aashish Jindal
2	Aastha
3	Abdul Karim Farooqi
4	Abhinay Maheshwari
5	Adity Wardhan Singh
6	Aditya Bhati
7	Aiman Farooq
8	Ajeet Kumar
9	Akshita Gupta
10	Anamika Kumari
11	Ananya Agarwal
12	Anchit Kumar
13	Anika Gaur
14	Anjali
15	Anjali Singh
16	Anju
17	Ankit Kumar
18	Anshika Kumar
19	Anshu Pandey
20	Anubhav Swarn
21	Anuj Kumar
22	Anuja Bhandari
23	Anushka Mishra
24	Arancha Singh
25	Arunima Sharma
26	Aryan Deswal
27	Aryan Verma
28	Arzoo Singh
29	Ashif Ali
30	Avantika Dev
31	Ayushi Sharma
32	Barai Vishal Brijmohan
33	Bhavya Bajaj
34	Bhawana Yadav
35	Chelecyka Sharma
36	Daksh Singh
37	Danish Sajjad
38	Daraksha Noori
39	Deena Yadav
40	Deepanshi Choudhary
41	Deepanshu Goel
42	Deepshikha
43	Dipyoti Roy
44	Divyansh Vats
45	Gaurav Singh
46	Gungun Rai
47	Gunjan Tomar
48	Hardik Tomar
49	Harshit Ahlawat
50	Harshith Reddy C
51	Himanshu Raj
52	Humaira Ali
53	Ishan Singhal
54	Jyoti Kumari



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55	Kajal Goswami
56	Keshav Agarwal
57	Khan Samreen
58	Khushi Poswal
59	Krishan Kant Sharma
60	Krishna Gopal Gandhi
61	Lokesh Banik
62	Loveesh Jhanji
63	Madhur Thawani
64	Mahima Garg
65	Mahima Singh
66	Manasi Agrawal
67	Manraj Singh
68	Mansi
69	Mansi Satya
70	Manvi Bansal
71	Manya Singh
72	Mayank Shanker Pandey
73	Meenal Upadhyay
74	Mihika Jain
75	Mihir Khandelwal
76	Mohammad Arman
77	Mohammad Wasiq Khan
78	Mohd Anas S/O Julfakar
79	Mohd Anas S/O Naseem Ahmad
80	Mohd Aqib
81	Mohd Kasim Choudhary
82	Mudit Goel
83	Mukul Kumar
84	Namami Arora
85	Naresh
86	Natasha Das
87	Nida Khatoon
88	Nidhi Thakur
89	Nisha
90	Nisha Sisodia
91	Nishtha Gupta
92	Nitish Kumar
93	Pankaj Joshi
94	Pankhuri Raj
95	Paritosh Gautam
96	Pradyumn Mishra
97	Pradyumna Upadhyay
98	Prajwal Gupta
99	Prakhar Agrawal
100	Princess Chaturvedi



Dr. Rahul Bansal,
Head of department,
Department of community medicine,
Subharti Medical College.



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Report

Guest Lecture on Yoga pranayam–11.11.2019

Two hour workshop on “Yoga Pranayam” was conducted on 11.11.2019 for students and the lectures have been delivered by Dr.Abhay, Naturopathy. The lectures aimed at introducing students to the effective Yoga and Yoga Pranayam. In the workshop total 200 students participated in the programme, some of the following students are made to practice Yoga Pranayam by the class coordinator in their respective classrooms.

Outcome:

The students were able to actively participate in Yoga Pranayam activities. They realized that Yoga Pranayam can make them calm, relax and increase their level of energy. It can also help them to use their lungs to the full capacity and improve digestion.



(Students are practicing of Yoga and Pranayam activities)



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List of Participants of Yoga & Pranayam

S. No.	Name of the student	Student Unique Enrolment ID
1.	Anu	1906000001706
2.	Aryan chahal	1906000001707
3.	Asabulhak	1906000001145
4.	Gunjan rana	1906000001147
5.	Karishka gang	1906000001142
6.	km sneha singh	1906000001722
7.	Kunal saini	1906000001144
8.	Nitin kumar	1906000001151
9.	Puja sree	1906000001148
10.	Rinku kumara	1906000001150
11.	Shwangi sharma	1906000001141
12.	Soyab	1906000001149
13.	Sumit	1906000001143
14.	Tagr oppo	1906000001146
15.	Aakash kasana	1906000001145
16.	Arushi mishra	1906000001143
17.	Divyansh kumar	1906000001337
18.	Geetanjali singh	1906000001336
19.	Kamal deep	1906000001348
20.	Khushi	1906000001332
21.	km khwahish	1906000001349
22.	km lovely	1906000001340
23.	Mohit	1906000001344
24.	Priyanshu chauhan	1906000001339
25.	Rashi	1906000001342
26.	Shivam khatri	1906000001333
27.	Shivangi	1906000001341
28.	Shivani yadav	1906000001334
29.	Shubham tyagi	1906000001351
30.	Sweetantra kumar	1906000001346
31.	Arti	1906000001725
32.	km nikhita sharma	1906000002182
33.	Mukul pratap	1906000002017
34.	Farves khan	1906000002018
35.	Priyanshu yadav	1906000001726
36.	Shubham rana	1906000002019
37.	Tushar gaudam	1906000002021

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36.	Shubham rana	1906000002019
37.	Tushar gautam	1906000002021
38.	Aayush deshpai	1906000001361
39.	Aakash	1906000001367
40.	Akhay kumar	1906000001364
41.	Banti	1906000001359
42.	Harshit chauhan	1906000002176
43.	Harshit choudhary	1906000001368
44.	Kim himanshi	1906000001368
45.	Kim sweta rani	1906000001365
46.	Naushad Khan	1906000001369
47.	Nikhi tomar	1906000001358
48.	Nonghombam bishankar singh	1906000001357
49.	Sahil hasan	1906000001366
50.	Shivam	1906000001370
51.	Shivam gawani	1906000002591
52.	Udit chauhan	1906000001363
53.	Vinay kumar rana	1906000001360
54.	Vinod sharma	1906000001362
55.	Abhay gangwar	1906000002257
56.	Akansa rana	1906000001376
57.	Chesta jain	1906000002242
58.	Kartik sari	1906000001374
59.	Keshav maheshwari	1906000002258
60.	Kim shivani	1906000002357
61.	Mansi tyagi	1906000001371
62.	Mehvish anil	1906000001721
63.	Shivani	1906000001372
64.	Simran mahdi	1906000001375
65.	Tanisha khatri	1906000001373
66.	Abhishek kumar	1906000001140
67.	Anshika choudhry	1906000001132
68.	Anubhav gupta	1906000001131
69.	Anurag	1906000002377
70.	Ashutosh sona	1906000001129
71.	Chirag sabbharwal	1906000001129
72.	Kim momina khatoon	1906000001130
73.	Mehak pundr	1906000001092
74.	Mohd lukman	1906000001138
75.	Priya gautam	1906000001137
76.	Rahul	1906000001135

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77.		190600001136
78.	Sharvan rathi	190600001101
79.	Sparsh shukla	190600001094
80.	Vanshika goyal	190600001113
81.	Vanshika malik	190600001093
82.	Vijeta punjiv	190600001134
83.	Abhinav	190600001127
84.	Arunn salil	190600001091
85.	Bhavana sharma	190600001126
86.	Chitrang (bhardwaj)	190600001090
87.	Disha sangwan	190600001380
88.	Rajiv tyagi	190600001125
89.	Rohan sagar	190600001124
90.	Shahana salil	190600001128
91.	Aditi rathi	190600001035
92.	Anjali singh	190600001130
93.	Anshika sharma	190600001734
94.	Anshu srathi	190600001331
95.	Kim sharuhi malik	190600001735
96.	Shreya agarwal	190600001329
97.	Sunny prakhar Malikha	190600001733
98.	Abdul Barique Khan	190600001478
99.	Abhay kumar	P-29231
100.	Abhishek kumar	P-28928
101.	Alman anjum	190600001476
102.	Ajay kumar	P-29117
103.	Alok kumar	P-28762
104.	Amandeep kumar	190600001473
105.	Anjali kumari	190600001483
106.	Ankit kumar singh	P-28592
107.	Ankur kumar	190600001949
108.	Annu kumari	P-29321
109.	Arya muskan	190600001481
110.	Bhanu pratap singh	P-29185
111.	Bhawn kumar	P-28720
112.	Bhola kumar	P-28828
113.	Bittu kumar	P-28672
114.	Deepika kumar	190600001545
115.	Dharmeshwar Nath pandey	190600001936
116.	Dhruv bharti	190600001939

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JAI HIND

