

# Report of Yoga and wellnessDevelopmentProgramme during the Academic Year (2019 to 2024)



Ref. No.: Phy.Edu./SVSU/2023/ 403<sup>0</sup>

Date: 09-10/08/2023

**REPORT ON  
DISTRICT YOGASANA SPORTS CHAMPIONSHIP**

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

09<sup>th</sup> to 10<sup>th</sup> 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 20), 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  
2023177

### 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 (9<sup>th</sup> & 10 August 2023)

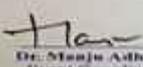
**CERTIFICATE OF PARTICIPATION**

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

|  |   |
|--|---|
| <p><b>Event:</b></p> <ul style="list-style-type: none"> <li>• Traditional Yogasana <input type="checkbox"/></li> <li>• Artistic Single <input type="checkbox"/></li> <li>• Artistic Pair <input type="checkbox"/></li> <li>• Rhythmic Pair <input type="checkbox"/></li> </ul> | <p><b>Age Category:</b></p> <ul style="list-style-type: none"> <li>• Sub-Junior <input type="checkbox"/></li> <li>• Junior <input type="checkbox"/></li> <li>• Senior <input type="checkbox"/></li> </ul> |
|--|---|



Mr. Kapil Tyagi  
Secretary-DYSA Meerut



Dr. Manju Adhikari  
Event Coordinator



Dr. Sandeep Kumar  
President-DYSA Meerut

## ATTENDANCE SHEET

## Meerut District Yogasana Sports Championship

09<sup>th</sup> to 10<sup>th</sup> 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 Parmar (D)          |       | Mr. Jaiveer (D)        |       | Ms. Mukta (D)  |       |
| 3   | Ms. Preeti (T)                 |       | Mr. Vishal (T)         |       | Ms. Durnini (T)                                      |       |
| 4   | Mr. Nishant (Eval.)<br>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 &<br>Ms. Scriya Rana<br>(Verification) |       |

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

Chief judge - Mr. Ankit Shastri →

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



  
 Dr. Manju Adhikari  
 Event Coordinator

## WINNERS LIST

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

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

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

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

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

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

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

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

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

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

**SENIOR CATEGORY MALE (45+ TO 55 Yrs)**

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

|  |           |                          |                                   |            |    |
|--|-----------|--------------------------|-----------------------------------|------------|----|
|  |           | MITTAL<br>UNNATI         | KAPIL GARG/SANJAY<br>KUMAR NIMESH | THE ADHYAN | IV |
|  | 1001/1067 | GARG/TANISHA<br>NIMESH   |                                   |            |    |
|  | 1090/1091 | BARBE SINGH/<br>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 |
|---------------------|-----------|----------------------|---------------------------------------|--------------------|----------|
| <b>TRADITIONAL</b>  | 1040      | VANSH RAY            | SURENDRA RAY                          | SARTHAK YOGA TRUST | I        |
|                     | 1044      | MAYANK               | MR. MAHESH KUMAR                      | IBSSM              | II       |
|                     | 1138      | ADI ABDULLAH         | MOHD. IRANA ANSARI                    | IBSSM              | III      |
|                     | 1136      | NISHANI PRAJAPAT     | MR. JLE SINGH                         | SDSSM IC           | IV       |
|                     | 1141      | ABHISHEK KUMAR DAKSH | MR. SANJAY KUMAR                      | SDSSM IC           | V        |
| <b>RYTHMIC PAIR</b> | 1044/1138 | MAYANK /ADI ABDULLAH | MR. MAHESH KUMAR / MOHD. IRANA ANSARI | IBSSM              | I        |

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

|                    | CHEST NO. | PLAYER NAME   | FATHER NAME      | INSTITUTE  | POSITION |
|--------------------|-----------|---------------|------------------|------------|----------|
| <b>TRADITIONAL</b> | 1045      | RITIKA SHARMA | DINESH KUMAR     | KESHAN IC  | I        |
|                    | 1103      | SHAGUN SHARMA | MR. UMESH SHARMA | ARYA SHALA | II       |

|                        |      |                  |                      |                 |     |
|------------------------|------|------------------|----------------------|-----------------|-----|
| <b>ARTISTIC SINGLE</b> | 1139 | SARISHA JAIN     | ANKUR JAIN           | THE AADHYAN     | III |
|                        | 1062 | KRATI AGRAWAL    | SAURABH AGARWAL      | THE AADHYAN     | IV  |
|                        | 1049 | SAKSHI PANDAY    | MR.GOPAL DUTT PANDEY | SDSSM IC        | V   |
|                        | 1062 | KRATI AGRAWAL    | SAURABH AGARWAL      | 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 |
|------------------------|-----------|---------------|-------------------|-----------|----------|
| <b>TRADITIONAL</b>     | 1111      | ARYAN         | RAJESH            | V.S.U     | I        |
|                        | 1051      | NISHKARSH     |                   | SV.S.U    | II       |
|                        | 1102      | MANISH GAUTAM | PINTU             | M.C.      | III      |
|                        | 1065      | PRAYAG GUPTA  | RAMESH BABU GUPTA | BMT       | IV       |
|                        | 1119      | VISHAL ARYA   |                   | SV.S.U    | V        |
| <b>ARTISTIC SINGLE</b> | 1102      | MANISH GAUTAM | PINTU             | IBSSM     | I        |

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

|  | CHEST NO. | PLAYER NAME    | FATHER NAME | INSTITUTE | POSITION |
|--|-----------|----------------|-------------|-----------|----------|
|  | 1134      | MANISHA KUMARI | PANNALAL    | BMT       | I        |

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

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

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

|                        | CHEST NO. | PLAYER NAME                      | FATHER NAME                      | INSTITUTE       | POSITION   |
|------------------------|-----------|----------------------------------|----------------------------------|-----------------|------------|
| <b>TRADITIONAL</b>     | 1048      | SHRISTI VERMA                    | PRADEEP KUMAR                    | THE AARYANS     | <b>I</b>   |
|                        | 1063      | VANSHIKA PAL                     | TAPESH KUMAR                     |                 | <b>II</b>  |
|                        | 1073      | VASHNAVI TOMAR                   | AMRESH TOMAR                     |                 | <b>III</b> |
|                        | 1098      | PRIYAL SHARMA                    | VINEET MOHAN SHARMA              |                 | <b>IV</b>  |
|                        | 1034      | ARYA MITTAL                      | AMIT KUMAR MITTAL                |                 | <b>V</b>   |
| <b>ARTISTIC SINGLE</b> | 1124      | DAKSHITA BHARDWAJ                | ANUPAM SHARMA                    | THE ADHYAN      | <b>I</b>   |
|                        | 1098      | PRIYAL SHARMA                    | VINEET MOHAN SHARMA              | THE ARYANS      | <b>II</b>  |
|                        | 1146      | DEEPIKA DAYAL                    | RAMESHWAR DAYAL                  | DARSHAN ACADEMY | <b>III</b> |
|                        | 1085      | ARADHYA SHARMA                   | PRADEEP KUMAR SHARMA             | DARSHAN ACADEMY | <b>IV</b>  |
|                        | 1066      | TARU THAKUR                      | DHEERAJ KUMAR                    | THE ADHYAN      | <b>V</b>   |
| <b>ARTISTIC PAIR</b>   | 1179/1063 | MAHI SAINI/VANSHIKA PAL          | SANJEEV SAINI/TAPESH KUMAR       | THE ADHYAN      | <b>I</b>   |
|                        | 1058/1048 | VANI UJWAL/SHRISTI VERMA         | JAIVARDHAN UJWAL                 | THE AARYANS     | <b>II</b>  |
|                        | 1084/1069 | ASMI RASTOGI/KHANAK KASHYAP      | JATIN RASTOGI/MUKESH KASHYAP     | DARSHAN ACADEMY | <b>III</b> |
| <b>RYTHMIC PAIR</b>    | 1089/1095 | SWATI MANDAL/ PIHU SINGHAL       | UJAL MANDAL                      | THE ADHYAN      | <b>I</b>   |
|                        | 1076/1080 | NANDINI KUSHWAHA/AKSHITA KHOKHAR | BHOOP SINGH/SUNIL KUMAR          | DARSHAN ACADEMY | <b>II</b>  |
|                        | 1064/1004 | VABHAVI RASTOGI/ARYA             | PUNEET RASTOGI/AMIT KUMAR MITTAL | THE ADHYAN      | <b>III</b> |

|  |           |                        |                                |            |           |
|--|-----------|------------------------|--------------------------------|------------|-----------|
|  |           | MITTAL UNNATI          |                                |            |           |
|  | 1001/1067 | GARG/TANISHA NIMESH    | KAPIL GARG/SANJAY KUMAR NIMESH | THE ADHYAN | <b>IV</b> |
|  | 1090/1091 | BARBIE SINGH/ HAKSHITA | NAVAL KISHORE                  | THE ADHYAN | <b>V</b>  |

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



| SR   | NAME   | FATHER NAME | NAME   | SEX | AGE | SECTION |
|------|--------|-------------|--------|-----|-----|---------|
| 1092 | KARSHI | ANURAG      | KHOSLA | F   | 0   | 0       |
| 1093 | ANITA  | ANURAG      | KHOSLA | F   | 0   | 0       |
| 1111 | ANURAG | MOHIT SINGH | KHOSLA | F   | 1   | 0       |
| 1094 | ANURAG | SHYAM       | KHOSLA | M   | 0   | 0       |
| 1074 | ANURAG | MAHESH      | LALITA | M   | 0   | 0       |
| 1080 | ANURAG | YASH        | YASH   | M   | 1   | 0       |
| 1086 | ANURAG | SHASHI      | SHASHI | F   | 1   | 0       |
| 1028 | ANURAG | ANURAG      | SHASHI | F   | 2   | 0       |
| 1113 | ANURAG | SHASHI      | SHASHI | F   | 0   | 0       |
| 1011 | ANURAG | SUNDER PAL  | SHASHI | M   | 0   | 0       |
| 1380 | ANURAG | HARSH       | SHASHI | M   | 1   | 1       |
| 1087 | ANURAG | MOHIT       | SHASHI | F   | 0   | 0       |
| 1081 | ANURAG | YASH        | SHASHI | M   | 0   | 0       |
| 1145 | ANURAG | KASHI       | SHASHI | F   | 0   | 0       |
| 1158 | ANURAG | ANURAG      | SHASHI | F   | 0   | 0       |
| 1018 | ANURAG | SHASHI      | SHASHI | F   | 1   | 1       |
| 1023 | ANURAG | SHASHI      | SHASHI | F   | 1   | 0       |
| 1014 | ANURAG | ANURAG      | SHASHI | F   | 0   | 0       |
| 1077 | ANURAG | ANURAG      | SHASHI | M   | 1   | 1       |
| 1075 | ANURAG | ANURAG      | SHASHI | M   | 1   | 0       |
| 1088 | ANURAG | ANURAG      | SHASHI | M   | 0   | 0       |
| 1085 | ANURAG | ANURAG      | SHASHI | M   | 0   | 1       |
| 1084 | ANURAG | ANURAG      | SHASHI | F   | 1   | 0       |
| 1082 | ANURAG | ANURAG      | SHASHI | F   | 0   | 0       |

|      |        |       |        |   |   |   |
|------|--------|-------|--------|---|---|---|
| 1190 | ANURAG | KASHI | SHASHI | F | 1 | 0 |
|------|--------|-------|--------|---|---|---|

|      |        |        |        |   |   |   |
|------|--------|--------|--------|---|---|---|
| 1027 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1144 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1095 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1086 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1025 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1098 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1073 | ANURAG | ANURAG | SHASHI | M | 0 | 1 |
| 1100 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1099 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1207 | ANURAG | ANURAG | SHASHI | F | 2 | 0 |
| 1105 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1174 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1140 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1015 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1012 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1101 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1106 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1013 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1170 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1151 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1180 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1016 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1177 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1087 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1116 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1089 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1072 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1181 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1083 | ANURAG | ANURAG | SHASHI | F | 0 | 1 |
| 1096 | ANURAG | ANURAG | SHASHI | F | 0 | 1 |

|      |        |        |        |   |   |   |
|------|--------|--------|--------|---|---|---|
| 1081 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1112 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1104 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1029 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1029 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1011 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1095 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1143 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1021 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1103 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1099 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1064 | ANURAG | ANURAG | SHASHI | F | 0 | 0 |
| 1150 | ANURAG | ANURAG | SHASHI | M | 0 | 0 |
| 1094 | ANURAG | ANURAG | SHASHI | F | 1 | 1 |
| 1081 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1041 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1088 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1100 | ANURAG | ANURAG | SHASHI | M | 0 | 1 |
| 1170 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1064 | ANURAG | ANURAG | SHASHI | M | 1 | 0 |
| 1089 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1120 | ANURAG | ANURAG | SHASHI | F | 1 | 1 |
| 1087 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1159 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1172 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |
| 1064 | ANURAG | ANURAG | SHASHI | F | 1 | 1 |
| 1071 | ANURAG | ANURAG | SHASHI | F | 1 | 0 |

### GLIMPSE AND NEWS OF NATIONAL SEMINAR









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

## Office of the Principal & Dean Faculty of AYUSH

Dated: 22<sup>nd</sup> 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 4<sup>th</sup> year, and Shruti 4<sup>th</sup> 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.



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



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



**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**

**List of Participants:**

**SIBHARTI** | **MAHARISHI AUROBINDO SUBHARTI COLLEGE & HOSPITAL OF NATUROPATHY & YOGIC SCIENCES**

Office of the Principal & Dean Faculty of AYUSH

Name of program: *Orientation of Ayurvedic students on 21 June 2024*  
 Name of a Resource Person: *Dr. Abhay Shankar Gowda*  
 Name of Activity coordinator: *Prof. Dr. (A) Prof. (A)*  
 Date: *21st June 2024*  
 List of participants: *50*

| S. No. | Name of Participants | Roll No. | Remarks | Signature |
|--------|----------------------|----------|---------|-----------|
| 1      | ...                  | ...      | ...     | ...       |
| 2      | ...                  | ...      | ...     | ...       |
| 3      | ...                  | ...      | ...     | ...       |
| 4      | ...                  | ...      | ...     | ...       |
| 5      | ...                  | ...      | ...     | ...       |
| 6      | ...                  | ...      | ...     | ...       |
| 7      | ...                  | ...      | ...     | ...       |
| 8      | ...                  | ...      | ...     | ...       |
| 9      | ...                  | ...      | ...     | ...       |
| 10     | ...                  | ...      | ...     | ...       |
| 11     | ...                  | ...      | ...     | ...       |
| 12     | ...                  | ...      | ...     | ...       |
| 13     | ...                  | ...      | ...     | ...       |
| 14     | ...                  | ...      | ...     | ...       |
| 15     | ...                  | ...      | ...     | ...       |
| 16     | ...                  | ...      | ...     | ...       |
| 17     | ...                  | ...      | ...     | ...       |
| 18     | ...                  | ...      | ...     | ...       |
| 19     | ...                  | ...      | ...     | ...       |
| 20     | ...                  | ...      | ...     | ...       |
| 21     | ...                  | ...      | ...     | ...       |
| 22     | ...                  | ...      | ...     | ...       |
| 23     | ...                  | ...      | ...     | ...       |
| 24     | ...                  | ...      | ...     | ...       |
| 25     | ...                  | ...      | ...     | ...       |
| 26     | ...                  | ...      | ...     | ...       |
| 27     | ...                  | ...      | ...     | ...       |
| 28     | ...                  | ...      | ...     | ...       |
| 29     | ...                  | ...      | ...     | ...       |
| 30     | ...                  | ...      | ...     | ...       |
| 31     | ...                  | ...      | ...     | ...       |
| 32     | ...                  | ...      | ...     | ...       |
| 33     | ...                  | ...      | ...     | ...       |
| 34     | ...                  | ...      | ...     | ...       |
| 35     | ...                  | ...      | ...     | ...       |
| 36     | ...                  | ...      | ...     | ...       |
| 37     | ...                  | ...      | ...     | ...       |
| 38     | ...                  | ...      | ...     | ...       |
| 39     | ...                  | ...      | ...     | ...       |
| 40     | ...                  | ...      | ...     | ...       |
| 41     | ...                  | ...      | ...     | ...       |
| 42     | ...                  | ...      | ...     | ...       |
| 43     | ...                  | ...      | ...     | ...       |
| 44     | ...                  | ...      | ...     | ...       |
| 45     | ...                  | ...      | ...     | ...       |
| 46     | ...                  | ...      | ...     | ...       |
| 47     | ...                  | ...      | ...     | ...       |
| 48     | ...                  | ...      | ...     | ...       |
| 49     | ...                  | ...      | ...     | ...       |
| 50     | ...                  | ...      | ...     | ...       |

**SIBHARTI** | **MAHARISHI AUROBINDO SUBHARTI COLLEGE & HOSPITAL OF NATUROPATHY & YOGIC SCIENCES**

Office of the Principal & Dean Faculty of AYUSH

Name of program: *Orientation of Ayurvedic students on 21 June 2024*  
 Name of a Resource Person: *Dr. Abhay Shankar Gowda*  
 Name of Activity coordinator: *Prof. Dr. (A) Prof. (A)*  
 Date: *21st June 2024*  
 List of participants: *50*

|    |     |     |     |     |
|----|-----|-----|-----|-----|
| 36 | ... | ... | ... | ... |
| 37 | ... | ... | ... | ... |
| 38 | ... | ... | ... | ... |
| 39 | ... | ... | ... | ... |
| 40 | ... | ... | ... | ... |
| 41 | ... | ... | ... | ... |
| 42 | ... | ... | ... | ... |
| 43 | ... | ... | ... | ... |
| 44 | ... | ... | ... | ... |
| 45 | ... | ... | ... | ... |
| 46 | ... | ... | ... | ... |
| 47 | ... | ... | ... | ... |
| 48 | ... | ... | ... | ... |
| 49 | ... | ... | ... | ... |
| 50 | ... | ... | ... | ... |

*Handwritten signature* and **Official stamp of Swami Vivekanand Subharti University, Meerut.**

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



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

Date: 20-06-2024

### Report: Yoga for MBBS 2023 batch students

 niraj.nayan.rishi.meer@subharti.org

---

**Re: Yoga for MBBS 2023 batch students.**

1 message

Subharti Naturopathy/Yoga naturopathy@subharti.org Tue, Jun 4, 2024 at 9:38 AM  
 To: student medical naturobindo@subharti.org  
 Cc: j.vishal@yves.in, dr.santoshk@subharti.org, MEDICAL COLLEGE -meedcol@subharti.org, uncaahay2021@gmail.com, SMC Physiology  
 4naphyology2@gmail.com, jashwan kaur -healthandwellness@subharti.org, Dr.Niraj.Nayan.Rishi.meer@subharti.org

JAI HIND!

Dr. Niraj Nayan Rishi, Asst. Professor of our college will coordinate the program.  
 His contact number is 820014673.

Thanks & Regards!

Dr. Abhay K. Shastri, BMS, MD-NP  
 Principal, Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences,  
 Dean, Faculty of AYUSH, Swami Vivekanand Subharti University,  
 Subhartipuram, NH-58, Delhi-Haridwar Bypass Road, Meerut, U.P., India - 20080

Email: naturopathy@subharti.org | Call: +91-92183301  
 Website: www.subharti.org & http://www.naturopathy.subharti.org

Important Links:  
 Google App: <https://www.app.goo.gl/PWdUJng1XZjgYn0>  
 Official Facebook Page: <https://www.facebook.com/subharti.org/>  
 YouTube Page: <https://www.youtube.com/channel/UCtunW@Naturopathy/Yoga>

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



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



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



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



Participants List:

Subhartipuram, Delhi-Haridwar Meerut Bypass Road, NH-58, Meerut - 250 005  
Extn: 3553 / 3554 /3568 | Cell: 9639010531, 9639015554, 9639011197 | E-mail : naturopathy@subharti.org | Website : www.naturopathy.subharti.org



**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**

*Handwritten signature*

**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

|  |     |               |                   |           |    |
|--|-----|---------------|-------------------|-----------|----|
| <ul style="list-style-type: none"> <li>• Faculty of Physiotherapy &amp; Allied Health Sciences (Est. 1999)</li> <li>• Faculty of Medicine (Est. 2000)</li> <li>• Faculty of Nursing (Est. 2000)</li> <li>• Faculty of Law (Est. 2003)</li> <li>• Faculty of Engineering &amp; Technology (Est. 2004)</li> <li>• Faculty of Management &amp; Commerce (Est. 2007)</li> <li>• Faculty of Education (Est. 2008)</li> <li>• Faculty of Pharmacy (Est. 2009)</li> <li>• Faculty of Fine Arts (Est. 2009)</li> <li>• Faculty of Arts &amp; Social Science (Est. 2009)</li> <li>• Subharti Polytechnic College (Est. 2010)</li> <li>• Faculty of AYUSH (Est. 2011)</li> <li>• Faculty of Science (Est. 2013)</li> </ul> | 1.  | 2211000000176 | AADIL KHAN        | Aadil     | Y  |
|  | 2.  | 2211000000051 | AAKASH CHAUHAN    | Aakash    | mu |
|  | 3.  | 2211000000007 | AAKASH DAHIYA     | Aakash    | ad |
|  | 4.  | 2211000001058 | AAKASH INSHA      | Aakash    | At |
|  | 5.  | 2211000000005 | AAKASH YADAV      | Aakash    | en |
|  | 6.  | 2211000000165 | AARIF KHAN        | Aarif     | st |
|  | 7.  | 2211000000036 | ABDUS SABOOR KHAN | Abdur     | at |
|  | 8.  | 2211000000059 | ABHI MALIK        | Abhi      | to |
|  | 9.  | 2211000000040 | ABHISHEK          | Abhishek  | me |
|  | 10. |               | ABHISHEK MALIK    | Abhishek  | su |
|  | 11. | 2211000000060 | ABHISHEK PAL      | Abhishek  | Ti |
|  | 12. | 2211000000156 | ABHISHEK SHARMA   | Abhishek  | st |
|  | 13. | 2211000000370 | ADITYA KAUSHIK    | Aditya    | Y  |
|  | 14. | 2211000000054 | ADITYA PRATAP     | Aditya    | mu |
|  | 15. | 2211000000055 | AFZAL BEG         | Afzal     | ad |
|  | 16. | 2211000000008 | AKASH YADAV       | Akash     | At |
|  | 17. | 2211000000068 | AMAN              | Aman      | en |
|  | 18. | 2211000000076 | AMAN MITTAL       | Aman      | st |
|  | 19. | 2211000000043 | AMAN SAINI        | Aman      | at |
|  | 20. | 2211000000052 | AMAN TYAGI        | Aman      | to |
|  | 21. | 2211000000045 | ANIK SHARMA       | Anik      | me |
|  | 22. | 2211008802068 | ARJUN TYAGI       | Arjun     | su |
|  | 23. | 2211000000038 | ARNAV PARASHAR    | Arnav     | Ti |
|  | 24. | 2211000000166 | ARSHAN ALI        | Arshan    | st |
|  | 25. | 2211000000164 | AYUSH AGARWAL     | Ayush     | Y  |
|  | 26. | 2211000000168 | DEEPANSH GARG     | Deepansh  | mu |
|  | 27. | 2211000000205 | DEVANSH KUMAR     | Devansh   | ad |
|  | 28. | 2211000000013 | DEVASHISH         | Devashish | At |
|  | 29. | 2211000000157 | DEVIKA RANI       | Devika    | en |
|  | 30. | 2211000000056 | FARMAN TYAGI      | Farmansh  | st |
|  | 31. | 2211000000371 | GOURAV            | Gourav    | at |

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

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

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

*S. V. M. M.*  
 PRINCIPAL & DEAN  
 Kharvel 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.

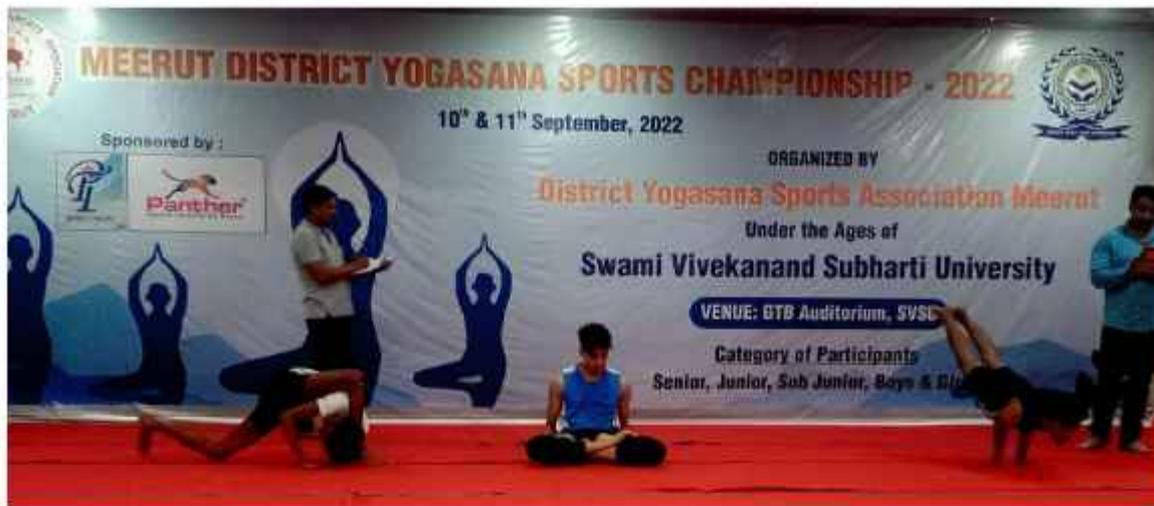
Mr. Rahul, BNYS (2019 batch) secured a Silver in Senior Artistic yoga single.

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



जीवन्मुक्तये नमः



Winners of the Yoga Competition



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 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      | 28/2/22                | 1/3/22                    | 02/3/22               | 05/3/22      | 07/3/22          | 08/3/22      | 09/3/22      | 10/3/22      | 11/3/22      |              |
|------|-------------------------|---------------------|---------------------|------------------|--------------|--------------|-------------|--------------------|--------------|--------------------------|------------------|--------------|------------------------|---------------------------|-----------------------|--------------|------------------|--------------|--------------|--------------|--------------|--------------|
| 55   | KAJAL GOSWAMI           | 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            |              |
| 57   | <del>JYOTI KUMARI</del> | <del>P</del>        | <del>P</del>        | <del>P</del>     | <del>P</del> | <del>P</del> | <del></del> | <del>P</del>       | <del>P</del> | <del>P</del>             | <del>P</del>     | <del>P</del> | <del>P</del>           | <del>P</del>              | <del>P</del>          | <del>P</del> | <del>P</del>     | <del>P</del> | <del>P</del> | <del>P</del> | <del>P</del> |              |
| 58   | KHUSHI POSWAL           | A                   | A                   | A                | A            | A            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 59   | KRISHAN KANT SHARMA     | P                   | P                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 60   | KRISHNA GOPAL GANDHI    | P                   | P                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 61   | LOKESH BANIK            | A                   | A                   | A                | A            | A            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 62   | LOVEESH JHANJI          | 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            | A            | P            |              |
| 64   | MAHIMA GARG             | 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            |              |
| 66   | MANASI AGRAWAL          | P                   | P                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 67   | MANRAJ SINGH            | A                   | A                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | A            | P            |              |
| 68   | MANSI                   | 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            |              |
| 70   | MANVI BANSAL            | P                   | P                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            | P            | P            |              |
| 57   | KAH SAMREEN             | P                   | P                   | P                | P            | P            |             | P                  | P            | P                        | P                | P            | P                      | P                         | P                     | P            | P                | P            | P            |              |              |              |
|      |                         | Dr. Keshav Bansiwal | Dr. Chhavi K. Gupta | Dr. Shalini Pant | Dr. Vansha   | Dr. Vansha   |             | Dr. Pooja Parashar | Dr. Chhavi   | Dr. Bhawana / Dr. Anchal | Dr. Tejas Chhavi | Dr. Monika   | Dr. Pooja / Dr. Anchal | Dr. Anuradha / Dr. Anchal | Visit to old age home | Dr. Anchal   | Dr. Ramesh Singh | Dr. Shikha   | Dr. Anuradha | Dr. Anuradha | Dr. Anuradha | Dr. Anuradha |



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2116), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

- Anulome vilome
  - Kapal bharti
  - Bharamri
4. Meditation with sound 10 minutes

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of



## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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

### Office of the Head Dept. of Community Medicine

Date: 05/3/22

#### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

### 4. Meditation with sound 10 minutes

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 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)

### *Office of the Head Dept. of Community Medicine*

Date:13/3/22

#### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

#### 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**  
Professor & Head  
Dept of Community Medicine  
SMC



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 3. Pranayama (breathing exercise) - 10 minutes

- Anulome vilome
- Kapalbharti
- Bharamri

### 4. Meditation with sound 10 minutes

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

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

## 2020 IJ Batch Community Attendance Posting MBBS Medicine SMC

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date:26/3/22**

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2116), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

### 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

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

#### 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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

Date:26/3/22

#### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

#### 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

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

### 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

## 2020 IJ Batch Community Attendance Posting MBBS Medicine SMC

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

| S.N. | Name of Students           | 14/3/22           | 15/3/22           | 16/3/22    | 21/3/22      | 22/3/22      | 23/3/22    | 24/3/22            | 27/3/22           | 28/3/22           | 29/3/22           | 30/3/22           | 31/3/22        | 1/4/22            | 4/4/22       | 5/4/22            | 6/4/22     | 7/4/22            |
|------|----------------------------|-------------------|-------------------|------------|--------------|--------------|------------|--------------------|-------------------|-------------------|-------------------|-------------------|----------------|-------------------|--------------|-------------------|------------|-------------------|
| 71   | MANYA SINGH                | P                 | P                 |            | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 72   | MAYANK SHANKER PANDEY      |                   |                   |            |              |              |            |                    |                   |                   |                   |                   |                |                   |              |                   |            |                   |
| 73   | MEENAL UPADHYAY            | P                 | P                 |            | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | A            | A                 | A          | P                 |
| 74   | MIHIKA JAIN                | P                 | P                 |            | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 75   | MIHIR KHANDELWAL           | P                 | P                 | P          | P            | A            | P          | P                  | P                 | P                 | P                 | A                 | P              | P                 | P            | A                 | A          | P                 |
| 76   | MOHAMMAD ARMAN             |                   |                   |            |              |              |            |                    |                   |                   |                   |                   |                |                   |              |                   |            |                   |
| 77   | MOHAMMAD WASIQ KHAN        | P                 | P                 |            | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | A          | P                 |
| 78   | MOHD ANAS S/o JULFAKAR     | P                 | P                 |            | P            | A            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 79   | MOHD ANAS S/o NASEEM AHMAD | P                 | P                 |            | P            | A            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | A          | P                 |
| 80   | MOHD AQIB                  | P                 | P                 |            | P            | A            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 81   | MOHD KASIM CHAUDHARY       | P                 | P                 | P          | P            | A            | P          | P                  | P                 | P                 | P                 | A                 | P              | P                 | P            | P                 | P          | P                 |
| 82   | MUDIT GOEL                 | P                 | P                 | P          | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 83   | MUKUL KUMAR                | P                 | P                 | P          | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | A          | P                 |
| 84   | NAMAMI ARORA               | P                 | P                 | P          | P            | A            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
| 85   | NARESH                     | P                 | P                 |            | P            | A            | P          | P                  | P                 | P                 | P                 | A                 | P              | P                 | P            | A                 | A          | P                 |
| 86   | NATASHA DAS                | P                 | P                 |            | P            | P            | P          | P                  | P                 | P                 | P                 | P                 | P              | P                 | P            | P                 | P          | P                 |
|      |                            | Dr. Parvati Anand | Dr. Parvati Anand | Visit UMTL | Dr. Anuradha | Dr. Anuradha | Dr. Nitesh | Visit College Home | Dr. Parvati Anand | Dr. Parvati Anand | Dr. Parvati Anand | Dr. Parvati Anand | Visit Dr. Chit | Dr. Parvati Anand | Dr. Anuradha | Dr. Parvati Anand | Dr. Nitesh | Dr. Parvati Anand |



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 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      | 1/5/22       | 2/5/22       | 3/5/22       | 4/5/22       | 5/5/22       | 6/5/22       |  |
|-------|---------------------|--------------|--------------|-------------|------------|------------|-----------|-----------|-----------------------|------------------|-----------------|--------------|--------------------|-----------------|------------------|----------|--------------|--------------|-----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
| 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         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 89    | NISHA               | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 90    | NISHA SISODIA       | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 91    | NISHTHA GUPTA       | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 92    | NITISH KUMAR        | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 93    | PANKAJ JOSHI        | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 94    | PANKHURI RAJ        | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 95    | PARITOSH GAUTAM     | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 96    | PRADYUMN MISHRA     | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 97    | PRADYUMNA UPADHYAY  | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 98    | PRAJWAL GUPTA       | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 99    | PRAKHAR AGRAWAL     | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 100   | PRINCESS CHATURVEDI | P            | P            | P           | P          | P          | P         | P         | P                     | P                | P               | P            | P                  | P               | P                | P        | P            | P            | P         | P            | P            | P            | P            | P            | P            | P            | P            |  |
| 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         | P            | P            | P            | P            | P            | P            | P            | P            |  |
|       |                     | Dr. P. Anand | Dr. Vanshika | Dr. N. GISA | VISIT UHTC | Dr. Bhawan | Dr. Pawan | Dr. Pawan | Dr. B. K. L. W. N. N. | Dr. Ch. K. K. K. | Fine Arts Visit | Dr. Anuradha | Visit Dr. Anuradha | Dr. P. Anuradha | Dr. Ch. K. K. K. | Dr. Moha | Dr. Anuradha | Dr. Vanshika | Dr. Pawan | Dr. Anuradha |  |



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date:23/4/22**

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

### 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date:30/4/22

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

- 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<br>MBBS 2020 Batch Time 10:00 AM to 1:00 PM        | Clinical Posting<br>MBBS 2019 Batch Time 10 AM to 1:00 PM |
|-----------------------|--|---|---|
| 02-05-22<br>Monday    |  | MBBS 2020 KL SC / ASHA<br>Dr. Varsha                                | MBBS 2019 B- Batch. Epid. Ex<br>Dr. Anuradha              |
| 03-05-22<br>Tuesday   | <b>ID- UL - FITR</b>   |   |   |
| 04-05-22<br>Wednesday | MBBS- 2019 3- 4 CM: 10.4 Describe RMCH/CSSM interventions (IL)<br>Dr. Saurabh  | MBBS 2020 KL Visit to Old Age Home<br>Dr. Rahul Bansal / Dr. Anchal | MBBS 2019 B- Batch. Epid. Ex<br>Dr. Chhavi                |
| 05-05-22<br>Thursday  | MBBS-2020 8-9 Terminal exam.<br>MBBS- 2019 8-9 AM cm: 10 Describe and demonstrate the application of computers in epidemiology (SGD DOAP) (Test)<br>Dr. Rahul Bansal | MBBS 2020 KL PHC / CHC<br>Dr. Pawan                                 | MBBS 2019 B- Batch. Epid. Ex<br>Dr. Monika                |
| 06-05-22<br>Friday    | MBBS- 2020 2-4 CM3.6a+3.7a life cycle of mosquito and Principles of vector control (linker)<br>Dr. Nitesh  | MBBS 2020 KL Viva<br>Dr. Anuradha / Dr. Monika                      | MBBS 2019 B- Batch. Bio - Stats. Ex.<br>Dr. Kaynat        |
| 07-05-22<br>Saturday  | CM1.5 Describe the application of interventions at various levels of prevention<br>Dr. Pawan   | MBBS 2020 AETCOM  | MBBS 2019 B- Batch. Bio - Stats. Ex.<br>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&amp; 2020) from 10 to 10:30 AM

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/89/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org; e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

Date:14/5/22

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439967  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

- 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 | 7/5/22     | 10/5/22    | 11/5/22    | 12/5/22    | 15/5/22    | 17/5/22    | 18/5/22    | 19/5/22   | 20/5/22    | 30/5/22    | 31/5/22    | 01/06/2022 | 02/06/2022 | 03/06/2022 | 06/06       | 07/06        | 08/06      | 09/06      | 10/06      |              |
|------|------------------|------------|------------|------------|------------|------------|------------|------------|-----------|------------|------------|------------|------------|------------|------------|-------------|--------------|------------|------------|------------|--------------|
| 103  | PRIYANKA YADAV   | P          | P          | P          | P          | P          | P          | P          | P         | P          | A          | P          | P          | P          | A          |             | P            | P          | P          | P          |              |
| 104  | PRIYANSHA JIT    | P          | P          | P          | P          | P          | A          | P          | P         | P          | P          | A          | P          | A          | P          |             | P            | P          | P          | P          |              |
| 105  | PRIYANSHI TANWAR |            |            |            |            |            |            |            |           |            |            |            |            |            |            |             |              |            |            |            |              |
| 106  | PUJA SINGH       | P          | P          | P          | P          | P          | P          | P          | P         | P          | P          | P          | P          | A          | 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          |              |
| 108  | QAUSAR JAHAN     | P          | P          | P          | P          | P          | P          | P          | P         | P          | P          | A          | P          | A          | 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          |              |
| 111  | RISHIKA GIRIYA   | 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          |              |
| 113  | RITVIK VERMA     | P          | P          | P          | P          | P          | P          | P          | P         | P          | P          | A          | P          | P          | P          | A           | P            | P          | P          | P          |              |
| 114  | RIYA GOEL        | P          | A          | P          | P          | P          | P          | P          | P         | P          | P          | A          | P          | P          | P          | A           | 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          |              |
| 116  | ROHIT KUMAR      | P          | P          | P          | P          | P          | P          | P          | P         | P          | P          | A          | 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          | A           | A            | P          | A          | P          |              |
| 118  | RUBAL AGARWAL    | P          | A          | P          | P          | P          | A          | A          | A         | A          | A          | A          | A          | A          | A          | A           |              | A          | A          | A          | P            |
|      |                  | Dr. Rakhee | Dr. Rakhee | Dr. Vansha | Dr. Vansha | Dr. Nitesh | Dr. Manish | Dr. Nitesh | Dr. Chavi | Dr. Vansha | Dr. Nitesh | Dr. Bhuvan | Dr. Chavi  | Dr. Rakhee | Dr. Monika | Dr. Pallavi | Dr. Anuradha | Dr. Bhuvan | Dr. Rakhee | Dr. Vansha | Dr. Anuradha |

## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date:21/5/22**

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

1. Preliminary preparation (5 minutes)

2. Asana (postures)

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

3. Pranayama (breathing exercise) - 10 minutes



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medica@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

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

*(Dr. Rahul Bansal)*  
Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

**Date:4/6/22**

### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of



## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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

### Office of the Head Dept. of Community Medicine

- 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)

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

| DATE & DAYS           | LECTURE  | Clinical Posting<br>MBBS 2020 Batch Time 10:00 AM to 1:00 PM           | Clinical Posting<br>MBBS 2019 Batch Time 10 AM to 1:00 PM |
|-----------------------|--|--|---|
| 06-06-22<br>Monday    |  | MBBS 2020 MN SC / ASHA<br>Dr. Pawar                                    |   |
| 07-06-22<br>Tuesday   |  | MBBS 2020 MN CHC /PHC<br>Dr. Anuradha                                  |   |
| 08-06-22<br>Wednesday | MBBS- 2019 3- 4 SUMMER VACATION  | MBBS 2020 MN Hornocks apparatus, Chlorine testing Kit.<br>Dr. Bharwara | SUMMER VACATION   |
| 09-06-22<br>Thursday  | MBBS-2020 8-9 CMS.7 Food hygiene and milk hygiene HI (micro) SDL<br>Dr. Monika<br>MBBS- 2019 8-9 SUMMER VACATION | MBBS 2020 MN Visit Old Age Home<br>Dr. Rahul Bansal / Dr. Sartaj       |   |
| 10-06-22<br>Friday    |  | MBBS 2020 MN Viva<br>Dr. Varsha / Dr. Monika                           |   |
| 11-06-22<br>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&amp; 2020) from 10 to 10:30 AM

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

**Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

- 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<br>Monday    |  | MBBS 2020 OP Introduction & UIP<br>Dr. Rahul Bansal / Dr. Anchal  | MBBS 2019 D Stats. Ex.<br>Dr. Kayrat  |
| 14-06-22<br>Tuesday   |  | MBBS 2020 OP Newer Vaccine & Coldchain<br>Dr. Nitesh / Dr. Anchal | MBBS 2019 D Stats. Ex.<br>Dr. Kayrat  |
| 15-06-22<br>Wednesday |  | MBBS 2020 OP Visit to UHTC<br>Dr. Anchal                          | MBBS 2019 D Stats. Ex.<br>Dr. Kayrat  |
| 16-06-22<br>Thursday  | MBBS-2020 8-9 CM5.8 Food fortification+ food adulteration - PFA act VI (Paedia IL<br>Dr. Monika<br>MBBS- 2019 8-9 Epid.<br>Dr. Rahul Bansal<br>MBBS- 2019 3- 4<br>Dr. Varsha | MBBS 2020 OP Contraceptive<br>Dr. Anuradha / Dr. Anchal           | MBBS 2019 D Epid. Ex.<br>Dr. Nitesh   |
| 17-06-22<br>Friday    |  | MBBS 2020 OP Emergency & New Contraceptives<br>Dr. Anchal         | MBBS 2019 D Epid. Ex.<br>Dr. Anuradha |
| 18-06-22<br>Saturday  | MBBS- 2021 CM1.7 Enumerate and describe health indicators<br>Dr. Parwan  | MBBS 2020 AETCOM  | MBBS 2019 D Epid. Ex.<br>Dr. Monika   |

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

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

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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare. Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

- 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 | 08/7/22 |
|------|-------------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 119  | SACHIN                  | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | A       | A       | P       | A       | P       |
| 120  | SAHIL RAJ               | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | A       | A       | P       | A       | P       |
| 121  | SAKSHI MITTAL           | P       | P       | P       | A       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       | P       |
| 122  | SAMEEKSHA DHEK          | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       | P       |
| 123  | SANKHE ARYA<br>RAJENDRA | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       | P       |
| 124  | SANSKRITI SINGH         | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       | P       |
| 125  | SAUMYADYUTI JANA        | P       | P       | P       | A       | P       | P       | P       | P       | P       | P       | A       | A       | 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       |
| 127  | SHRISTI KHANNA          | P       | P       | P       | A       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | A       | 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       |
| 129  | SHUBHAM MANN            | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | 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       |
| 131  | SWAGAT SAHOO            | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       |
| 132  | TANISHQ AGRAWAL         | 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       |
| 134  | TANNU HARSANA           | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | P       |
|      | Dr. Rachudhan           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nitesh              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Anshul              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Anurag              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rahul               |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Bhavani             |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Pooja               |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rahul               |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Anurag              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nitesh              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rahul               |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nitesh              |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Ishwari             |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Pooja<br>Viva       |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |

## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn. 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of



## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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

### Office of the Head Dept. of Community Medicine

Date: 2/7/22

#### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### *Office of the Head Dept. of Community Medicine*

- 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



## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

| DATE & DAYS           | LECTURE  | Clinical Posting<br>MBBS 2020 Batch Time 10:00 AM to 1:00 PM        | Clinical Posting<br>MBBS 2019 Batch Time 10 AM to 1:00 PM     |
|-----------------------|--|---|---|
| 04-07-22<br>Monday    |  | MBBS 2020 OP Sub-Center / ANM<br>Dr. Varsha / Dr. Anchal            | MBBS 2019 D Problem Solving Ex.<br>Dr. Anuradha / Dr. Prateek |
| 05-07-22<br>Tuesday   |  | MBBS 2020 OP PPD<br>Dr. Bhawana / Dr. Anchal                        | MBBS 2019 D Problem Solving Ex.<br>Dr. Anuradha / Dr. Prateek |
| 06-07-22<br>Wednesday |  | MBBS 2020 OP Visit to Bio-Medical Waste<br>Dr. Sartaj / Dr. Prateek | MBBS 2019 D Problem Solving Ex.<br>Dr. Monika / Anchal        |
| 07-07-22<br>Thursday  | MBBS-2020 8-9 Bio- Stats -III<br>Dr. Kaynat<br>MBBS- 2019 8-9 National health programme.<br>Dr. Nitesh<br>MBBS- 2019 3- 4 IMNCI<br>Dr. Pawan | MBBS 2020 OP Visit to Old Age Home<br>Dr. Anchal / Mr. Atar Singh   | MBBS 2019 D Problem Solving Ex.<br>Dr. Nitesh / Dr. Prateek   |
| 08-07-22<br>Friday    |  | MBBS 2020 OP Viva<br>Dr. Pawan / Dr. Varsha                         | MBBS 2019 D Entomology Slide.<br>Dr. Monika / Dr. Prateek     |
| 09-07-22<br>Saturday  | MBBS- 2021 8-9AM CM1.7 Enumerate and describe health indicators<br>Dr. Pawan<br>MBBS- 2019 8-10AM Atecom FGD<br>Dr. Rahul Bansal             | MBBS 2020 AETCOM  | MBBS 2019 D Entomology Slide.<br>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)

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

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

Date:9/07/22

#### Yoga session

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

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

Informed consent was obtained from all the students.

#### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### *Office of the Head Dept. of Community Medicine*

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

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

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

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

| S.N. | Name of Students     | 13/6/22 | 14/6/22 | 15/6/22 | 16/6/22 | 17/6/22 | 20/6/22 | 21/6/22 | 22/6/22 | 23/6/22 | 24/6/22 | 27/6/22 | 28/6/22 | 29/6/22 | 30/6/22 | 01/7/22 | 02/7/22 | 05/7/22 | 07/7/22 | 08/7/22 |
|------|----------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 119  | SACHIN               | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 120  | SAHIL RAJ            | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 121  | SAKSHI MITTAL        | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 122  | SAMEEKSHA DHEK       | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 123  | SANKHE ARYA RAJENDRA | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 124  | SANSKRITI SINGH      | P       | P       | P       | P       | P       | P       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 125  | SAUMYADYUTI JANA     | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 126  | SHAIKH NAFES ALI     | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 127  | SHRISTI KHANNA       | P       | P       | P       | A       | P       | A       | P       | P       | P       | P       | A       | 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       |
| 129  | SHUBHAM MANN         | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 130  | SOHAM RANA           | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 131  | SWAGAT SAHOO         | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 132  | TANISHQ AGRAWAL      | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 133  | TANMAY               | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
| 134  | TANNU HARSANA        | P       | P       | P       | P       | P       | A       | P       | P       | P       | P       | A       | A       | P       | P       | P       | P       | P       | P       | P       |
|      | Dr. Richhad son      |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nishish          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Richhad          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Anuradha         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rakul            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Bhavani          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Pawan            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rakul            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Anuradha         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nishish          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rakul            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Manika           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Nishish          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Bhavani          |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Pawan            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Rakul            |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |
|      | Dr. Vansha           |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |         |

## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date: 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

- 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



## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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

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&amp; 2020) from 10 to 10:30 AM

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

(Pawan Parashar)

UG Incharge

  
 (Dr. Rahul Bansal)  
 Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date:30/07/22

### Yoga session

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

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

Informed consent was obtained from all the students.

### Intervention –

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

Yoga class consisted of following practices:

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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### *Office of the Head Dept. of Community Medicine*

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

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

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

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

| S.N. | Name of Students           | 11/7/22     | 12/7/22    | 15/7/22   | 14/7/22   | 15/7/22   | 16/7/22 | 25/7/22    | 29/7/22              | 1/8/22      | 2/8/22 | 3/8/22               | 4/8/22    |  |  |  |  |  |  |  |
|------|----------------------------|-------------|------------|-----------|-----------|-----------|---------|------------|----------------------|-------------|--------|----------------------|-----------|--|--|--|--|--|--|--|
| 135  | TANYA SHARMA               | P           | P          | P         | P         | P         | P       | .          |                      | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 136  | UTKARSH AGARWAL            | P           | P          | P         | P         | P         | P       | P          | P                    | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 137  | VAIBHAV PANDEY             | P           | P          | P         | P         | P         | P       |            |                      | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 138  | VAISHALI PANWAR            | P           | P          | P         | P         | P         | P       | P          | P                    | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 139  | VANSHIKA SHARMA            | P           | P          | P         | P         | P         | P       | .          | P                    | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 140  | VIJAYA RAI                 | P           | P          | P         | P         | P         | P       | .          |                      | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 141  | VIKAS KUMAR TIWARI         | P           | P          | P         | P         | P         | P       | .          |                      | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 142  | VILAKSHAN BHATIA           | P           | P          | P         | P         | P         | P       | .          |                      | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 143  | VISHU GUPTA                | P           | P          | P         | P         | P         | P       | .          |                      | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 144  | VIVEK SOORMA               | P           | P          | P         | P         | P         | P       | P          | P                    | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 145  | YADAV MUKUNDAM<br>MUNNALAL | P           | P          | P         | P         | P         | P       | P          | P                    | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 146  | YASH GUPTA                 | P           | P          | P         | P         | P         | P       | .          |                      | P           | P      | P                    | P         |  |  |  |  |  |  |  |
| 147  | YASH KUMAR SINGH           | P           | P          | P         | P         | P         | P       | .          |                      | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 148  | YASH PRATAP SINGH          | P           | P          | P         | P         | P         | P       | P          | P                    | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 149  | YASHA CHAUDHARY            | P           | P          | P         | P         | P         | P       | P          | P                    | P           | .      | P                    | P         |  |  |  |  |  |  |  |
| 150  | YUTHIKA YADAV              | P           | P          | P         | P         | P         | P       | P          | P                    | P           | P      | P                    | P         |  |  |  |  |  |  |  |
|      |                            | Dr Vanshika | Dr Bhavani | Dr Pratik | Dr Anvika | Dr Munjal |         | Dr Bhavani | Dr Gaur<br>Dr Anvika | Dr Vanshika | Dr B   | Dr Anil<br>Dr Anvika | Dr Anvika |  |  |  |  |  |  |  |

## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

W  
L  
Z

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

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

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

(Pawan Neghar)  
UG Incharge

Chaudhary

(Dr. Rahul Bansal)  
Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

- 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)

(08-08-22 to 17-08-22)

| DATE & DAYS           | LECTURE  | Clinical Posting<br>MBBS 2020 Batch Time 10:00 AM to 1:00 PM   | Clinical Posting<br>MBBS 2019 Batch Time 10 AM to 1:00 PM |
|-----------------------|--|--|---|
| 08-08-22<br>Monday    |  | MBBS 2020 Introduction & USP<br>Dr. Varsha / Dr. Anchal        | MBBS 2019 Family Study,<br>Dr. Nitesh / Dr. Preetak       |
| 09-08-22<br>Tuesday   | MBBS- 2021 9-12PM Family Adoption discussion with faculty regarding visit by MBBS-2021 batch   | MBBS 2020 Newer Vaccine & Cold/flu<br>Dr. Bhawana / Dr. Anchal | MBBS 2019 Family Study,<br>Dr. Nitesh / Dr. Preetak       |
| 10-08-22<br>Wednesday |  | MBBS 2020 Visit to UHTC<br>Dr. Anchal / Mr. Mashrool           | MBBS 2019 Family Study,<br>Dr. Nitesh / Dr. Preetak       |
| 11-08-22<br>Thursday  | <b>RAKSHA BANDHAN</b>  |  |   |
| 12-08-22<br>Friday    |  | MBBS 2020 Contraceptive<br>Dr. Anuradha / Dr. Anchal           | MBBS 2019 Family Study,<br>Dr. Nitesh / Dr. Preetak       |
| 13-08-22<br>Saturday  | MBBS- 2021 8-9AM CMI.9 Demonstrate the role of effective Communication skills in health in a simulated environment <b>Dr. Rahul Bansal</b> | MBBS 2020  | MBBS 2019 Family Study,<br>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   | Dr. Varsha C | 51-75   |
| Anuradha D | 76-100 | Dr. Monika E | 101-125 | Dr. Nitesh F | 126-150 |

(Pawan Parashar)  
UG Incharge

(Dr. Rahul Bansal)  
Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## *Office of the Head Dept. of Community Medicine*

**Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Tele/fax: 0121-2439127, 2439067  
A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### *Office of the Head Dept. of Community Medicine*

- 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



## DEPARTMENT OF COMMUNITY MEDICINE (UG/PG)

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

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

  
(Dr. Rahul Bansal)  
Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date: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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
A constituent college of



## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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

### *Office of the Head Dept. of Community Medicine*

- 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)

(08-08-22 to 02-09-22)

| DATE & DAYS           | LECTURE  | Clinical Posting<br>MBBS 2020 Batch Time 10:00 AM to 1:00 PM                  | Clinical Posting<br>MBBS 2019 Batch Time 10 AM to 1:00 PM |
|-----------------------|--|---|---|
| 22-08-22<br>Monday    |  | MBBS 2020 Horrocks apparatus, Chlorine testing Kit.<br>Dr. Pawan / Dr. Anchal | MBBS 2019 Family Study.<br>Dr. Nitesh / Dr. Prateek       |
| 23-08-22<br>Tuesday   |  | MBBS 2020 Fruits & Vegetable<br>Dr. Monika / Dr. Anchal                       | MBBS 2019 Visit to CHC<br>Dr. Prateek                     |
| 24-08-22<br>Wednesday |  | MBBS 2020 Oil & Fat<br>Dr. Nitesh / Dr. Anchal                                | MBBS 2019 Visit to Wellness Center.<br>Dr. Prateek        |
| 25-08-22<br>Thursday  | MBBS- 2020 8-9AM CM4.2a Organise health education program at village level for under 5 malnutrition SDI. Dr. Rahul Bansal<br>MBBS- 2019 8-9AM CM: 8.6 Educate and train health workers in disease surveillance, control & treatment and health education SGD (DOAP)<br>Dr. Anuraaha<br>MBBS- 2019 7-4PM CM: 17.5 Describe health care delivery in India (PHC) (SGD)<br>Dr. Pawan | MBBS 2020 Milk & Milk products<br>Dr. Rahul / Dr. Anchal                      | MBBS 2019 Family Study.<br>Dr. Nitesh / Dr. Prateek       |
| 26-08-22<br>Friday    |  | MBBS 2020 Visit to Gita Dhara<br>Dr. Anchal Mr. Atar Singh / Dr. Rahul Bansal | MBBS 2019 Family Study.<br>Dr. Nitesh / Dr. Prateek       |
| 27-08-22<br>Saturday  | MBBS- 2021 8-9AM CM1.10 Demonstrate the important aspects of the doctor patient relationship in a simulated environment<br>Dr. Rahul Bansal  | MBBS 2020   | MBBS 2019 Family Study.<br>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 / Anchal)  
UG Incharge

Anuraaha

(Dr. Rahul Bansal)  
Prof. & Head



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
 Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



## Office of the Head Dept. of Community Medicine

Date: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 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



# Subharti Medical College

Recognized by Govt. of India, Ministry of Health & Family Welfare, Govt. Letter No. U.12012/69/96-ME(P)  
Website: medical.subharti.org, e-mail: medical@subharti.org, Ph.: 0121-3055000 (Extn: 2118), Telefax: 0121-2439127, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



### Office of the Head Dept. of Community Medicine

- 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

College established in 2009 & Approved by Pharmacy Council of India  
 Website: pharmacy.subharti.org, Email: pharmacy@subharti.org, Ph. 0111-2639943 - 12 (Even 27162722), Telefax: 0121-3688020, 2438467  
 A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



**‘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.**



# KharvelSubharti College of Pharmacy

College established in 2009 & Approved by Pharmacy Council of India  
 Website: pharma@subharti.org, e-mail: pharma@subharti.org, Ph: 9121-2438041-53 (Ext: 2715279), Telex: 9121-205800, 2438047



## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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

### 2021-22 YOGA SESSION

| S. No. | Enrollment No. | Name of Student       | Signature             | Name of activity   |
|--------|----------------|-----------------------|-----------------------|--|
| 1.     | 1811000020095  | Abdul Ali             | Abdul Ali             | 9. YOGA" means addition. Addition of energy, strength and beauty to body, mind and soul<br>Total no. of student-68 |
| 2.     | 1811000020096  | Abdul Mannan          | Abdul Mannan          |  |
| 3.     | 1811000020097  | Abdul Rehman Faridi   | Abdul Rehman Faridi   |  |
| 4.     | 17040500004758 | Abdullah Pambir       | Abdullah Pambir       |  |
| 5.     | 1811000020196  | Amita                 | Amita                 |  |
| 6.     | 1811000020227  | Aniket                | Aniket                |  |
| 7.     | 1811000020098  | Ankit Chaudhary       | Ankit Chaudhary       |  |
| 8.     | 1811000020099  | Ankur Sam             | Ankur Sam             |  |
| 9.     | 1811000020100  | Ankit Singh           | Ankit Singh           |  |
| 10.    | 1811000020101  | Aarif Chaudhary       | Aarif Chaudhary       |  |
| 11.    | 1811000020102  | Arshad Saifi          | Arshad Saifi          |  |
| 12.    | 1811000020290  | Arun Tarwar           | Arun Tarwar           |  |
| 13.    | 1811000020238  | Ashwani Tyagi         | Ashwani Tyagi         |  |
| 14.    | 1811000020194  | Ashar Jaleel          | Ashar Jaleel          |  |
| 15.    | 1811000020103  | Avash Tyagi           | Avash Tyagi           |  |
| 16.    | 1811000020104  | Azuddin               | Azuddin               |  |
| 17.    | 1811000020105  | Bhupendra Kumar       | Bhupendra Kumar       |  |
| 18.    | 1811000020239  | Chirag Tyagi          | Chirag Tyagi          |  |
| 19.    | 1811000020106  | Danish Malik          | Danish Malik          |  |
| 20.    | 1811000020246  | Dnyanesh Dhot Koushik | Dnyanesh Dhot Koushik |  |
| 21.    | 1811000020281  | Farman                | Farman                |  |
| 22.    | 1811000020197  | Gourang Varsh         | Gourang Varsh         |  |
| 23.    | 1811000020107  | Gourav Pansat         | Gourav Pansat         |  |
| 24.    | 1811000020187  | Haqueet               | Haqueet               |  |
| 25.    | 1811000020108  | Ibrahim               | Ibrahim               |  |
| 26.    | 1811000020273  | Kareena Chaudhary     | Kareena Chaudhary     |  |
| 27.    | 1811000020214  | Kim Ameyr Jahan       | Kim Ameyr Jahan       |  |
| 28.    | 1811000020109  | Kim Shwami Sharma     | Kim Shwami Sharma     |  |
| 29.    | 1811000020225  | Kim Swati Singh       | Kim Swati Singh       |  |
| 30.    | 1811000020215  | Kim Chaudhary Sarveen | Kim Chaudhary Sarveen |  |
| 31.    | 1811000020110  | Mahab Ali             | Mahab Ali             |  |
| 32.    | 1811000020282  | Mansoor Ali           | Mansoor Ali           |  |
| 33.    | 1811000020247  | Manish Kumar          | Manish Kumar          |  |
| 34.    | 1811000020244  | Mehank Garg           | Mehank Garg           |  |
| 35.    | 1811000020286  | Mehrab Chaudhary      | Mehrab Chaudhary      |  |
| 36.    | 1811000020283  | Mehi Parvez Chaudhary | Mehi Parvez Chaudhary |  |
| 37.    | 1811000020111  | Mohammed Monis Khan   | Mohammed Monis Khan   |  |
| 38.    | 1811000020112  | Mohd Ahal             | Mohd Ahal             |  |
| 39.    | 1811000020113  | Mohd Ahsan            | Mohd Ahsan            |  |
| 40.    | 1811000020198  | Mohd Akbar            | Mohd Akbar            |  |
| 41.    | 1811000020216  | Mohd Amir             | Mohd Amir             |  |
| 42.    | 1811000022089  | Mohd Anis Nafi        | Mohd Anis Nafi        |  |
| 43.    | 1811000020284  | Mohd Asif             | Mohd Asif             |  |
| 44.    | 1811000020114  | Mohd Danish           | Mohd Danish           |  |
| 45.    | 1811000020252  | Mohd Faraz            | Mohd Faraz            |  |
| 46.    | 1811000020245  | Mohd Haseeb           | Mohd Haseeb           |  |
| 47.    | 1811000020115  | Mohd Nayeen           | Mohd Nayeen           |  |
| 48.    | 1811000020184  | Mohd Rabi Siddique    | Mohd Rabi Siddique    |  |
| 49.    | 1811000020116  | Mohd Saad             | Mohd Saad             |  |
| 50.    | 1811000020117  | Mohd Shabir           | Mohd Shabir           |  |
| 51.    | 1811000020118  | Mohd Shreyas          | Mohd Shreyas          |  |
| 52.    | 1811000020139  | Mohd Tabish Farooq    | Mohd Tabish Farooq    |  |
| 53.    | 1811000020217  | Mohd                  | Mohd                  |  |
| 54.    | 1811000020218  | Mohd Usman            | Mohd Usman            |  |
| 55.    | 1811000020121  | Mohammed Subair       | Mohammed Subair       |  |

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

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

PRINCIPAL

Kharvel Subharti College of Pharmacy  
Subharti Puram, Meerut

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

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



# KharvelSubharti College of Pharmacy

College established in 2009 & Approved by Pharmacy Council of India  
 Website: pharmacy.subharti.org, e-mail: pharmacy@subharti.org, Ph: 0111-2439043 / 52 (Ext: 3716 2103), Telefax: 0121-3058030, 2438867  
 A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2006 and approved under section 2(f) of UGC Act 1956)



|     |               |                   |          |
|-----|---------------|-------------------|----------|
| 56. | 1811000022053 | Mohammed Aqib     | aqib     |
| 57. | 1811000020248 | Mustafa           | Mustafa  |
| 58. | 1811000020190 | 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 Dixit      | Prince   |
| 66. | 1811000022087 | Punit             | Punit    |
| 67. | 1811000020191 | Rajeev Pandit     | Rajeev   |
| 68. | 1811000022146 | Riddhima          | Riddhima |

*Sharma*  
 PRINCIPAL  
 Kharvel Subharti College of Pharmacy  
 Subharti Puram, Meerut

**BHIKAJI CAMA SUBHARTI COLLEGE OF HOTEL MANAGEMENT**Website: [hotelmanagement.subharti.org](http://hotelmanagement.subharti.org), e-mail: [hotelmanagement@subharti.org](mailto:hotelmanagement@subharti.org), Ph: 9121-2439043 / 52 (Extn: 3188), Telefax: 0121-3058030, 2439067

A constituent college of

**SWAMI VIVEKANAND SUBHARTI UNIVERSITY**

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



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

Date:18/9/2021

## Report on Orientation Programme 2021-22

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

### **Introduction about College, Programmes and Teachers**

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

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

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

### **University & College Show-round**

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



## BHIKAJI CAMA SUBHARTI COLLEGE OF HOTEL MANAGEMENT

Website: [hotelmanagement.subharti.org](http://hotelmanagement.subharti.org), e-mail: [hotelmanagement@subharti.org](mailto:hotelmanagement@subharti.org), Ph. 0121-2436043 / 52 (Extn. 3158), Telefax: 0121-3056030, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



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.



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

E-mail: [subharti@subharti.org](mailto:subharti@subharti.org), Website: [www.subharti.org](http://www.subharti.org)



## BHIKAJI CAMA SUBHARTI COLLEGE OF HOTEL MANAGEMENT

Website: [hotelmanagement.subharti.org](http://hotelmanagement.subharti.org), e-mail: [hotelmanagement@subharti.org](mailto:hotelmanagement@subharti.org), Ph.: 0121-2439043/52 (Extn: 3188), Telefax: 0121-3056030, 2439067

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



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.



15-Sep-2021 11:35:05 AM  
28.9640989N 77.639296E  
Meerut Bypass Road  
Meerut  
Uttar Pradesh



15-Sep-2021 11:35:16 AM  
28.9640989N 77.639296E  
Meerut Bypass Road  
Meerut  
Uttar Pradesh

### Lecture on "Ragging – A Menace"

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



15-Sep-2021 1:03:12 PM  
28.9640989N 77.639296E  
Meerut Bypass Road  
Meerut  
Uttar Pradesh



15-Sep-2021 12:35:53 PM  
28.9640989N 77.639296E  
Meerut Bypass Road  
Meerut  
Uttar Pradesh

  
Head of the Institution  
Bhikaji Cama Subharti College of Hotel Management  
SVSU, Meerut

Dr. Shiv Mohan Verma  
HOI

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

E-mail: [subharti@subharti.org](mailto:subharti@subharti.org) Website: [www.subharti.org](http://www.subharti.org)

## Yoga Session

14/09/2021 - 18/09/2021

### Attendance Sheet

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

**Dr. Shiv Mohan Verma**  
Head of Institution



# Department of Education

Recognized by National Council for Teacher Education (NCTE)

Website: www.education.subharti.org; E-mail: education@subharti.org; Ph: 0121-3056040 (Extn: 2827, 2821)

## SWAMI VIVEKANANDSUBHARTI UNIVERSITY

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



Ref. No. Head/DOE/SVSU/2022

Date:11/05/2022

### Health Awareness Programme on "Yoga and Pranayam"

(Date: 11-05-2022)

#### Report

**Subject:** "Yoga and Pranayam"

**Event Type:** Health Awareness Programme

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

**Venue:**Sardar Patel Municipal Inter College, Meerut

**Name of Coordinators:**Mr Ashok Kumar Yadav

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

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

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

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

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

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

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

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

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

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

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



# Department of Education

Recognized by National Council for Teacher Education (NCTE)  
Website: [www.education.subharti.org](http://www.education.subharti.org), E-mail: [education@subharti.org](mailto:education@subharti.org), Ph: 0121-3058040 (E: 2827, 2821)

## SWAMI VIVEKANANDSUBHARTI UNIVERSITY

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



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





# Department of Education

Recognized by National Council for Teacher Education (NCTE)

Website: www.education.subharti.org, E-mail: education@subharti.org, Ph: 0121-3056040 (Extn: 2827, 2821)

## SWAMI VIVEKANANDSUBHARTI UNIVERSITY

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



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   | MANVI JAIN        | VIPUL JAIN            | Hansraj          |
| 2   | RIKITA TYAGI      | VINOD KUMAR TYAGI     | Pooja            |
| 3   | NIHIN MALIK       | VINOD KUMAR MALIK     |                  |
| 4   | IRVYA YADAV       | VINOD KUMAR           | Dhanya           |
| 5   | TANI              | SANJEEV KUMAR         |                  |
| 6   | NIHARIKA SHARMA   | RUPAL SHARMA          | Gaurav           |
| 7   | TEJ TAMI          | VINOD KUMAR           | Pratima          |
| 8   | DUSSEHA SINGH     | ARYVIND KUMAR         |                  |
| 9   | KANISHK TAL       | BASANT                | Shardul          |
| 10  | KM NIKETA TYAGI   | PRAVEEN TYAGI         | Nikita           |
| 11  | KM DEEPA          | SUNIL KUMAR           | Deepa            |
| 12  | KALPESH           | SANTOSH KUMAR         | Rashmi           |
| 13  | DEEPA GARG        | VIKAS GARG            |                  |
| 14  | VAISHALI CHOUHARY | DEVENDER SINGH        | Vaishali         |
| 15  | NAGAR SHIKHA      | GIRAJA SHANKAR SHIKHA | Natika           |
| 16  | NIYATI AWASTHI    | SHIV DATTA AWASTHI    | Shubham          |
| 17  | RIYAN CHOUHARY    | ADITYA CHOUHARY       |                  |
| 18  | NEEL KUMAR        | SATENDRA SINGH        |                  |
| 19  | ARUNCHA CHAUDHARY | ASHOK KUMAR           | Arka             |
| 20  | KM JESSIE         | SUNY KUMAR            | Devi             |
| 21  | ABRAR SALMAN      | MOHD JAVED            | Salman           |
| 22  | DEEPIKA SANGWAN   | ITENDRA SANGWAN       | Deepika          |
| 23  | AKANSHA CHIKARA   | RAM KUMAR CHIKARA     |                  |
| 24  | PRITIK SHARMA     | NARESH SHARMA         |                  |
| 25  | PRITYA KHANWAL    | PHAVEN KUMAR          | Pritya           |
| 26  | NAGANI PAL        | DIRESH KUMAR          | Sangam Pal       |
| 27  | PRITYAKA ARYA     | ITENDRA               | Pritya           |
| 28  | AGANDEA           | RAJESH KUMAR          | Ankita           |
| 29  | PARVATI KASHYAP   | NARESH KUMAR KASHYAP  | Parvati          |
| 30  | PAV KUMARI        | KUVENRA SINGH         | Pav              |
| 31  | DEEPA             | VINOD KUMAR           | Tejoshi          |
| 32  | KANAKA GORWANI    | BRJ MOHAN             |                  |
| 33  | TARUN SINGH       | SUSIL KUMAR           | Tarun            |
| 34  | VANDANA MALIK     | SANJEEV MALIK         | Vandana          |
| 35  | SAGOR RANI        | DINESH KUMAR SHARMA   | Sakshi           |
| 36  | KALPANA RANI      | SHIVSHANKAR RAM       | Kalpita          |
| 37  | ANMOL PAL         | RAM NIVAS PAL         | Anmol            |
| 38  | NEHA AGGARWAL     | ANIL AGGARWAL         | Shalini Aggarwal |
| 39  | ANIL KUMAR        | BEENDER SINGH         |                  |
| 40  | NEHA              | RAJESH KUMAR          |                  |

*[Signature]*  
Class Coordinator

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

*[Signature]*  
Head



# Department of Education

Recognized by National Council for Teacher Education (NCTE)  
Website: www.education.subharti.org E-mail: education@subharti.org, Ph: 0121-3058040 (Extn: 2827, 2821).

**SWAMI VIVEKANANDSUBHARTI UNIVERSITY**

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



## UTKALMANI GOPABANDUDAS FACULTY OF EDUCATION

### Department of Education

#### Yoga and Pranayam Activity during internship 11-05-2022

| Sl.No | Student Name      | Father's Name       | Signature    |
|-------|-------------------|---------------------|--------------|
| 1     | AARUSHI           | VIPIN KUMAR         | Aarushi      |
| 2     | AJAY PEGWAL       | ELAMCHAND           | absent       |
| 3     | AMAN KAIF         | MOHD. MANAVVAR      | Aman Kaif    |
| 4     | ARZOO DHAWAL      | ROOPCHAND           | absent       |
| 5     | BHAWNA            | HARDEEP SINGH       | absent       |
| 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        | absent       |
| 11    | NISHA SAHARAN     | VINAY KUMAR         | Nisha        |
| 12    | PALLAVI POONIA    | DEVENDER SINGH      | Pallavi      |
| 13    | PRADEEP YADAV     | RAM KEVAL YADAV     | Pradeep      |
| 14    | SAKSHI SAINI      | SATISH KUMAR        | Sakshi Saini |
| 15    | SALONI            | LOKESH KUMAR        | Saloni       |
| 16    | SAPNA YADAV       | BHUPENDRA           | Sapna        |
| 17    | SHRASHTI SHARMA   | SACHIN SHARMA       | Shrasti      |
| 18    | SHRUTI KAUSHIK    | AJAY KUMAR SHARMA   | Shruti       |
| 19    | SUJATA SINGH      | BHOPAL SINGH        | Sujata       |
| 20    | VIJAY PEGWAL      | ELAMCHAND           | Vijay        |
| 21    | LAXMI SHARMA      | MANOJ SHARMA        | Laxmi        |
| 22    | KUMKUM RANI       | LT. PARMOD KUMAR    | Kumkum       |
| 23    | KETKEE TOMAR      | YOGENDER KUMAR      | Ketkee       |
| 24    | TANU YADAV        | VEDPARKASH YADAV    | Tanu         |
| 25    | VEDIKA VERMA      | ANIL VERMA          | Vedika       |
| 26    | SACHIN KUMAR      | SATENDRA SINGH      | Sachin       |
| 27    | GUNJAN CHOUDHARY  | KOLINDER SINGH      | Gunjan       |
| 28    | ANUSHA CHOUDHARY  | ASHOK CHOUDHARY     | 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 on Fitness through Yoga practice. Dr Manju Adhikari, Associate professor Department of Physical Education and the member of women empowerment committee, SVSU was the convener of the event and the Yoga expert Ms Nisha Saini was the resource person of the workshop. Dr Manju Adhikari and Ms Soniya Rana welcomed the Yoga expert Ms Nisha Sain with a sapling on the behalf all women empower committee.

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

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

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

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

#### **Report day 2**

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



# Department of Physical Education

Recognized by National Council for Teacher Education

Website: subharti@subharti.org, e-mail: physcaedu@subharti.org Ph.: 0121-3055000 / 52 (Extn: 2828,2823), Telefax: 0121-3058000, 2439087

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

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



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



# Department of Physical Education

Recognized by National Council for Teacher Education

Website: subharti@subharti.org, e-mail: physicedu@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)



### Attendance Sheet of the participate

#### Department of Physical Education

| SNo. | Name              | Course                       | Sign day1 | Sign day2 |
|------|-------------------|------------------------------|-----------|-----------|
| 1    | Swati Rana        | B.Ped                        | Swati     | Swati     |
| 2    | Yukti Pal         | B.Ped                        | Yukti     | Yukti     |
| 3    | Shwamini Nagar    | B.Ped                        | Swamini   | Swamini   |
| 4    | Devidi Khattar    | B.Ped                        | Devidi    | Devidi    |
| 5    | Varsha Sharma     | B.Ped                        | Varsha    | Varsha    |
| 6    | Deviyani          | B.Ped                        | Deviyani  | Deviyani  |
| 7    | Amey Ravi         | P.H.D                        | Amey      | Amey      |
| 8    | Jyoti Kumar       | M.Ed                         | Jyoti     | Jyoti     |
| 9    | Shikha Sharma     | M.Ed II Sem                  | Shikha    | Shikha    |
| 10   | Arshi Sharma      | M.Ed II Sem                  | Arshi     | Arshi     |
| 11   | Kanshi Kaur       | M.Ed II Sem                  | Kanshi    | Kanshi    |
| 12   | Muskan            | M.Ed II Sem                  | Muskan    | Muskan    |
| 13   | Shweta Sharma     | M.Ed II Sem                  | Shweta    | Shweta    |
| 14   | Vanya Jain        | M.Ed II Sem                  | Vanya     | Vanya     |
| 15   | Kajal Dahi        | M.Ed II Sem                  | Kajal     | Kajal     |
| 16   | Subhankar Ch.     | M.Ed II Yr                   | Subhankar | Subhankar |
| 17   | Subhankar         | M.Ed II Yr                   | Subhankar | Subhankar |
| 18   | Kumari Riga       | B.Ed 4 <sup>th</sup> year    | Kumari    | Kumari    |
| 19   | Mansi Gahl        | B.Ed 4 <sup>th</sup> year    | Mansi     | Mansi     |
| 20   | Prachi Gahl       | B.Ed 4 <sup>th</sup> year    | Prachi    | Prachi    |
| 21   | SPRITA SHARMA     | B.Ed III <sup>rd</sup> Sem   | SPRITA    | SPRITA    |
| 22   | Prachi Rishi Dahi | Amulal Parkar                | Prachi    | Prachi    |
| 23   | Rishi Chaudh      | Amulal Parkar                | Rishi     | Rishi     |
| 24   | Rishika Verma     | B.Ed II <sup>nd</sup> Sem    | Rishika   | Rishika   |
| 25   | Vanshika Peonia   | B.Ed II <sup>nd</sup> Sem    | Vanshika  | Vanshika  |
| 26   | Muskan Tahir      | B.Ed II <sup>nd</sup> Sem    | Muskan    | Muskan    |
| 27   | Kirti Agrawal     | B.Ed Ed II <sup>nd</sup> Sem | Kirti     | Kirti     |
| 28   | Gurpreet Ch.      | B.Ed Ed II Sem               | Gurpreet  | Gurpreet  |
| 29   | Tarika Yadav      | B.Ed Ed II Sem               | Tarika    | Tarika    |
| 30   | Sakshi Saini      | B.Ed Ed II Sem               | Sakshi    | Sakshi    |
| 31   | Kanak             | B.Ed Ed II Sem               | Kanak     | Kanak     |
| 32   | Sapna Yadav       | "                            | Sapna     | Sapna     |
| 33   | Laxmi             | "                            | Laxmi     | Laxmi     |
| 34   | Jyoti Yadav       | "                            | Jyoti     | Jyoti     |
| 35   | Pallavi Poonia    | B.Ed Ed II Sem               | Pallavi   | Pallavi   |
| 36   | Anusha Choudhary  | B.Ed Ed II Sem               | Anusha    | Anusha    |
| 37   | Vandana Verma     | B.Ed Ed II Sem               | Vandana   | Vandana   |
| 38   | Kumkum Sagar      | B.Ed Ed II Sem               | Kumkum    | Kumkum    |
| 39   | Shruti            | B.Ed Ed II Sem               | Shruti    | Shruti    |



# Department of Physical Education

Recognized by National Council for Teacher Education

Website: subharti@subharti.org, e-mail: physicedu@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 20(i) of UGC Act 1956)



|    |                    |                 |  |  |  |
|----|--------------------|-----------------|--|--|--|
| 40 | Darya              | B.Ed            |  |  |  |
| 41 | Smiti Chakravarti  | B.Ed.Ed         |  |  |  |
| 42 | Sabhi Kashyap      | B.Ed. Ed        |  |  |  |
| 43 | Shubarna           | B.Ed. Ed        |  |  |  |
| 44 | Rashi              | B.Ed. Ed        |  |  |  |
| 45 | Anu                | B.Ed. Ed        |  |  |  |
| 46 | Miya Rashmi Rani   | B.Ed. Ed        |  |  |  |
| 47 | Bhakti             | B.Ed. Ed        |  |  |  |
| 48 | Dr. Ujjwal Agrawal | B.Ed. Ed        |  |  |  |
| 49 | Abhinav Chaudhary  | B.Ed. Ed        |  |  |  |
| 50 | Deepika Sangwan    | B.Ed. Ed        |  |  |  |
| 51 | Jaspre             | B.Ed. Ed        |  |  |  |
| 52 | Pooja              | B.Ed. Ed        |  |  |  |
| 53 | Rashmi             | B.Ed. Ed        |  |  |  |
| 54 | Sangam Patel       | B.Ed. Ed        |  |  |  |
| 55 | Kalpna Rani        | B.Ed. Ed        |  |  |  |
| 56 | Krishna Singh      | B.Ed. Ed        |  |  |  |
| 57 | Deepa              | B.Ed. Ed        |  |  |  |
| 58 | Ishika Garg        | B.Ed. Ed        |  |  |  |
| 59 | Vandana Verma      | B.Ed. Ed        |  |  |  |
| 60 | Taruna Singh       | B.Ed. Ed        |  |  |  |
| 61 | Kavya              | B.Ed            |  |  |  |
| 62 | Koyal              | B.Ed            |  |  |  |
| 63 | Dr. Sanjay Kumar   | Asst. Professor |  |  |  |
| 64 | Dr. Manu           | Junior Lect.    |  |  |  |
| 65 | Dr. Anshu          | Asst. Prof.     |  |  |  |
| 66 | Shubham            | B.Ed            |  |  |  |
| 67 | Smiti              | B.P.E.S         |  |  |  |
| 68 | Saurabh            | B.P.E.S         |  |  |  |
| 69 | Shivangi           | B.P.E.S         |  |  |  |
| 70 |                    |                 |  |  |  |
| 71 |                    |                 |  |  |  |
| 72 |                    |                 |  |  |  |
| 73 |                    |                 |  |  |  |
| 74 |                    |                 |  |  |  |
| 75 |                    |                 |  |  |  |
| 76 |                    |                 |  |  |  |
| 77 |                    |                 |  |  |  |
| 78 |                    |                 |  |  |  |
| 79 |                    |                 |  |  |  |
| 80 |                    |                 |  |  |  |
| 81 |                    |                 |  |  |  |
| 82 |                    |                 |  |  |  |
| 83 |                    |                 |  |  |  |
| 84 |                    |                 |  |  |  |

Dr. Manju Adhikari  
 Asst. prof.  
 Department of phys. edu.

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

Dr. Manju Adhikari  
 Convener Event



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



Email ID- [hsc@subharti.org](mailto:hsc@subharti.org), Website- [www.subharti.org](http://www.subharti.org), Contact No. 91-9639010541

**SWAMI VIVEKANAND SUBHARTI**  
**UNIVERSITY**

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005  
 Ph. 0121-2439578, 2439052, 3058031, Ext. 2804, Telefax: 0121-2439067 e-  
[mailhsc@subharti.org](mailto:mailhsc@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 17<sup>th</sup> 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 4<sup>th</sup> 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 Caer 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.     | Saunya Kishore                |
| 31.     | Naval Srivastava              |
| 32.     | Km Jayanti                    |
| 33.     | Nishan Singh                  |
| 34.     | Utsav Pokhrel                 |
| 35.     | Bipasha Khatri                |
| 36.     | Tushar Sharma                 |
| 37.     | Piyush Avasthi                |
| 38.     | Muskan Yadav                  |
| 39.     | Preety Kumari Jaiswal         |
| 40.     | Sakshi Kumari                 |
| 41.     | Sakshi Singhal                |
| 42.     | Samriddhi Singh               |
| 43.     | Savita                        |
| 44.     | Shagun Mahajan                |
| 45.     | Shakshi                       |
| 46.     | Shashwat Singh                |
| 47.     | Shelly Mishra                 |
| 48.     | Aakash Mehra                  |
| 49.     | Aakershita Sinha              |
| 50.     | Aanchal Jain                  |
| 51.     | Aanchal Maan                  |
| 52.     | Aashi Goel                    |
| 53.     | Adiba                         |
| 54.     | Agrima                        |
| 55.     | Akrati Rana                   |
| 56.     | Akshita                       |

  
 Registrar  
 Swami Vivekanand  
 Subharti University  
 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      | Chandranshu Patidar           |
| 17      | Shreya Shree Jha              |
| 18      | Aadarsh Kumar                 |
| 19      | Sakshi                        |
| 20      | Yashree Sharma                |
| 21      | Siddarth Sharma               |
| 22      | Priya Suman                   |
| 23      | Sheetal Chaudhary             |
| 24      | Dipanshu                      |
| 25      | Naveen Wagadre                |
| 26      | Mili Gupta                    |
| 27      | Suhani Singh                  |
| 28      | Km Vandana Patel              |
| 29      | Shibraj Bhattarai             |
| 30      | Saumya Kishore                |
| 31      | Naval Srivastava              |
| 32      | Km Jayanti                    |
| 33      | Nishan Singh                  |
| 34      | Utsav Pokhrel                 |
| 35      | Bipasha Khatri                |
| 36      | Tushar Sharma                 |
| 37      | Piyush Avasthi                |
| 38      | Muskan Yadav                  |
| 39      | Preety Kumari Jaiswal         |
| 40      | Anju Rani                     |
| 41      | Arshi Naeem                   |
| 42      | Ashirbad Dash                 |
| 43      | Ayush Panchal                 |
| 44      | Bhavya Jagga                  |
| 45      | Bhuvi Tandon                  |
| 46      | Britto Riona Robin            |
| 47      | Chhavi Verma                  |
| 41      | Mansi Garolia                 |
| 42      | Megha Bharadwaj               |
| 43      | Mohd Gulfan                   |
| 44      | Mohd Uvesh Saifi              |
| 45      | Muskaan Aggarwal              |
| 46      | Muskan Bhati                  |
| 47      | Muskan Kharbanda              |
| 48      | Muskan Kumari                 |
| 49      | Nandini                       |
| 50      | Navva Gahlawat                |

  
 Registrar  
 Swami Vivekanand  
 Subharti University  
 MEERUT

|     |                           |
|-----|---------------------------|
| 51  | Prachi 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  | Vandhavi 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                   |

Registrar  
Swami Vivekananda  
Subharti University,  
MEERUT

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.

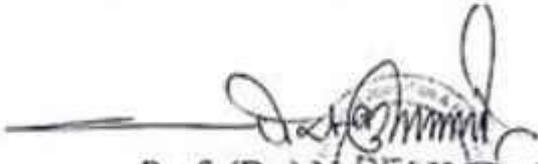


(Mr. Rahul Bansal addressing the students on “Yoga and Wellness”)

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 RAJAN       | BJMC/2019     |
| 11.    | KARAN SINGH RUHELA | BJMC/2019     |
| 12.    | SHIVANI PRAKASH    | BJMC/2019     |
| 13.    | ANKUSH             | BJMC/2019     |
| 14.    | RASHMI KUMARI      | BJMC/2019     |
| 15.    | PRITEE KUMARI      | BJMC/2019     |
| 16.    | UMAR SALIM         | BJMC/2018     |
| 17.    | KM. CHANCHAL       | BJMC/2018     |
| 18.    | HARISH KUMAR       | BJMC/2018     |
| 19.    | NIDA PARVEEN       | BJMC/2018     |
| 20.    | ANJALI             | BJMC/2018     |
| 21.    | SHIKEB MAJEED      | MJMC/2020     |
| 22.    | SALONI KASHYAP     | MJMC/2020     |
| 23.    | ANJU YADAV         | MJMC/2020     |
| 24.    | SUMIT GUPTA        | MJMC/2019     |

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

  
 Registrar  
 Swami Vivekanand  
 Subharti University  
 MEERUT



# Department of Education

Recognized by National Council for Teacher Education (NCTE)

Website: www.education@subharti.org, Email: education@subharti.org, Ph: 0121-3296540 (Extn: 2607, 2601)

**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-21-06-2021

## Report

International Yoga Day was celebrated by the Department of Education, FOE, SVSU on 21<sup>st</sup> 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



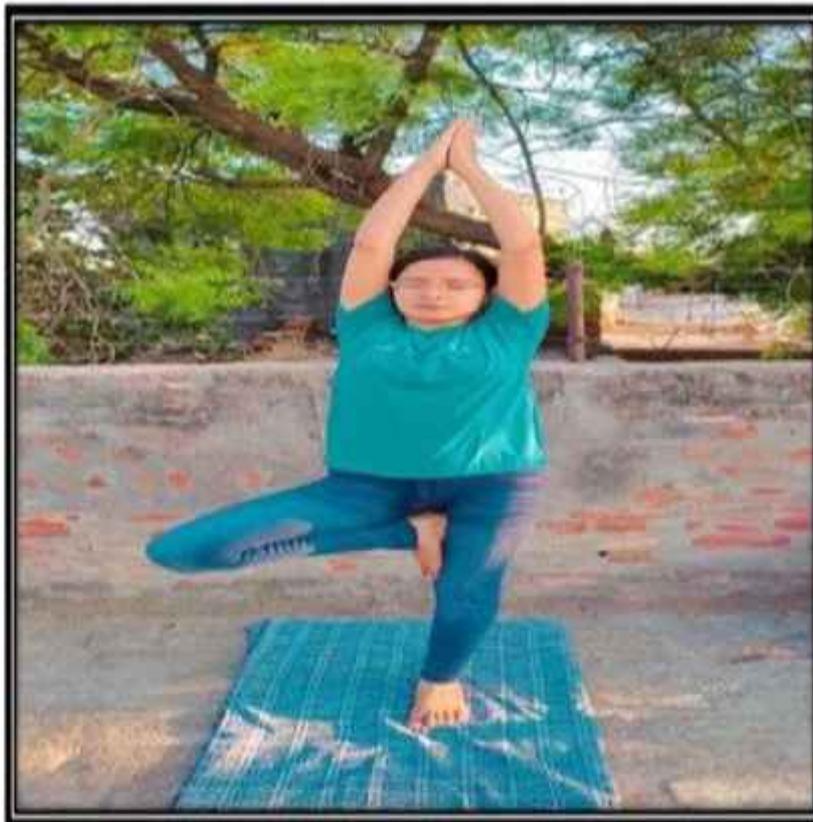
(Students are practicing of Yoga at home on the occasion of International Day of Yoga)



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.    | BHOLESH SHARMA       | OMKAR SHARMA          | B.El.Ed. 8 <sup>th</sup> Sem |
| 2.    | BISHAKHA MAURYA      | SANJAY MAURYA         | B.El.Ed. 8 <sup>th</sup> Sem |
| 3.    | KASHISH POONIA       | OMENDER POONIA        | B.El.Ed. 8 <sup>th</sup> Sem |
| 4.    | NIKITA YADAV         | GAMBHIR SINGH YADAV   | B.El.Ed. 8 <sup>th</sup> Sem |
| 5.    | RAJAT VARMA          | KESHAV DEV VERMA      | B.El.Ed. 8 <sup>th</sup> Sem |
| 6.    | SANGAM PAL           | BIRESH KUMAR          | B.El.Ed. 4 <sup>th</sup> Sem |
| 7.    | PRITI KAUSHIK        | NARESH SHARMA         | B.El.Ed. 4 <sup>th</sup> Sem |
| 8.    | PRIYA UJJWAL         | PRAVEEN KUMAR         | B.El.Ed. 4 <sup>th</sup> Sem |
| 9.    | NAITIK SHUKLA        | GIRAJA SHANKAR SHUKLA | B.El.Ed. 4 <sup>th</sup> Sem |
| 10.   | JYOTI                | SATISH CHANDRA        | M.Ed. 4 <sup>th</sup> Sem    |
| 11.   | KMAASHI SHARMA       | DARSHANVIR SHARMA     | M.Ed. 4 <sup>th</sup> Sem    |
| 12.   | VINOD KUMAR DHASMANA | RAMESH CHAND DHASMANA | M.Ed. 4 <sup>th</sup> Sem    |
| 13.   | SHIVAM AWASTHI       | SHIV DATTA AWASTHI    | B.El.Ed. 4 <sup>th</sup> Sem |
| 14.   | MANVI JAIN           | VIPUL JAIN            | B.El.Ed. 4 <sup>th</sup> Sem |
| 15.   | SAKSHI RANI          | DINESH KUMAR SHARMA   | B.El.Ed. 4 <sup>th</sup> Sem |
| 16.   | KALPANA RANI         | SHIVSHANKAR RAM       | B.El.Ed. 4 <sup>th</sup> Sem |
| 17.   | ANSHUL PAL           | RAM NIVAS PAL         | B.El.Ed. 4 <sup>th</sup> Sem |
| 18.   | SHALINI AGGARWAL     | ANIL AGGARWAL         | B.El.Ed. 4 <sup>th</sup> Sem |
| 19.   | ANKIT KUMAR          | BIJENDER SINGH        | B.El.Ed. 4 <sup>th</sup> Sem |
| 20.   | TANU                 | SANJEEV KUMAR         | B.El.Ed. 4 <sup>th</sup> Sem |
| 21.   | PREETAM              | VINOD KUMAR           | B.El.Ed. 4 <sup>th</sup> Sem |
| 22.   | ABHILASHA CHAUHAN    | MANOJ KUMAR           | B.El.Ed. 4 <sup>th</sup> Sem |
| 23.   | ANCHAL RANA          | IJENDRA RANA          | B.El.Ed. 4 <sup>th</sup> Sem |
| 24.   | ARTI SHARMA          | SURENDRA SHARMA       | B.El.Ed. 4 <sup>th</sup> Sem |
| 25.   | ASHISH OJHA          | NIRANJAN OJHA         | B.El.Ed. 4 <sup>th</sup> Sem |
| 26.   | BHAVANA SINGH        | SURENDRA KUMAR        | B.El.Ed. 4 <sup>th</sup> Sem |
| 27.   | CHEITNA RANI         | GAUTAM                | B.El.Ed. 4 <sup>th</sup> Sem |
| 28.   | ABHILASHA CHAUHAN    | OM SINGH              | B.El.Ed. 4 <sup>th</sup> Sem |
| 29.   | ANCHAL RANA          | MANOJ KUMAR           | B.El.Ed. 4 <sup>th</sup> Sem |
| 30.   | DEEPAK KUMAR         | IJENDRA RANA          | B.El.Ed. 4 <sup>th</sup> 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)
  - Suryanamskar - 5 minutes
  - Tadasana
  - Triaktadasana
  - Katichakrasana 10 minutes
  - Halasana

- Pashchimottasana
  - Shavasana
3. Pranayama (breathing exercise) - 10 minutes

- Anulome- vilome
- Kapalhati
- Bhramari

4. Meditation with sound 10 minutes

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



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



**Participant with Yoga**



**Yoga Practice**



Yog Mudra

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

### List of Participants of Yoga & wellness

| S.No. | Name of the student    |
|-------|------------------------|
| 1     | Aashish Jindal         |
| 2     | Aastha                 |
| 3     | Abdul Karim Farooqi    |
| 4     | Abhinay Maheshwari     |
| 5     | Adity Wardhan Singh    |
| 6     | Aditya Bhati           |
| 7     | Aiman Farooq           |
| 8     | Ajeet Kumar            |
| 9     | Akshita Gupta          |
| 10    | Anamika Kumari         |
| 11    | Ananya Agarwal         |
| 12    | Anchit Kumar           |
| 13    | Anika Gaur             |
| 14    | Anjali                 |
| 15    | Anjali Singh           |
| 16    | Anju                   |
| 17    | Ankit Kumar            |
| 18    | Anshika Kumar          |
| 19    | Anshu Pandey           |
| 20    | Anubhav Swarn          |
| 21    | Anuj Kumar             |
| 22    | Anuja Bhandari         |
| 23    | Amshka 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    | Chelcyka Sharma        |
| 36    | Daksh Singh            |
| 37    | Danish Sajjad          |
| 38    | Daraksha Noori         |
| 39    | Deena Yadav            |
| 40    | Deepanshi Choudhary    |
| 41    | Deepanshu Goel         |
| 42    | Deepshikha             |
| 43    | Dipjyoti 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           |



VEDANT  
 Swami Vivekanand Subharti University  
 Meerut

|     |                            |
|-----|----------------------------|
| 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.



Registrar  
Swami Vivekanand  
Subharti University  
MEERUT

## 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)



# Keral Verma Subharti College of Science

Website: www.subharti.org email: Science@subharti.org Ph: 0121-24390578,  
2439052/3055000 (Extn 2728), Telefax: 0121-3058030, 2439056

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2009 and approved under section 2(i) of UGC Act 1956)



### 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.     | Kanshka gang        | 1906000001142               |
| 6.     | Em sneha singh      | 1906000001722               |
| 7.     | Kunal saini         | 1906000001144               |
| 8.     | Nitin kumar         | 1906000001151               |
| 9.     | Puja sree           | 1906000001148               |
| 10.    | Rinku kumara        | 1906000001150               |
| 11.    | Shivangi sharma     | 1906000001141               |
| 12.    | Soyab               | 1906000001149               |
| 13.    | Sumit               | 1906000001143               |
| 14.    | Tago oppo           | 1906000001146               |
| 15.    | Akash kasana        | 1906000001345               |
| 16.    | Arushi mishra       | 1906000001343               |
| 17.    | Divyansh kumar      | 1906000001337               |
| 18.    | Geetanjali singh    | 1906000001336               |
| 19.    | Kamal deep          | 1906000001348               |
| 20.    | Khushi              | 1906000001332               |
| 21.    | Em khwahish         | 1906000001349               |
| 22.    | Em lovely           | 1906000001340               |
| 23.    | Mohit               | 1906000001344               |
| 24.    | Priyanshu chauhan   | 1906000001339               |
| 25.    | Rashi               | 1906000001342               |
| 26.    | Shivam khatri       | 1906000001333               |
| 27.    | Shivangi            | 1906000001341               |
| 28.    | Shivani yadav       | 1906000001334               |
| 29.    | Shubham tyagi       | 1906000001351               |
| 30.    | Sweetantra kumar    | 1906000001346               |
| 31.    | Arti                | 1906000001725               |
| 32.    | Em nikita sharma    | 1906000002182               |
| 33.    | Mukul pratap        | 1906000002017               |
| 34.    | Farves khan         | 1906000002018               |
| 35.    | Priyanshu yadav     | 1906000001726               |
| 36.    | Shubham rana        | 1906000002019               |
| 37.    | Ishar gautam        | 1906000002021               |

Subharti University  
Meerut

Registrar  
Swami Vivekanand  
Subharti University  
MEERUT



## Keral Verma Subharti College of Science

Website: [www.subharti.org](http://www.subharti.org), email: [Science@subharti.org](mailto:Science@subharti.org), Ph: 0121-24390578,  
2439052/3055000 (Extn 2728), Telefax: 0121-3058030, 2439056

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2009 and approved under section 2(f) of UGC Act 1956)



|     |                            |               |
|-----|----------------------------|---------------|
| 36. | Shubham rana               | 1906000002019 |
| 37. | Tushar gautam              | 1906000002021 |
| 38. | Aayush deshpai             | 1906000001361 |
| 39. | Akash                      | 1906000001367 |
| 40. | Akshay kumar               | 1906000001364 |
| 41. | Banti                      | 1906000001359 |
| 42. | Harshit chauhan            | 1906000001376 |
| 43. | Harshit choudhary          | 1906000001368 |
| 44. | Kn kamanthi                | 1906000001368 |
| 45. | Kn sweta rani              | 1906000001365 |
| 46. | Naushad khan               | 1906000001369 |
| 47. | Nikhil tomar               | 1906000001358 |
| 48. | Nongthombam bihankur singh | 1906000001357 |
| 49. | Sahil hasan                | 1906000001366 |
| 50. | Shivam                     | 1906000001370 |
| 51. | Shivam goswami             | 1906000002591 |
| 52. | Udit chauhan               | 1906000001363 |
| 53. | Vinay kumar rana           | 1906000001360 |
| 54. | Vinod sharma               | 1906000001362 |
| 55. | Abhay gangwar              | 1906000002257 |
| 56. | Akasha rana                | 1906000001376 |
| 57. | Chesta jain                | 1906000002242 |
| 58. | Kartik saini               | 1906000001374 |
| 59. | Keshav maheshwari          | 1906000002258 |
| 60. | Kn shivani                 | 1906000002357 |
| 61. | Mansi tyagi                | 1906000001371 |
| 62. | Mehvish anil               | 1906000001721 |
| 63. | Shivani                    | 1906000001372 |
| 64. | Simran mahdi               | 1906000001375 |
| 65. | Tanisha khatn              | 1906000001373 |
| 66. | Abhishek kumar             | 1906000001140 |
| 67. | Anshika choudhry           | 1906000001132 |
| 68. | Anubhav gupta              | 1906000001131 |
| 69. | Anurag                     | 1906000002577 |
| 70. | Ashutosh some              | 1906000001129 |
| 71. | Chirag sabharwal           | 1906000001139 |
| 72. | Em momina khatoon          | 1906000001130 |
| 73. | Mehak pundir               | 1906000001092 |
| 74. | Mohd lukman                | 1906000001138 |
| 75. | Priya gautam               | 1906000001137 |
| 76. | Rahul                      | 1906000001135 |

Registrar  
Swami Vivekanand  
Subharti University  
MEERUT

# Keral Verma Subharti College of Science

Website: www.subharti.org email: Science@subharti.org Ph: 0121-24390578  
2439052/3055000 (Extn 2728), Telefax: 0121-3058030, 2439056

A constituent college of

## SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under U.P. Govt. Act no. 29 of 2008 and approved under section 20) of UGC Act 1956)



|      |                        |              |
|------|------------------------|--------------|
| 77.  |                        | 190600001116 |
|      | Shrawan rathi          |              |
| 78.  | Spandh shukla          | 190600001101 |
| 79.  | Tarun kalia            | 190600001094 |
| 80.  | Vanshika goyal         | 190600001133 |
| 81.  | Vanshika malik         | 190600001093 |
| 82.  | Vijeta pundir          | 190600001134 |
| 83.  | Abhinav                | 190600001127 |
| 84.  | Aman saifi             | 190600001091 |
| 85.  | Shweta sharma          | 190600001126 |
| 86.  | Chitrang bharatiwaj    | 190600001090 |
| 87.  | Disha singwan          | 190600001180 |
| 88.  | Rajni tyagi            | 190600001125 |
| 89.  | Rishan sagar           | 190600001124 |
| 90.  | Shahana saifi          | 190600001128 |
| 91.  | Aditi rathi            | 190600001205 |
| 92.  | Anjali singh           | 190600001130 |
| 93.  | Anshika sharma         | 190600001174 |
| 94.  | Archi srohi            | 190600001131 |
| 95.  | Kim sharuhi malik      | 190600001175 |
| 96.  | Shreya agarwal         | 190600001129 |
| 97.  | Sunny prakhar khalicho | 190600001133 |
| 98.  | Abdul barque khan      | 190600001278 |
| 99.  | Abhay kumar            | F-25211      |
| 100. | Abhishek kumar         | F-28926      |
| 101. | Aiman anjum            | 190600001276 |
| 102. | Ajay kumar             | F-29127      |
| 103. | Alok kumar             | F-28762      |
| 104. | Amandeep kumar         | 190600001273 |
| 105. | Anjali kumari          | 190600001283 |
| 106. | Amit kumar singh       | F-28592      |
| 107. | Ankur kumar            | 190600001249 |
| 108. | Annu kumari            | F-29321      |
| 109. | Arya muskan            | 190600001281 |
| 110. | Shanu pratap singh     | F-29183      |
| 111. | Bhaem kumar            | F-28720      |
| 112. | Bhola kumar            | F-28826      |
| 113. | Bittu kumar            | F-28672      |
| 114. | Deepika kumar          | 190600001245 |
| 115. | Sharmisthawathi pandey | 190600001236 |
| 116. | Divya bharti           | 190600001229 |

Registrar  
Swami Vivekanand  
Subharti University  
MEERUT