

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)



Faculty of Education
Department of
Physical Education



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 to 10-08-2023
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
- Rhythmic Yogasana Pair






Yoga for Harmony & Peace

CERTIFICATE






Certificate No.: DYSC 2023/177

DISTRICT YOGASANA SPORTS ASSOCIATION DISTRICT - MEERUT
 Affiliated to: Uttar Pradesh Yogasana Sports Association (UPYSA)
 Registration No.: LUC/08612 / 2020-21 | UPYSA 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. _____ has participated in
 S/Do Shri _____
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.

Event:

- Traditional Yogasana ☐
- Artistic Single ☐
- Artistic Pair ☐
- Rhythmic Pair ☐

Age Category:

- Sub-Junior ☐
- Junior ☐
- Senior ☐


 Shri Kapil Tyagi
 Secretary-DYSA Meerut


 Dr. Manoj 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. Durnini (T)	
4	Mr. Nishant (Eval.) Nishant		Ms. Priya (Eval.)		Mr. Utkarsh (Eval.)	
5	Ms. Nisha (SM)		Mr. Robin (SM)		Mr. Hernant (SM)	
6	Mr. Adarsh (FR)		Mr. Vishal (FR)		Ms. Subhi (FR)	
7	Mr. Ankit Jaden (V)		Ms. Shivani Arya (V)		Ms. Anu Rathi & Ms. Soniya 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)**

TRADITIONAL	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
	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)**

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

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

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

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

TRADITIONAL	CHEST NO.	PLAYER NAME	FATHER NAME	INSTITUTE	POSITION
	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)**

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

SENIOR CATEGORY MALE (45+ TO 55 Yrs)

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

		MITTAL UNNATI	KAPIL GARG/SANJAY KUMAR NIMESH	THE ADHYAN	IV
	1001/1067	GARG/TANISHA NIMESH			
	1090/1091	BABIE SINGH/ HARSHITA	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	SARTHAK YOGA TRUST	I
	1044	MAYANK	MR. MAHESH KUMAR	BRSSM	II
	1138	ADI ABDULLAH	MOHD. IRANA ANSARI	BRSSM	III
	1136	NISHANI PRAJAPAT	MR. JEE SINGH	SDSSM IC	IV
	1141	ABHISHEK KUMAR DAKSH	MR. SANJAY KUMAR	SDSSM IC	V
RYTHMIC 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 PANDAY	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	NISHAKARSH		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	SDSSM	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 PUNDIR	PUSHPENDRA SINGH/MANOJ PUNDIR	DARSHAN ACADEMY	I
RYTHMIC PAIR	1093/1088	KARTIK TOMAR/ RISHABH	KRISHAN PAL/AMIT KUMAR	BBSSN	I
	1068/1094	ANMOL SINGH TOMAR/ SURYA PRATAJ TOMAR	AMREESH 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	DEEPTIKA 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	VABHAVI RASTOGI/ARYA	PUNEET RASTOGI/AMIT KUMAR MITTAL	THE ADHYAYAN	III

		MITTAL UNNATI			
	1001/1067	GARG/TANISHA NIMESH	KAPIL GARG/SANJAY KUMAR NIMESH	THE ADHYAYAN	IV
	1090/1091	BARBIE 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	BYTHAN C. PAIR
001	UNNATI GARG	KAMU GARG	KRISHNESH O	F	1	0
002	LOKH	SATENDRA SINGH	KAMINI SHARMA	F	1	0
003	VABBHAY RASTOGI	PUNDET RASTOGI	KRISHNESH O	F	1	0
004	VANI GUWAL	JAIVARDHAN SINGH GUWAL	KRISHNESH O	F	1	0
005	VANI GUWAL	JAIVARDHAN GUWAL	KRISHNESH O	F	1	1
006	VASNI BHARGAWA	VADHAY BHARGAWA	KRISHNESH O	F	1	0
007	VANISHKA PAL	TAJESH KUMAR	KRISHNESH O	F	1	0
008	VANISHKA SINGH	UNED PAL	ANSHU TARA	F	1	0
009	VASHNAM TUNAK	ABHINAV TUNAK	SANJAY	F	1	0
010	VASHURV SHARMA	SHARMA	ANAD SINGH	M	1	0
011	VEER PRATAP SINGH	VISHAM SINGH	ANAD SINGH	M	1	0
012	VIRAT SINGH	ANU KUMAR	KAMINI SHARMA	M	1	0

SUB-JUNIOR CATEGORY (TRADITIONAL AND ARTISTIC PAIR)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	ARTIST C. PAIR	BYTHAN C. PAIR
001/001	UNNATI GARG	KAMU GARG	KRISHNESH O	F	1	0
002/001	LOKH	SATENDRA SINGH	KAMINI SHARMA	F	1	0
003/001	VABBHAY RASTOGI	PUNDET RASTOGI	KRISHNESH O	F	1	0
004/001	VANI GUWAL	JAIVARDHAN SINGH GUWAL	KRISHNESH O	F	1	0
005/001	VANI GUWAL	JAIVARDHAN GUWAL	KRISHNESH O	F	1	1
006/001	VASNI BHARGAWA	VADHAY BHARGAWA	KRISHNESH O	F	1	0
007/001	VANISHKA PAL	TAJESH KUMAR	KRISHNESH O	F	1	0
008/001	VANISHKA SINGH	UNED PAL	ANSHU TARA	F	1	0
009/001	VASHNAM TUNAK	ABHINAV TUNAK	SANJAY	F	1	0
010/001	VASHURV SHARMA	SHARMA	ANAD SINGH	M	1	0
011/001	VEER PRATAP SINGH	VISHAM SINGH	ANAD SINGH	M	1	0
012/001	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.	TRADITIONAL SINGLE	ARTISTIC SINGLE
001	SHREYASH RAJUL	SACHIN RAJUL	DEVIKA THAKUR	F	0	1
002	SHREYASH RAJUL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
003	SALONI SINGH	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
004	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
005	SHREYASH RAJUL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
006	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
007	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
008	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
009	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
010	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
011	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
012	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
013	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
014	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
015	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
016	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
017	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
018	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
019	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
020	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
021	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
022	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
023	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
024	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
025	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
026	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
027	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
028	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
029	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
030	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
031	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
032	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
033	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
034	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
035	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
036	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
037	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
038	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
039	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
040	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
041	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
042	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
043	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
044	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
045	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
046	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
047	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
048	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
049	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
050	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
051	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
052	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
053	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
054	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
055	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
056	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
057	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
058	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
059	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
060	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
061	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
062	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
063	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
064	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
065	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
066	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
067	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
068	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
069	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
070	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
071	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
072	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
073	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
074	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
075	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
076	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
077	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
078	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
079	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
080	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
081	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
082	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
083	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
084	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
085	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
086	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
087	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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096	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
097	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
098	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
099	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
100	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0

SUB-JUNIOR CATEGORY (11-14 TO 13-15)						
(TRADITIONAL AND ARTISTIC SINGLE)						
SR NO.	PLAYER NAME	FATHER NAME	COACH NAME	GEN. CAT.	TRADITIONAL SINGLE	ARTISTIC SINGLE
001	SHREYASH RAJUL	SACHIN RAJUL	DEVIKA THAKUR	F	0	1
002	SHREYASH RAJUL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
003	SALONI SINGH	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
004	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
005	SHREYASH RAJUL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
006	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
007	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
008	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
009	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
010	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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019	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
020	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
021	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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033	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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035	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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044	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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046	SANDEEP PAL	SHREYASH RAJUL	SHREYASH RAJUL	F	1	0
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062	SANDEEP					

P.g: 10 of 13

GLIMPSE AND NEWS OF NATIONAL SEMINAR





राज्यवाद साधित किया।
इस अवसर पर डॉ० अनी-
राज, डॉ० प्रवीण कुमार, डॉ०
दीपक रायल, डॉ० अजुल तिवारी,
प्रति बराल, सोनिया राजा, निराला
सीपी, पुनीत गीतम, निखिल सहरोज,
कविता रायल, रावनेन्दु सिंह
सीहान, अजित सिंह जाली,
शिवानी आर्य, अनु राठी, राधारा
वीथी आदि उपस्थित रहे।

इस अवस्था पर डॉ. अजीम राज, डॉ. प्रवीण कुमार, डॉ. दीपक रायच, डॉ. अतुल मिश्रा, श्रीमि बरान, सोनिया राज, गिरा रानी, सुनील शीतल, मिथिलानंद सराव, जयल शायक, आरवेंद्र सिंह शीतल, अजित सिंह जाली, गिराणी अरवि, अनु राठी, राधाया चौधरी आदि उपस्थित रहे।

[illegible]

13



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.

Office of the Principal & Dean Faculty of AYUSH



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

Extn: 3553 / 3554 / 3588 | Cell: 9639010531, 9639015554, 9639011197 | E-mail: naturopathy@subharti.org | Website: www.naturopathy.subharti.org



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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

List of Participants:

SIIBHARTI

Office of the Principal & Dean Faculty of AYUSH

Name of program: *Online module 1 by Dr. Abhay M. Shankaregowda 21 June 2024*
 Name of a Resource Person: *Dr. Abhay M. Shankaregowda*
 Name of Activity coordinator: *Dr. Anil (CNS: Professor)*
 Date: *21 June 2024*
 List of participants: *50*

S. No.	Name of Participants	Rolls	Remarks	Signature
1	...	...	...	...
2	...	...	...	...
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Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005
 Tel: 3553 / 3554 / 3588 | Cell: 9639010531, 9639015554, 9639011197 | E-mail: naturopathy@subharti.org | Website: www.naturopathy.subharti.org

SIIBHARTI

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 Date: *21 June 2024*
 List of participants: *50*

S. No.	Name of Participants	Rolls	Remarks	Signature
35	...	...	...	...
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Dr. Abhay M. Shankaregowda

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



Report: Yoga for MBBS 2023 batch students

[illegible]

Re: Yoga for MBBS 2023 batch students.

1 message

Siddhant Kulkarni@sagepub.com

Te: student.medical@student.ru.nl

Dr. Jayashree Jayaram, jayashreejayaram@gmail.com, MEDICAL COLLEGE: medcol.ac.in, innovatory201@gmail.com, SMC Physiology: smcphysiology20@gmail.com, Jayashree Jayaram: jayashreejayaram@gmail.com, Dr. Naga Ravi Varsh: naga.ravi2003@gmail.com

Time: 3:46:42 PM, 2024-08-08

THE AUTHOR

De (Muller)

Dr. Hsing Hsien-fu, Asst. Professor of our college will coordinate the program.

Our contact number is 8000194073

Thanks & regards

Dr. Arday A. Shabazzgiri, MD, MS, FRCPC

Principal, Sathiyadevi Sankaradevi Subharti College & Hospital of Naturopathy & Yoga Sciences.

Dean, Faculty of Arts, Tamil Vigneshwara Siddhanta University,
Siddhantaipuram, 641 02, India (e-mail: vijayaprasad@vsnl.com)

Email: naturapdf@outlook.org Cell: +91 9639925111

Webster: www.southcoast.org & <http://www.naturepathysouthcoast.org/>

Important Links:

Google Maps - <https://maps.app.goo.gl/Pv6d8tVg1K3FgPm9>

Official Facebook Page - <https://www.facebook.com/multiharmony>

YouTube Page: <https://www.youtube.com/watch?v=Kqg4tUgqyVg>

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, asnas, kapabhatti, pranayama, dhvana and sankalpa.

Office of the Principal & Dean Faculty of AYUSH



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Return to Nature – The Future of Healthcare

Meerut, Uttar Pradesh, India
XJ0P+H97, Meerut, Uttar Pradesh 250002, India
Lat: 28.901823°
Long: 77.637229°
11/06/24 06:37 AM GMT +05:30

[illegible]

Extn: 3553 / 3554 / 3588 | Cell: 9639010531, 9639015554, 9639011197 | E-mail: naturopathy@subharti.org | Website: www.naturopathy.subharti.org



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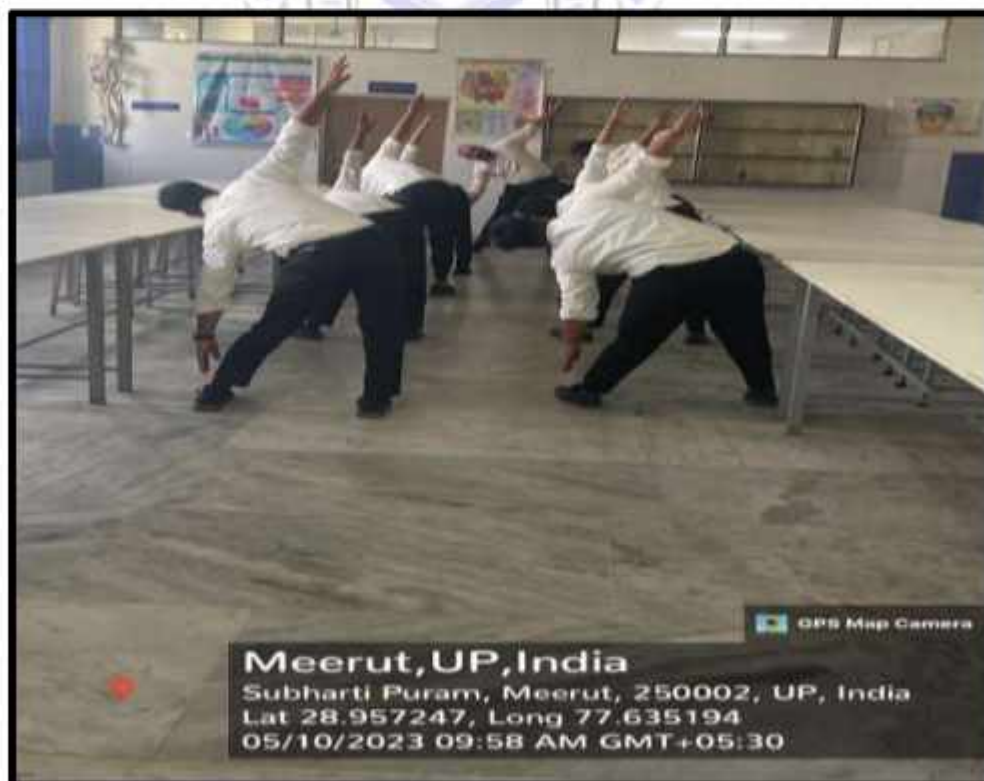
Dr. Abhay M. Shankaregowda
Principal, MASCHNYS
Dean, Faculty of AYUSH, SVSU

‘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
Faculty of the University:

- Faculty of Dental Sciences
(Est. 1995)
- Faculty of Physiotherapy &
Allied Health Sciences
(Est. 1999)
- Faculty of Medicine
(Est. 2000)
- Faculty of Nursing
(Est. 2000)
- Faculty of Law
(Est. 2002)
- Faculty of Engineering &
Technology
(Est. 2005)
- Faculty of Management &
Commerce
(Est. 2007)
- Faculty of Education
(Est. 2008)
- Faculty of Pharmacy
(Est. 2009)
- Faculty of Fine Arts
(Est. 2009)
- Faculty of Arts & Social
Science
(Est. 2010)
- Subharti Polytechnic
College (Est. 2010)
- Faculty of AYUSH
(Est. 2011)
- Faculty of Science
(Est. 2012)

2022-23
YOGA SESSION

S. No.	Enrollment No.	Name of Student	Signature	Name of activity
1.	2211000000176	AADIL KHAN	Aadil	YOGA™ means addition, Addition of energy, strength and beauty to body, mind and soul Total no. of student-50
2.	2211000000061	AAKASH CHAUHAN	Aakash	
3.	2211000000007	AAKASH DAHIYA	Aakash	
4.	2211000001058	AAKASH INSHA	Aakash	
5.	2211000000005	AAKASH YADAV	Aakash	
6.	2211000000165	AARIF KHAN	Aarif	
7.	2211000000036	ABDUS SABOOR KHAN	Abdus	
8.	2211000000059	ABHI MALIK	Abhi	
9.	2211000000040	ABHISHEK	Abhishek	
10.		ABHISHEK MALIK	Abhishek	
11.	2211000000060	ABHISHEK PAL	Abhishek	
12.	2211000000156	ABHISHEK SHARMA	Abhishek	
13.	2211000000370	ADITYA KAUSHIK	Aditya	
14.	2211000000054	ADITYA PRATAP	Aditya	
15.	2211000000055	AFZAL BEG	Afsal	
16.	2211000000008	AKASH YADAV	Akash	
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.	2211000000168	DEEPAKSH GARG	Deepaksh	
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.	2211000000536	KM RADHIKA GAUTAM	KM Radhika
47.	2211000000012	KUSHANT	KUSHANT
48.	2211000000569	MADHAV SINGH	MADHAV
49.	2211000000574	MANISH TOMAR	MANISH
50.	2211000000033	MOEEN KHAN	MOEEN

Sd/-
 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



Winners of the Yoga Competition



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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	1/3/22	2/3/22	3/3/22	4/3/22	5/3/22	6/3/22	7/3/22	8/3/22	9/3/22	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
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
57	JYOTI KUMARI	P																									
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
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
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
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
62	LOVEESH JHANJ	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
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
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
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
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
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
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
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
57	KHAN 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
	Dr. Harsh Kumar																										
	Dr. Chhavi K. Chhavi																										
	Dr. Bhavani Puri																										
	Dr. Vansha																										
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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



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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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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
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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.

Dr. Rahul Bansal
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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

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

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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
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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.

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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
 - 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 77 students benefitted from the session.

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

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

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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
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 - Katichakrasana 10 minutes
 - Halasana
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 - 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 47 students benefitted from the session.

Dr. Rahul Bansal
Professor & Head
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(14-03-2022 to 09-04-2022)

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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
Professor & Head
Dept of Community Medicine
SMC



Subharti Medical College

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A constituent college of

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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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
 - 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 77 students benefitted from the session.

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

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

[illegible]



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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
 - 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

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

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Office of the Head Dept. of Community Medicine

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		
X 87	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		
88	NIDHI THAKUR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	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	A	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	A	P	P	P	P	P	P	P		
91	NISHITHA GUPTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	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	A	P	P	P	P	P	P	P		
93	PANKAJ JOSHI	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P		
94	PANKHURI RAJ	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P		
95	PARITOSH GAUTAM	P	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		
96	PRADYUMN MISHRA	P	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		
97	PRADYUMNA UPADHYAY	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	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	A	P	P	P	P	P	P	P		
99	PRAKHAR AGRAWAL	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P		
100	PRINCESS CHATURVEDI	P	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		
X 101	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		
102	PRIYA ROY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P		
		Dr. Parnel	Dr. Vansha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha	Dr. Nisha		



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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 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 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 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 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 CM3.6a+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	CM1-5 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)
UG 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 mosquitoes, 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 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 65 students benefitted from the session.

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

2020 MN Batch Community Attendance Posting MBBS Medicine SMC

(09-05-2022 to 11-06-2022)

S.N.	Name of Students	9/5/22	10/5/22	11/5/22	12/5/22	13/5/22	14/5/22	15/5/22	16/5/22	17/5/22	18/5/22	19/5/22	20/5/22	21/5/22	22/5/22	23/5/22	24/5/22	25/5/22	26/5/22	27/5/22	28/5/22	29/5/22	30/5/22	31/5/22	1/6/22	2/6/22	3/6/22	4/6/22	5/6/22	6/6/22	7/6/22	8/6/22	9/6/22	10/6/22				
103	PRIYANKA YADAV	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	P	P	P	P	P	P	P			
104	PRIYANSHA JIT	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	P	P	P	P	P	P	P			
105	PRIYANSHI TANWAR																																					
106	PUJA 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	P	P	P	P	P	P	P			
107	PUNIT BHATT	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	P	P	P	P	P	P			
108	QAUSAR JAHAN	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	P	P	P	P	P	P	P			
109	RAJAT AGRAWAL																																					
110	RAMAN GULIA	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	P	P	P	P	P	P	P			
111	RISHIKA GIRIYA	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	P	P	P	P	P	P	P			
112	RITIK RAJ	P	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	P	P	P	P	P	P	P			
113	RITVIK VERMA	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	P	P	P	P	P	P	P			
114	RIYA GOEL	P	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	P	P	P	P	P	P	P			
115	RIYA KUMARI	P	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	P	P	P	P	P	P	P			
116	ROHIT 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	P	P	P	P	P	P	P			
117	RS NAMRATA SINGH	P	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	P	P	P	P	P	P	P			
118	RUBAL AGARWAL	P	A	P	P	P		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	A	P		
		Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj	Dr. Pankaj		

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-2020 8-9 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. 10-11:30 Epid. 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



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: 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 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 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

Rahul
(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 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 56 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 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. Pawar	
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 CML7 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)

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



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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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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 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	A	A	P	A	P	P	P	P	P
120	SAHIL RAJ	P	P	P	A	P	A	P	P	P	P	A	A	P	P	A	A	P	A	P	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	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	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	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	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	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	A	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. Rahul Singh																							
	Dr. Nikesh																							
	Dr. Pankaj																							
	Dr. Anurag																							
	Dr. Pankaj																							
	Dr. Manish																							
	Dr. Vansh																							
	Dr. Bhavish																							
	Dr. Pankaj																							
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	Dr. Manish																							
	Dr. Nikesh																							
	Dr. Vansh																							
	Dr. Pankaj																							
	Dr. Vansh																							
	Dr. Manish																							
	Dr. Nikesh																							
	Dr. Pankaj																							
	Dr. Pankaj																							

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 Gau 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

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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 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 69 students benefitted from the session.

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

(13-06-2022 to 09-07-2022)

83

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

DATE & DAYS	LECTURE	Clinical Posting	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 Aetcom 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



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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 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

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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 69 students benefitted from the session.

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

(13-06-2022 to 09-07-2022)

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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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- 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

(11-07-2022 to 06-08-2022)

Don Venglar	
Don Whitcomb	
Don Beckett	
Don Hunsicker	
Don Hunsicker	
Don Richardson	
Dr. Earl Grant Cheney	
Don Venglar	
Don B.	
Walt Auld	
Agge Hunsicker	
Don Venglar	

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

(25-07-22 to 06-08-22)

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
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 CM1.8 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 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
 - Paschimottanasana
 - 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

(11-07-2022 to 06-08-2022)

Don Venzke
Don B. Housch
Don Black
Don Brownell
Don Frisvold
Don Buchanan
Doug Engel all day
Don Evans
Don B.
Walter Carl Hoyt House
Don B. Housch

DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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
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. Atar 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. Anuradha / 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(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

(11-07-2022 to 06-08-2022)

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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 & Cold chain Dr. Bhawana / 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. Amrutha / 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

Bhawana A 1-25 Dr. Pawan B 26-50
Amrutha D 76-100 Dr. Monika E 101-125

(Pawan Parashar)
UG Incharge

Dr. Varsha C 51-75
Dr. Nitesh F 126-150

(Dr. Rahul Bansal)
Prof & 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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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

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

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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 IL 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 CM11.10 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 4.2a 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. Anuraagha 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 1.10 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
MBBS-2021 batch Incharge

(Pawan Parashari)
H.G. Incharge

Chauhan

(Dr. Rahul Bansal)
Prof. & Head



Subharti Medical College

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SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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Office of the Head Dept. of Community Medicine

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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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 42 students benefitted from the session.

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



KharvelSubharti College of Pharmacy

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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	Aasif Ali	<i>Aasif</i>	9. YOGA" means addition. Addition of energy, strength and beauty to body, mind and soul Total no. of student-68
2.	1811000020096	Abdul Mannan	<i>Abdul Mannan</i>	
3.	1811000020097	Abdul Rehman Faridi	<i>Abdul Rehman</i>	
4.	1704050000758	Abhishek Pundir	<i>Abhishek</i>	
5.	1811000020196	Amisha	<i>Amisha</i>	
6.	1811000020237	Aniket	<i>Aniket</i>	
7.	1811000020098	Ankit Chaudhary	<i>Ankit</i>	
8.	1811000020099	Ankit Saini	<i>Ankit Saini</i>	
9.	1811000020100	Ankit Singh	<i>Ankit</i>	
10.	1811000020101	Arif Chaudhary	<i>Arif</i>	
11.	1811000020102	Arshad Saifi	<i>Arshad Saifi</i>	
12.	1811000020290	Arun Tanwar	<i>Arun</i>	
13.	1811000020238	Ashwani Tyagi	<i>Ashwani</i>	
14.	1811000020194	Athar Faleel	<i>Athar</i>	
15.	1811000020103	Ayush Tyagi	<i>Ayush</i>	
16.	1811000020104	Azmoeddin	<i>Azmoeddin</i>	
17.	1811000020105	Bhupendra Kumar	<i>Bhupendra</i>	
18.	1811000020239	Chirag Tyagi	<i>Chirag</i>	
19.	1811000020106	Danish Malik	<i>Danish Malik</i>	
20.	1811000020246	Dhyanesh Dutt Kaushik	<i>Dhyanesh Dutt</i>	
21.	1811000020281	Farman	<i>Farman</i>	
22.	1811000020197	Gourav Varsh	<i>Gourav Varsh</i>	
23.	1811000020107	Gaurav Panwar	<i>Gaurav</i>	
24.	1811000020187	Haquekat	<i>Haquekat</i>	
25.	1811000020108	Ibrahim	<i>Ibrahim</i>	
26.	1811000020213	Kareena Chaudhary	<i>Kareena</i>	
27.	1811000020214	Km Amgeer Jahan	<i>Km Amgeer Jahan</i>	
28.	1811000020109	Km. Shivani Sharma	<i>Shivani Sharma</i>	
29.	1811000020225	Km Swati Singh	<i>Swati</i>	
30.	1811000020215	Kim Chaudhary Samreen	<i>Samreen</i>	
31.	1811000020110	Mahab Ali	<i>Mahab Ali</i>	
32.	1811000020282	Manawar Ali	<i>Manawar Ali</i>	
33.	1811000020247	Manish Kumar	<i>Manish Kumar</i>	
34.	1811000020244	Miyank Tyagi	<i>Miyank Tyagi</i>	
35.	1811000020286	Mehnaz Chaudhary	<i>Mehnaz</i>	
36.	1811000020283	Mohd Parvez Chaudhary	<i>Mohd Parvez</i>	
37.	1811000020111	Mohammad Mowis Khan	<i>Mohammad</i>	
38.	1811000020112	Mohd Abid	<i>Abid</i>	
39.	1811000020113	Mohd Ahsan	<i>Ahsan</i>	
40.	1811000020198	Mohd Akbar	<i>Akbar</i>	
41.	1811000020216	Mohd Amir	<i>Amir</i>	
42.	1811000020289	Mohd Anas Saifi	<i>Anas</i>	
43.	1811000020284	Mohd Asif	<i>Asif</i>	
44.	1811000020114	Mohd Danish	<i>Danish</i>	
45.	1811000020252	Mohd Faiz	<i>Faiz</i>	
46.	1811000020245	Mohd Harish	<i>Harish</i>	
47.	1811000020115	Mohd Nazeem	<i>Nazeem</i>	
48.	1811000020184	Mohd Nabe Siddique	<i>Nabe Siddique</i>	
49.	1811000020116	Mohd Sajid	<i>Sajid</i>	
50.	1811000020117	Mohd Shahvez	<i>Shahvez</i>	
51.	1811000020118	Mohd Shuaib	<i>Shuaib</i>	
52.	1811000020119	Mohd Tabish Faruqi	<i>Tabish</i>	
53.	1811000020217	Mohd	<i>Mohd</i>	
54.	1811000020218	Mohd Guri	<i>Guri</i>	
55.	1811000020121	Muhammed Subhan	<i>Subhan</i>	

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PRINCIPAL

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56.	1811000022053	Mohammed Agh	agb -
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	Prashant Kumar	Prashant
63.	1811000020200	Prashant Sharma	Prashant
64.	1811000020288	Prince Hasan	Prince
65.	1811000020126	Prince Divit	Prince
66.	1811000022087	Punit	Punit
67.	1811000020191	Rajeev Pandey	Rajeev
68.	1811000022146	Rishabh	Rishabh

Sharma
PRINCIPAL
Kharvel Subharti College of Pharmacy
Subharti Puram, Meerut

**BHIKAJI CAMA SUBHARTI COLLEGE OF HOTEL MANAGEMENT**Website: hotelmanagement.subharti.org, e-mail: hotelmanagement@subharti.org, Ph.: 0121-2439043 / 52 (Extn. 3188), Telefax: 0121-3058030, 2439067

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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.



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

Date: 18/9/2021

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.



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

Date: 18/9/2021

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.



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.



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

Dr. Shiv Mohan Verma
HOI

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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

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 Vivekanand Subharti 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, KapalbhathiPranayamAnulomVilomPranayametc

Vedika, Veshali, Gungan, Khushi, Prretam, Vinay, Deepika, Lavi, Niharika, Aman, Anshul, Pallavi, Nisha, Priyaetc B.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



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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	DEEPTI JAIN	VIPUL JAIN	Hanish Jai
2	RIKTA TYAGI	VINOD KUMAR TYAGI	Pooja Tyagi
3	NEETU MALIK	VINOD KUMAR MALIK	
4	IRSYA YADAV	VINOD KUMAR	Dhruv
5	LANE	SANDEEP KUMAR	
6	NEELU'S SHARMA	RAJPAL SHARMA	Neelansh
7	PRITI FANI	VINOD KUMAR	Pratibha
8	DIVYITA SINGH	ARVIND KUMAR	
9	KANISHKA	BASANT	Shreya
10	KANISHKA TYAGI	PRANVEEN TYAGI	Nikita
11	ANI DUTTA	SUNIL KUMAR	Neelam
12	ANUSHA	SANTOSH KUMAR	Pooja
13	ANUSHA GARG	VIKAS GARG	
14	ANUSHA CHOUDHARY	DEVENDER SINGH	Vishal
15	ANUSHA SHUKLA	GRUJA SHANKAR SHUKLA	Naitik
16	ANUSHA AWASTHI	SIV DATTA AWASTHI	Shreya
17	ANUSHA CHOUDHARY	ADITYA CHOUDHARY	Anuska
18	ANUSHA KUMAR	SATENDRA SINGH	Rishi
19	ANUSHA CHAUDHARY	ASHOK KUMAR	Rishi
20	ANUSHA	SUNIL KUMAR	Deepti Chaudhary
21	ANUSHA SALMAN	MOHID JAVED	Salman
22	ANUSHA SANGWAN	ITENDRA SANGWAN	Anuska
23	ANUSHA CHAKRA	RAM KUMAR CHAKRA	
24	ANUSHA SHARMA	NARESH SHARMA	
25	ANUSHA KUMAR	PRAYEEN KUMAR	Rishi
26	ANUSHA PAL	BHISH KUMAR	Sangam Pal
27	ANUSHA ARYA	ITENDRA	Rishi
28	ANUSHA	RAJESH KUMAR	Anuska
29	ANUSHA KASHYAP	NARESH KUMAR KASHYAP	Rishi
30	ANUSHA	KUNDEERA SINGH	Anuska
31	ANUSHA	VINOD KUMAR	Taapli
32	ANUSHA GORWAL	BRJ MOHAN	
33	ANUSHA SINGH	SUNIL KUMAR	Taapli
34	ANUSHA MALIK	SANDEEP MALIK	Vishal
35	ANUSHA	DNESH KUMAR SHARMA	Sunil
36	ANUSHA RANI	SHYSHANKAR RANI	Anuska
37	ANUSHA PAL	RAM NIVAS PAL	Anuska
38	ANUSHA AGGARWAL	ANIL AGGARWAL	Shalini Aggarwal
39	ANUSHA KUMAR	BHENDER SINGH	
40	ANUSHA	RAJESH KUMAR	

[Signature]
Class Coordinator

[Signature] 11/05/2022
Academic Coordinator

[Signature]
Head



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UTKALMANI GOPABANDUDAS FACULTY OF EDUCATION

Department of Education

Yoga and Pranayam Activity during internship 11-05-2022

Sl.no	Student's Name	Father's Name	Signature
1	AARUSHI	VIPIN KUMAR	Aarushi
2	AJAY PEGWAL	ELAMCHAND	Ajaya
3	AMAN KAIF	MOHD. MANAVVAR	Aman Kaif
4	AKZOO DHAWAL	ROOPCHAND	Akzoo
5	BHAWNA	HARDEEP SINGH	Bhawni
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	Mohd.
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	VUJAY 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 CHODHARY	KOLINDER SINGH	Gungana
28	ANUSHA CHODHARY	ASHOK CHODHARY	Anusha

Class Coordinator

Academic Coordinator

Head



Department of Physical Education

Recognized by National Council for Teacher Education

Website: subharti@subharti.org, e-mail: physicaledu@subharti.org Ph.: 0121-3055000 / 52 (Extn: 2828,2823), Telefax: 0121-3058030, 2439067

SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



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 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 Saini 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	Swati Rana	BPEd	Swati	Swati
2	Yukti Pal	BPEd	Yukti	Yukti
3	Shwapnil Nagar	BPEd	Shwapnil	Shwapnil
4	Divyanshu Khattar	BPEd	Divyanshu	Divyanshu
5	Vansha Sharma	BPEd	Vansha	Vansha
6	Deeksha	BPEd	Deeksha	Deeksha
7	Anu Rani	PED	Anu	Anu
8	Neeti Kumar	MED	Neeti	Neeti
9	Shikha Sharma	M.Ed II Sem	Shikha	Shikha
10	Arshi Sharma	M.Ed II Sem	Arshi	Arshi
11	Vansha Sharma	M.Ed II Sem	Vansha	Vansha
12	Muskan	M.Ed II Sem	Muskan	Muskan
13	Shweta Sharma	M.Ed II Sem	Shweta	Shweta
14	Kajal Paul	M.Ed II Sem	Kajal	Kajal
15	Ritu Ch.	M.Ed II Sem	Ritu	Ritu
16	Sandhya	M.Ed II Sem	Sandhya	Sandhya
17	Kumari Riga	B.Ed 4 th year	Kumari	Kumari
18	Mansi Gudi	B.Ed 4 th year	Mansi	Mansi
19	Kumari Gudi	B.Ed 4 th year	Kumari	Kumari
20	SEETA SHARMA	B.Ed II Sem	Seeta	Seeta
21	Arshi Sharma	Arshi Sharma	Arshi	Arshi
22	Rishi Chander	B.Ed II Sem	Rishi	Rishi
23	Ritika Verma	B.Ed II Sem	Ritika	Ritika
24	Vansha Sharma	B.Ed II Sem	Vansha	Vansha
25	Muskan Tiffin	B.Ed II Sem	Muskan	Muskan
26	Kirti Agrawal	B.Ed II Sem	Kirti	Kirti
27	Gurpreet Ch.	B.Ed II Sem	Gurpreet	Gurpreet
28	Tanvi Yadav	B.Ed II Sem	Tanvi	Tanvi
29	Sakshi Saini	B.Ed II Sem	Sakshi	Sakshi
30	Kanak	B.Ed II Sem	Kanak	Kanak
31	Sapna Yadav	"	Sapna	Sapna
32	Laxmi	"	Laxmi	Laxmi
33	Jyoti Yadav	"	Jyoti	Jyoti
34	Pallavi Poonia	B.Ed II Sem	Pallavi	Pallavi
35	Anusha Choudhary	B.Ed II Sem	Anusha	Anusha
36	Vansha Verma	B.Ed II Sem	Vansha	Vansha
37	Kumari Sagar	B.Ed II Sem	Kumari	Kumari
38	Shraddha	B.Ed II Sem	Shraddha	Shraddha
39				



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40	Doos			
41	Sanjiv Chakraborty	B.E.Ed		
42	Subhi Kashyap	B.E.Ed		
43	Shubhanshu	B.E.Ed		
44	Rishi	B.E.Ed		
45	Arin	B.E.Ed		
46	Mye Roshni Rani	B.E.Ed		
47	Bhaskar	B.E.Ed		
48	Shalini Aggarwal	B.E.Ed		
49	Prashant Chaudhary	B.E.Ed		
50	Deepika Sangwan	B.E.Ed		
51	Janice	B.E.Ed		
52	Supu	B.E.Ed		
53	Puri	B.E.Ed		
54	Roshni	B.E.Ed		
55	Sangam Pal	B.E.Ed		
56	Kalpna Rani	B.E.Ed		
57	Kirita Singh	B.E.Ed		
58	DEEPA	B.E.Ed		
59	Ishika Singh	B.E.Ed		
60	Vandana Mishra	B.E.Ed		
61	Taruna Singh	B.E.Ed		
62	Kavya	B.E.Ed		
63	Koyal	B.E.Ed		
64	Mr. Sanjay Rana	B.E.Ed		
65	Kunja Singh	B.E.Ed		
66	Dr. Bhawana Singh	B.E.Ed		
67	Shakun	B.E.Ed		
68	Garvi Jain	B.E.Ed		
69	Shivangi Joshi	B.E.Ed		
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Dr. Manju Adhikari
Asso. prof.
Department of Physical Education

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



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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.	Aakshita Sinha
50.	Aanchal Jain
51.	Aanchal Maan
52.	Aashi Goel
53.	Adiba
54.	Agrima
55.	Akrati Rana
56.	Akshita


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 Meerut

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



Registrar
Swami Vivekanand
Subharti University
MEERUT

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	Chandrashu 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	Bhuv 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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Principal

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.

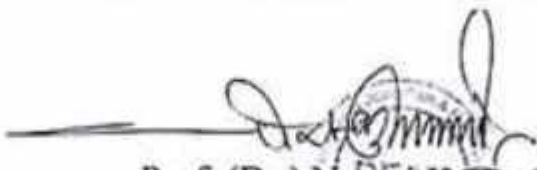


(Mr. Rahul Bansal addressing the students on "Yoga and Wellness")

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 DAIN	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.	SHIKIB 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

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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

Registrar
Swami Vivekanand
Subharti University
MEERUT



Yog Mudra



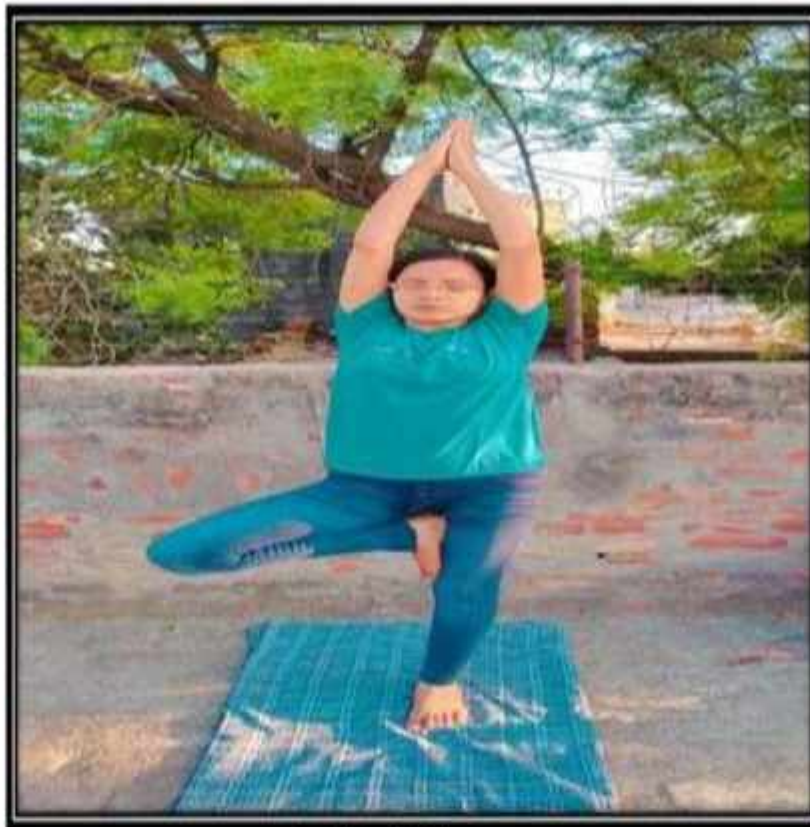
(Students are practicing of Yoga at home on the occasion of International Day of Yoga)



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.	BHOLES 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


 Registrar
 Swami Vivekanand
 Subharti University
 MEERUT



HOD

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)
 - Suryanamaskar - 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	Dipiyoti 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.	Anuj	1906000001706
2.	Aryan chahal	1906000001707
3.	Asabulhak	1906000001145
4.	Gunjan rana	1906000001147
5.	Kanishka gang	1906000001142
6.	Kim sneha singh	1906000001722
7.	Kunal saini	1906000001144
8.	Nitin kumar	1906000001151
9.	Puja sree	1906000001148
10.	Rinku kumara	1906000001150
11.	Shwangi sharma	1906000001141
12.	Soyali	1906000001149
13.	Sumit	1906000001143
14.	Tagor oppo	1906000001146
15.	Aakash kasana	1906000001145
16.	Arushi mishra	1906000001143
17.	Divyansh kumar	1906000001137
18.	Geetanjali singh	1906000001136
19.	Kamal deep	1906000001148
20.	Khushi	1906000001132
21.	Kim khwahish	1906000001149
22.	Kim lovely	1906000001140
23.	Mohit	1906000001144
24.	Priyanshu chauhan	1906000001139
25.	Rashi	1906000001142
26.	Shivam khatri	1906000001133
27.	Shivangi	1906000001141
28.	Shivani yadav	1906000001134
29.	Shubham tyagi	1906000001151
30.	Swestantra kumar	1906000001146
31.	Arti	1906000001725
32.	Kim nikita 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 deshwal	1906000001361
39.	Akash	1906000001367
40.	Akshay kumar	1906000001364
41.	Banti	1906000001359
42.	Harshit chauhan	1906000002176
43.	Harshit Choudhary	1906000001368
44.	Kim himanshi	1906000001368
45.	Kim partha rati	1906000001365
46.	Naushad Khan	1906000001369
47.	Nikhi tomar	1906000001358
48.	Nongthombam trihankar singh	1906000001357
49.	Sahil hasan	1906000001366
50.	Shivam	1906000001370
51.	Shivam gotsami	1906000002591
52.	Udit chauhan	1906000001363
53.	Vinay kumar rana	1906000001360
54.	Vinay 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 mehta	1906000001375
65.	Tanisha khatri	1906000001373
66.	Abhinav kumar	1906000001140
67.	Anshika choudhry	1906000001132
68.	Anubhav gupta	1906000001131
69.	Anurag	1906000002577
70.	Ashutosh sonu	1906000001129
71.	Chirag sahanwal	1906000001129
72.	Kim momina khatoon	1906000001130
73.	Mehak pundi	1906000001092
74.	Mohd lukman	1906000001138
75.	Priya gautam	1906000001137
76.	Rahul	1906000001135

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77.	Sharvan rathi	1906000001130
78.	Sparsh shukla	1906000001101
79.	Tarun kalia	1906000001094
80.	Vanshika goyal	1906000001113
81.	Vanshika malik	1906000001093
82.	Vijeta punjiv	1906000001134
83.	Abhinav	1906000001127
84.	Arun sath	1906000001091
85.	Bhavana sharma	1906000001126
86.	Chitrangi bhardwaj	1906000001090
87.	Disha sangwan	1906000001380
88.	Rajul tyagi	1906000001125
89.	Rishan sagar	1906000001124
90.	Shahana saifi	1906000001128
91.	Aditi rathi	1906000002035
92.	Anjali singh	1906000001130
93.	Anshika sharma	1906000001734
94.	Anshu srathi	1906000001331
95.	Kin shanvi malik	1906000001735
96.	Shreya agarwal	1906000001329
97.	Sunny prakhar khaliha	1906000001733
98.	Abdul Barique Khan	1906000002478
99.	Abhay kumar	P-29231
100.	Abhishek kumar	P-28928
101.	Alman anjum	1906000002476
102.	Ajay kumar	P-29217
103.	Alok kumar	P-28762
104.	Amandeep kumar	1906000002473
105.	Anjali kumari	1906000002483
106.	Ankit kumar singh	P-28592
107.	Ankur kumar	1906000002949
108.	Annu kumari	P-29321
109.	Arya muskan	1906000002481
110.	Bhanu pratap singh	P-29185
111.	Bhveen kumar	P-28720
112.	Bhola kumar	P-28826
113.	Bittu kumar	P-28672
114.	Deepika kumari	1906000001545
115.	Dharmeshwarprath pandey	1906000001936
116.	Dhruv bharti	1906000001939

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