

CONTACT DETAILS -

Dr. Jyoti Jagtap : 9769132371
Dr. Swapnil Darunde : 7977810019
Email : ayushyogaworkshop2019@gmail.com

Topic for Paper And Poster presentation :

- 1) YOGA FOR WOMEN HEALTH
- 2) YOGA ON PCOD
- 3) EFFICACY OF YOGA AND PRANAYAM ON STRESS MANAGEMENT
- 4) EFFECT OF YOGA IN GERIATRICS
- 5) ROLE OF YOGA IN HIV POSITIVE PATIENTS

Last date of Abstract submission : 30 June 2019
Last date of Full Paper Submission : 15 July 2019

Contact details for presentation

Dr. Swapnil Darunde : 7977810019

Email : ayushyogaworkshop2019@gmail.com

National committee

- 1) Dr. Manoj Kumar Sharma
- 2) Dr. Kamlesh Mahajan
- 3) Dr. Mihir Haljarnavis
- 4) Dr. Milind Godbole
- 5) Dr. Kordia
- 6) Dr. Rajkumar B. Bobade
- 7) Dr. Umesh Tekwade
- 8) Dr. Vikas Kathane
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- 10) Dr. Nilesh Masurkar
- 11) Dr. Anil Patil
- 12) Dr. Ravindra Ghemwad
- 13) Dr. Rajlaxmi Patil
- 14) Dr. Mangala Wange

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- 9) Dr. Gauri Shankar Urkude

Co-Organizer

Anusandhana Samstha (S VYASA),
Bangalore

Assessing committee

- 1) Dr. Ayyaz Shaikh
- 2) Dr. Jyoti Jagtap
- 3) Dr. Swapnil Darunde
- 4) Morarji Desai National Institute Of Yoga, New Delhi
- 5) The Yoga Institute, Santacruz
- 6) The Ramamani Iyengar Memorial Yoga Institute, Pune
- 7) Kaivalyadharam (KDHAM), Lonavla
- 8) Ghanthali Mitra Mandali, Thane
- 9) Yoga Vidya Niketan, Vashi
- 10) Hanuman Vyayam Prasarak Mandali, Amravati
- 11) Janardan swami Yogabhyasi Mandali, Nagpur
- 12) Art of Living, Vashi

GUIDELINES FOR PAPER PRESENTATION -

1. Abstract word count should not exceed 250 words.
2. Use Arial Font, size 10 & 1.5 line spacing.
3. Duration for oral presentation - 6 + 2 minutes
4. Send the abstract on or before 30th June, 2019
5. Full Paper & PPT (soft copies) have to be submitted till 15th July, 2019 along with author details.
6. Presenters should be present at the venue at least 15 mins before the scheduled start of the session & are expected to stay till the end of the session.
7. Sent it to - ayushyogaworkshop2019@gmail.com
8. Registration is compulsory for paper & poster presentation

GUIDELINES FOR POSTER PRESENTATION -

1. Standard portrait Flex with width 36 inches & height 48 inches
2. Poster should include title & Author details.
3. Send the jpeg image or pdf format soft copy on or before 15th July, 2019
4. Presenters should mount their posters in the assigned area at least 30 mins before the scheduled start of the session & are expected to be present besides their posters throughout the posters session.
5. Send it to - ayushyogaworkshop2019@gmail.com
6. Email will be sent to the selected Papers & Posters.

ORGANIZING SECRETARY

Dr. Ayyaz Shaikh
9987104433

PRESIDENT OF NATIONAL COMMITTEE

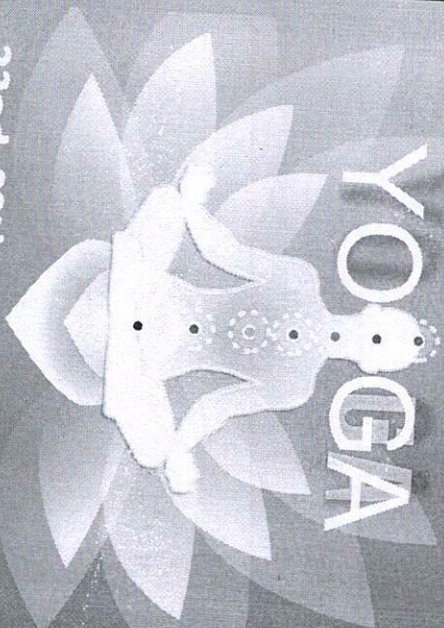
Dr. Yashwant Patil
DEAN
Government Ayurvedic college, Nanded

JOINT ORGANIZING SECRETARY

Dr. Shyam Bhakre
94222065864
Principal MES Ayurvedic college Ratnagiri.



WORKSHOP ON YOGA 2019 AND YOGA COMPETITIONS



22nd, 23th & 24th Aug 2019

Venue

CIDCO Exhibition Hall Vashi, Navi Mumbai.

Organized by :

Ministry of AYUSH
Government of India

Co-Organizer - AIIM, CCIM, MUHS
& Dr. G.D. POL FOUNDATION'S YMT AYURVEDIC MEDICAL COLLEGE

INTRODUCTION

We welcome you all for international workshop of yoga. In this workshop you learn the fundamentals of yoga in very efficient way by expert speaker from all over the India. This workshop is perfect for those who are brand new to yoga or with some experience or for those who would like a review of the basics. In this 4 workshop series we will focus on various topics like PCOD, Cancer, AIDS, Mental stress etc, over which yoga will be a lot helpful. We will discuss the history and philosophy of yoga as well to create a well rounded introduction to this ancient and time tested practice for ultimate well being. This will be knowledge worth and also will leave you inspired and ready for more yoga practices. By the end of workshop, you will be prepared to work more efficiently of yoga.

Day 1 - 22/08/2019 : Seminar No. 1

S.N.	Topic	Speaker	Time
1	ROLE OF YOGA IN EDUCATION.	Speaker 1 - Prof. Mander Bhanushie Speaker 2 - Shri Krishna Maskar	9AM 10.30AM
2	CAREER CONCEPT OF YOGA	Speaker 1 - Mr. Anukool Devali Speaker 2 - Sabir Shaikh	11AM-1AM
3	TECHNOLOGY AVANCEMENT IN YOGA 1	Dr. Deepak Bagadia	2.30AM 3.00PM
4	TECHNOLOGY AVANCEMENT IN YOGA 2	Dr Palloor Subramanya	3.30AM 5.00PM

Day 1 - 22/08/2019 : Seminar No. 2

S.N.	Topic	Speaker	Time
1	KRIYA	SHRI. UTTAMRAO PAWAR	7AM 08.30AM
2	ROLE OF YOGA IN HEALTH EDUCATION	DR. SAJITHA K.	8:30AM 9:30AM
3	TOTAL HEALTH (SWASHTVA YOGA)	SHRI. R. R. SURVE	10.45AM
4	YOGA & CANCER	DR. PRATIBHA YELNE	11AM 1AM
5	YOGA & AIDS	DR. SHRIKALA ACHARVA	2.00AM 3.30PM
6	HORMONIZING THE HARMONES BY YOGA	DR.HAMSALI YOGENDRA	3.30AM 5.00PM

Day 2 -23/08/2019 Workshop No. 1

S.N.	Topic	Speaker	Time
1	DIABETES MELLITUS & CONCEPT OF YOGA THERAPY	Dr. Nitin Patil	9AM 10.30AM
2	IAYT FOR DIABETES MELLITUS - 1	Mrs. Megha Dhangalkar	10.30AM 11.45AM
3	ROLE OF YOGA IN DIABETES MELLITUS	Dr. Sharvari Abhayankar	12 AM 1 PM
4	IAYT FOR DIABETES MELLITUS - 2	Mrs. Megha Dhangalkar	2 PM 3 PM
5	YOGA FOR PREVENTION OF DIABETES MELLITUS & ITS COMPLICATIONS	Dr. Amit Singh	3 PM 4 PM
6	IAYT FOR DIABETES MELLITUS - 3	Mrs. Megha Dhangalkar	4 PM 5 PM

Day 2 -23/08/2019 Workshop No. 2

S.N.	Topic	Speaker	Time
1	KRIYA	SHRI. AMBIKA YOG KUTIR	7AM 08.30AM
2	YOGA FOR MODERN AGE WOMEN	DR. MRUDULA CHAUDHARI MRS. NEELA TAMHANE	9AM 10.30AM
3	WORKSHOP ON STRESS MANAGEMENT	DR. OMANAND GURUJI	11AM 1.00PM
4	WORKSHOP ON ASTHMA & YOGA	YOGACHARYA DR.VISHVASRAO MANDALIK	2.00PM 3.30PM
5	WORKSHOP ON YOGA AND MENTAL HEALTH	DR.SHARAD BHALEKAR	3.30PM 5.00PM

Day 3 -24/08/2019 Workshop No. 3

S.N.	Topic	Speaker	Time
1	HEART DISEASE & CONCEPT OF YOGA THERAPY	Dr. Kashinath Meiri	9AM 10.30AM
2	IAYT FOR HEART DISEASE - 1	Mrs. Megha Dhangalkar	10.45AM 11.30AM
3	ROLE OF YOGA IN HEART DISEASE	Dr. Ashwin Belagi	11.30 AM 1 PM
4	IAYT FOR HEART DISEASE - 2	Bhavna Bagadia	2 PM 3 PM
5	YOGA FOR PREVENTION OF HEART DISEASE	Dr. Nutan Pakhare	3 PM 4 PM
6	IAYT FOR HEART DISEASE - 3	Mrs. Megha Dhangalkar	4 PM 5 PM

Day 3 -24/08/2019 Workshop No. 4

S.N.	Topic	Speaker	Time
1	KRIYA	SHRI. AMBIKA YOG KUTIR	7AM 08.30AM
2	YOGA AND IMMUNITY	DR.JANJIRALA	9AM 10.30AM
3	WORKSHOP ON BACKACHE & YOGA	SHRI.DURGADAS SAWANT	11AM 1.00PM
4	WORKSHOP ON YOGA FOR CHILDREN	SHRIKISHOR AMBEKAR	2.00PM 4.00PM
5	YOG NIDRA	DR.VIKAS GOKHALE	4.00PM 5.00PM

Registration fees

- For UG students - Rs 750/- Per Seminar / Per Workshop
 - For Pg Students / Practitioners - Rs 1000/- Per Seminar / Per Workshop
 - Ph. D Scholars / Teachers - Rs 200/- Per Head
 - Artistic Yoga and Rhythmic Yoga Competition - Rs 200/- Per Head
 - Yoga Asana Competition - Rs 200/- Per Head
- For Registration visit : www.worlddayyushexpo.com





DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

Phone: 022- 27744406

Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

Activity Report

Title of the event – WORLD AYUSH EXPO 2019 & AROGYA

Date – 22nd Aug. to 25th Aug.2019

Duration – 3 days

Venue – CIDCO Exhibition Centre ,Vashi

Coordinator- Dr Jyoti Jagtap Dr. Swapnil Darunde

Objectives-

- To create awareness about Swasthavrutta and Yoga


Description –

World AYUSH expo 2019 was organized by the Ministry of AYUSH in which our college was one of the co-organizers. Various activities were organised at AYUSH Expo to promote ayurveda and yoga. Various charts and banners were displayed by the Swasthavritta and Yoga department at the World Ayush Expo to give information to common people and doctors regarding Swasthavritta, Dinacharya, Rutucharya, Aachar Rasayan, Sadvrutta etc.

List of the Yoga sessions as follows -

- 1) Daily Yogic Kriya 7 am to 8.30 am on 22,23 & 24th Aug.
- 2) Yogasana Competitions on 22nd & 24th August
- 3) Suryanamaskar Event on 23rd August
- 4) Seminars on 22nd August
- 5) Workshops on 23rd & 24th August
- 6) Three paper presentation
- 7) One poster presentation

More than 75 Yoga teachers attended Seminars & Workshops and more than 200 yoga teachers participated in Yogasana Competitions.


VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



**DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI**

Phone: 022- 27744406

Fax: 27749895

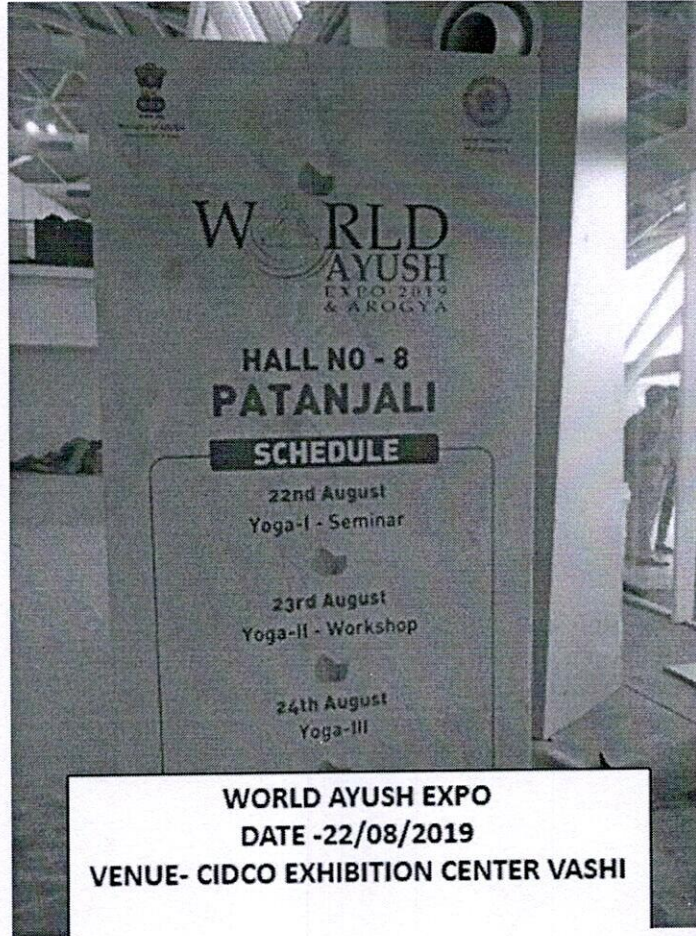
E-Mail: ymtayurved@drgdpolfoundation.org

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Outcome of Activity –

- All participants and common people came to know importance of Swasthavritta and Yogasana in their day today life

Photo –



**V.D. SANJEEV YADAV
PRINCIPAL**

**Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..**



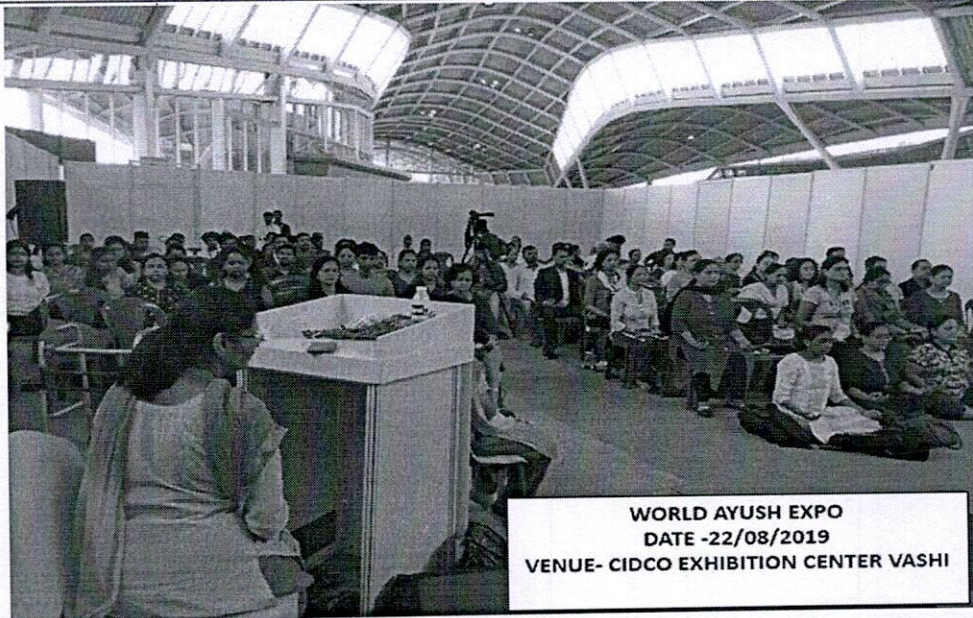
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NAVI MUMBAI

Phone: 022- 27744406

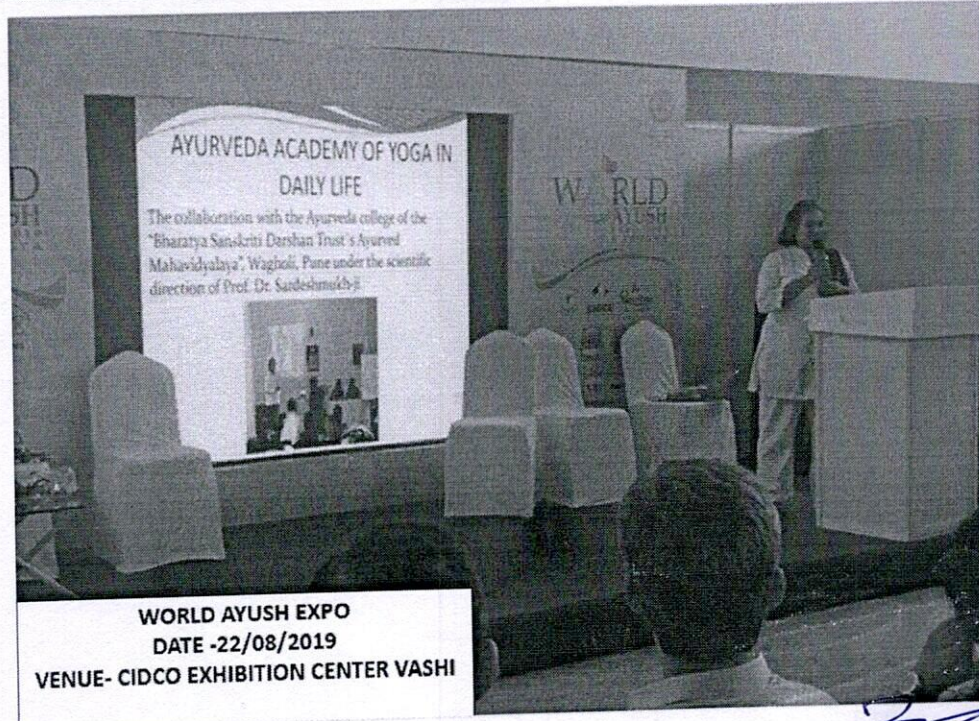
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E-Mail: ymtayurved@drdgpolfoundation.org


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WORLD AYUSH EXPO
DATE -22/08/2019
VENUE- CIDCO EXHIBITION CENTER VASHI



WORLD AYUSH EXPO
DATE -22/08/2019
VENUE- CIDCO EXHIBITION CENTER VASHI


V.D. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..

Phone : 022 - 2774 44

Fax : 2774 98

E-mail : ymtayurved@drgdpolfoundation.c

DR. G. D. POL FOUNDATION'S

Y.M.T. AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

Institutional Area, Sector - 4, Kharghar, Navi Mumbai - 410 210.

Ref. No.: YMTA/685/2022

Date: 16/9/2022

SCHOOL HEALTH CHECK UP CAMP

Venue - Modern Highschool, Sector 16, Vashi

Date - 17/09/2022


Day - Saturday


Time - 11 am to 2 pm

MEDICAL TEAM

Department	Consultant	P G student	Interns
Swasthawritta	Dr Jayesh Kumbhar	-	
Kayachikitsa		Dr Shubham Ghule	1. Harshita Gohil 2. Sachi Shukla 3. Shubham Pawar 4. Umesh Pawar 5. Sanjay Patel

Note - Vehicle will departure at 10.00 am.


VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..


Principal
DR. NIHAL SATHE
VICE-PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210.



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

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Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

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Activity Report

Title of the event – School Health Checkup and Lecture on Sadvrutta Palan and Yoga session for school children's.

Date – 17/09/2022

Duration – 6 hours


Venue – Modern School Vashi

Coordinator- Dr Jayesh Kumbhar.

Objectives-

- To create awareness about Sadvrutta, Yoga in school going children
- Health checkup of school children

Description – At around 10 am on 17/09/2022 we arrived at Modern school Vashi with our team in which there were 4 interns. School teachers and the principal gave us a warm welcome with snacks after which we started a health checkup of standard 1st, 2nd, 3rd and 4th students. We screened at about 200 students from which 52 students were having some health issues like anemia, URTI, skin diseases, dental issues etc. After health checkup Dr Jayesh Kumbhar delivered a lecture on Sadvrutta palan to 4th standard students and conducted a Yogasana activity of them. At the end Principal of Modern School felicitated Dr. Jayesh Kumbhar.


V.D. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

Phone: 022- 27744406

Fax: 27749895


E-Mail: ymtayurved@drgdpolfoundation.org

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Outcome of Activity –

- Students came to know importance of Sadvrutta Palan and Yogasana in their day today life
- We screened about 200 students from which 52 students were having some health issues like anemia, URTI, skin diseases, dental issues etc for which they were treated by the doctors of Balroga Department of our college.

Format of Health checkup record


V.B. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

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Fax: 27749895

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Photos



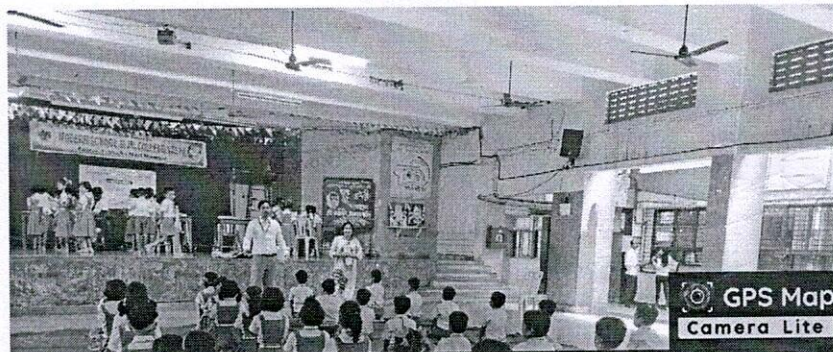
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Maharashtra 400703, India

Latitude
19.0728197°

Longitude
72.9852812°

Local 02:01:56 PM
GMT 08:31:56 AM

Altitude 14.82 meters
Saturday, 17.09.2022



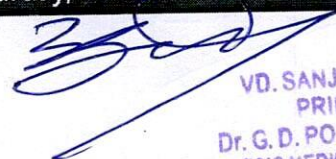
Sector 7, Vashi, Thane, Sector 7, Vashi, Navi Mumbai,
Maharashtra 400703, India

Latitude
19.0728619°

Longitude
72.9851817°

Local 12:34:46 PM
GMT 07:04:46 AM

Altitude 14.82 meters
Saturday, 17.09.2022


VD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..

Phone : 022 - 2774 4406

Fax : 2774 9895

E-mail : ymtayurved@dr.gdpol.foundation.org

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Ref. No.: Ymmta/23/23

Date: 22/02/2023

प्रति,

डॉ. मिनल पजई

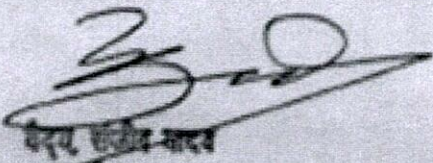
M.D. (Ayu)

विषय :- एक दिवसीय शिबीर / परिसंवाद यामध्ये व्याख्यान देण्यासाठी आमंत्रण पत्रक....

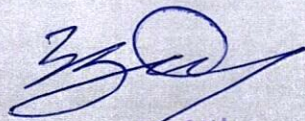
महोदय / महोदया,

महाराष्ट्र आरोग्य विज्ञान विद्यापीठ बहिःशाल शिक्षण मंडळातर्फे आयोजित एक दिवसीय शिबीर / परिसंवाद / चर्चासत्र अंतर्गत दि. 28/02/2023 रोजी व्याख्यान देण्यासाठी डॉ. जी. डी. पोल फाऊंडेशन वाय.एम.टी. आयुर्वेदिक महाविद्यालयातर्फे आपणांस आमंत्रित करित आहोत. तरी आमच्या आमंत्रणाचा स्विकार करून व्याख्यान देण्यासाठी आपण उपस्थित रहावे, ही विनंती.

कळावे.



व.डी. संजिव यादव
अध्यक्ष
डॉ. जी. डी. पोल फाऊंडेशन
य.एम.टी. आयुर्वेदिक मेडिकल कॉलेज आणि हॉस्पिटल
सेक्टर ४, खारघार,
नावी मुंबई - ४१० २१०.



V.D. SANJEEV YADAV
PRINCIPAL
DR. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210.

Received

M. Pajai
23/02/23

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Ref. No.: YMTA/23/23

Date: 22/02/2023

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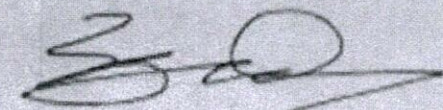
डॉ. मिनल पजई
M.D. Ayu.

महोदय / महोदया,

महाराष्ट्र आरोग्य विज्ञान विद्यापीठ वृहिशाल शिक्षण मंडळातर्फे आयोजित एक द्विविधीय सिमीर / परिसंवाद / चर्चासत्र अंतर्गत महिला सवलतीकरण व सांगासन या विषयावर दि. 24/02/2023 रोजी आपले व्याख्यान झाले. आपल्या अमूल्य मार्गदर्शनाबद्दल डॉ. जी. डी. पोळ फाऊंडेशन वाय.एम.टी. आयुर्वेदिक महाविद्यालय, खारघर अत्यंत आभारी आहे.

भविष्यकाळात आपणाकडून अशाच मार्गदर्शनाची अपेक्षा आहे. हा स्नेह वृद्धिंगत व्हावा, ही अपेक्षा.

अधिष्ठाता



डॉ. ग. डी. पोळ

अधिष्ठाता

डॉ. जी. डी. पोळ फाऊंडेशन

वाय.एम.टी. आयुर्वेदिक मेडिकल कॉलेज आणि रुग्णालय

सेक्टर 4, खारघर,

नावी मुंबई - ४१० २१०.



VD. SANJEEV YADAV

PRINCIPAL

Dr. G. D. POL FOUNDATION

Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL

Institutional Area Sector - 4,

Kharghar, Navi Mumbai - 410 210.

Received

M. Sajai

25/02/23

Dr. Minnal Pajai



**DR. G.D. POL FOUNDATION'S
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI**

Phone: 022- 27744406

Fax: 27749895

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Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

Translation of Notice

Ref no- YMTA/237/23

Date- 22/02/2023


To,
Dr.Minal Pajai,
M.D.(Ayu).

Subject- Regarding invitation as a guest speaker in Bahishaal programme.

Respected Madam,

Regarding the above-mentioned subject Maharashtra University of Health Sciences bahishaal Mandal held a one-day seminar in which you are invited as a guest speaker, so accept our invitation and guide us.

Thank you.


VD SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
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Activity Report

Title of the event – Bahishal Shikshan Mandal Yojana

Date – 24/02/2023

Duration – 10.30 AM to 12.30 PM

Venue – R.F. Naik High School, Koparkhairane

Coordinator- Dr. Minal Pajai

Objectives-


- To create awareness about Dinacharya, Rutucharya, Sadvrutta and Yoga in school going children
- To create awareness about women empowerment
- To promote health through Ayurveda

Description –

On 24/02/2023 Dr. Minal Pajai guided on women empowerment, promotion of good health through Ayurveda and yoga. In this session she gave a speech on the importance of Dinacharya, Rutucharya and Sadvrutta to 8th and 9th students of R.F.Naik High School, Koparkhairane. 50 girls were present for the lecture series. Dr. Minal Pajai Madam gave good guidance to the girls to be physically and mentally healthy. She also took one session on practice of Anulom Vilom, Bhramari Pranayam and Omkar Dhyana Sadhana.

Outcome of Activity –

- Students came to know the importance of Dinacharya, Rutucharya and Sadvrutta to keep Mental and Physical Health good.


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Kharghar, Navi Mumbai - 410 210..



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NAVI MUMBAI**

Phone: 022- 27744406

Fax: 27749895

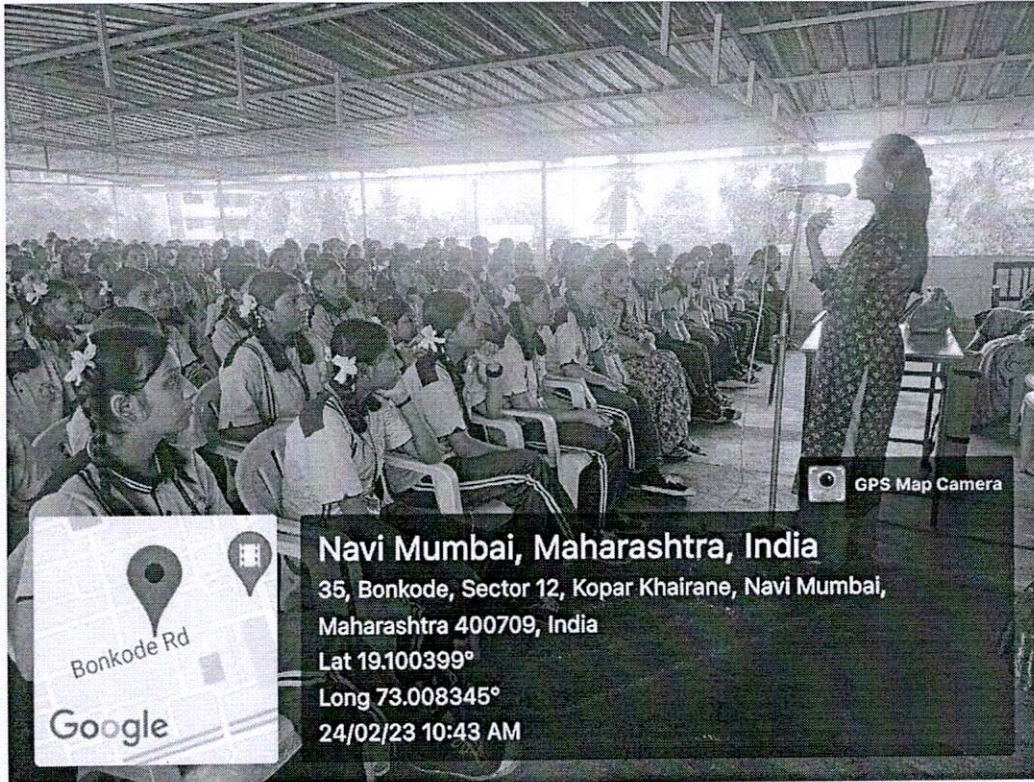
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- Awareness was created about women empowerment in girls who were present in this lecture.

Photo

Dr. Minal Pajai in Bahishal Shikshan Mandal Yojana Event




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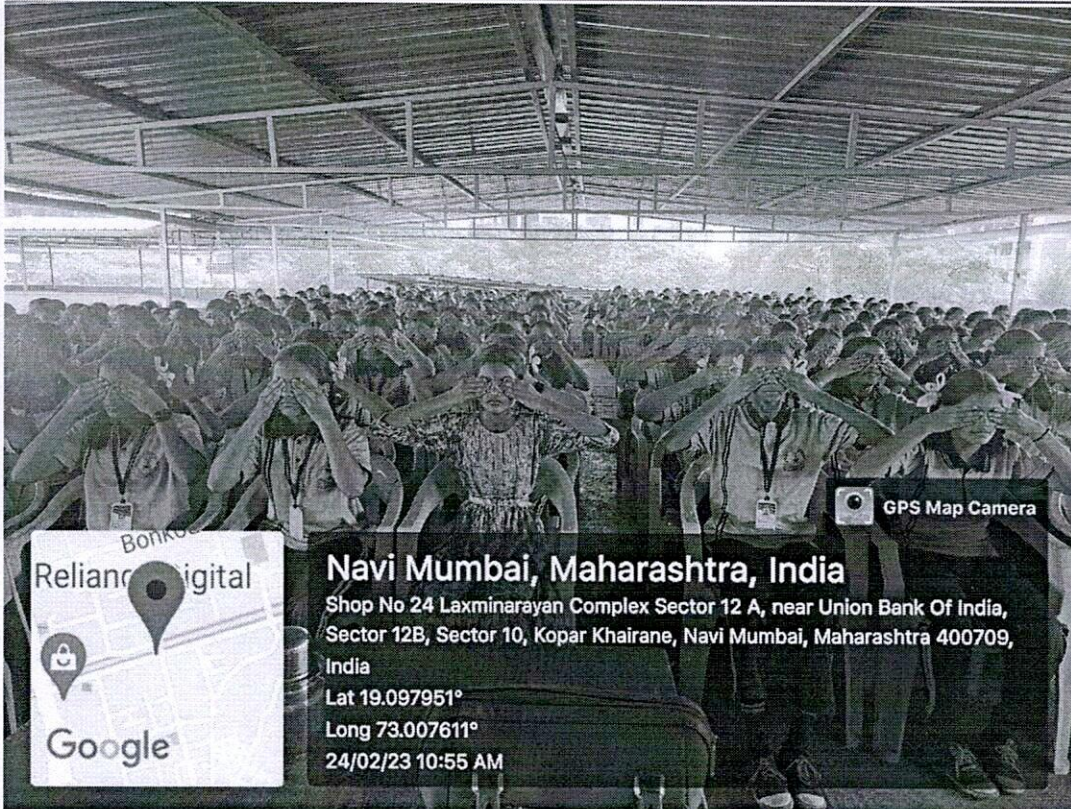
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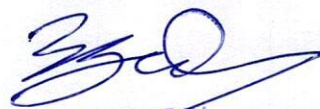
Phone: 022- 27744406

Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

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PRINCIPAL
DR. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..

Phone : 022 - 2774 4406

Fax : 2774 9895

E-mail : ymtayurved@drgdpolfoundation.org

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Ref. No.: YMTA/Int. 59/2023

Date : 17/05/2023

**GENERAL HEALTH CHECK UP CAMP AND
YOGA AND AWARENESS PROGRAMME**

Organizer - HINDUSTAN COPPER LTD COMPANY

Venue- Balgram Orphanage, Plot No 6 Sector 12, Khanda Colony, Panvel

Date - 19/05/2023

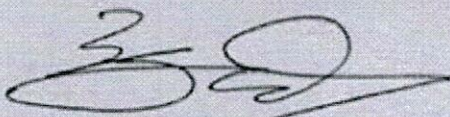
Day - Friday

Time - 10.30am to 12 pm

MEDICAL TEAM

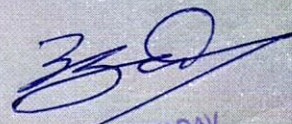
Department	Consultant	Interns
Balroga	Dr.Sandeep Rajput	1.Bhosale Mangesh 2.Drakshe Rahul 3.Shelake Pranita
Swasthvritta and Yoga	Dr.JayeshKumbhar	4.Keshari Preeti

Note - Vehicle will depart at 9.30 am.



Principal
V.D. SANJEEV YADAV
PRINCIPAL

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Kharghar, Navi Mumbai - 410 210..



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Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI**

Phone: 022- 27744406

Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

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Activity Report

Title of the event – General Health Checkup and Yoga awareness camp

Date – 19/05/2023

Duration – 10.30 to 12.30 AM


Venue – Balgram Orphan Home, Khanda Coloney, Panvel

Coordinator- Dr. Sandeep Rajput, Dr Jayesh Kumbhar

Objectives-

- To create awareness about Dinacharya, Rutucharya, Sadvrutta and Yoga in school going children
- To promote health through Yoga
- Health checkup of children

Description – At around 10.30 am on 19/05/2023 we arrived at Balgram Orphan, Khanda Colony with our team in which there were 4 interns. Camp started with one lecture on the importance of Dinacharya, Rutucharya which was delivered by Dr. Jayesh Kumbhar and a Yoga session in which 55 children participated. Dr. Jayesh Kumbhar conducted this session with interns in which prayer, Omkar chanting, sitting, standing, supine and prone position asana was taught and practiced. After this session health checkup of all children was done by Dr. Sandeep Rajput and Dr. Jayesh Kumbhar. Treatment of mild illness was given and other patients were advised IPD admission in YMT Ayurvedic Medical College and Hospital for major illness like severe anemia, malnutrition, squint etc.


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Kharghar, Navi Mumbai - 410 210..



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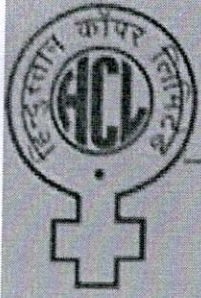
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Outcome of Activity –

- Students came to know the importance of Dinacharya in their day today life.
- Students came to know the importance of Rutucharya in their day today life.
- Students came to know the importance of Sadvrutta and Yogasana in their day today life.

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हिन्दुस्तान कॉपर लिमिटेड
तलोजा कॉपर प्रॉजेक्ट

Tel Office : 91-22-2741 1532
Factory : 91-22-2741 2736

HINDUSTAN COPPER LIMITED
TALOJA COPPER PROJECT
(An ISO 9001: 2015 Company)

E 33-E 36, MIDC Taloja,
P.O. Taloja, Dist. Raigad
Navi Mumbai- 410208
(MAHARASHTRA) INDIA
CIN No.: L27201WB1967GD5298338

22.05.2023

To

Administrative Head

Dr G D Pol Foundation's YMT Ayurvedic Medical College

Kharghar, Navi Mumbai

Sub: Ayush (Wellness) Camp at Balgram Orphanage, Khanda Colony, Patna

Sir

I would like to convey my appreciation to your team comprising of following members who conducted the Wellness camp at Balgram Orphanage on 19/05/2023 in association with our organisation.

- 1) Consultant – Dr Sandeep Rajput, Dr Jayesh Kumbhar
- 2) Interns – Bhosale Mangesh, Drakshe Rahul, Shelake Pranita, Keshari Preeti

Thanking you,

Your's faithfully

V.D. SANJEEV YADAV
PRINCIPAL

Dr. G. D. POL FOUNDATION
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(Swadhina Patnaik)
Chief Manager (HR)



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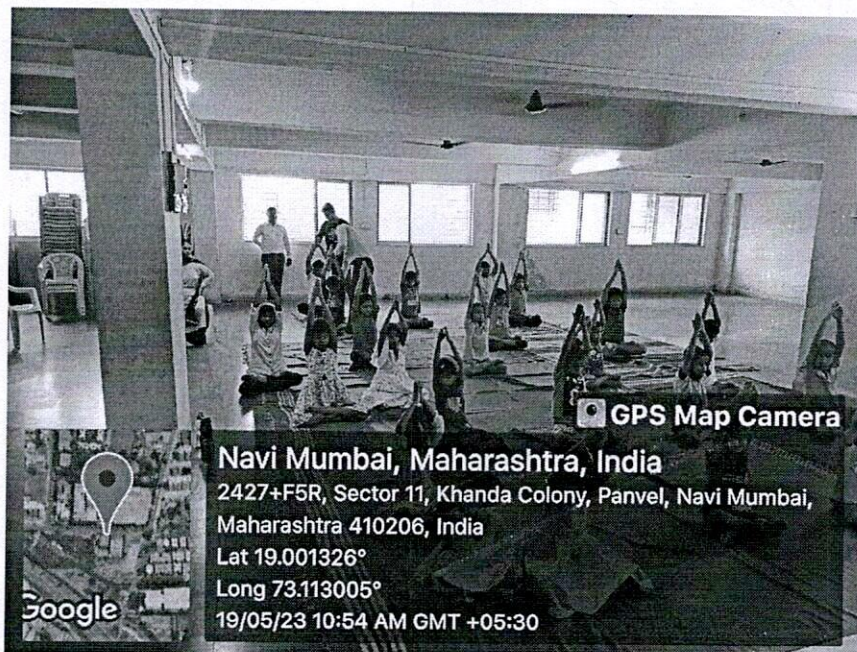
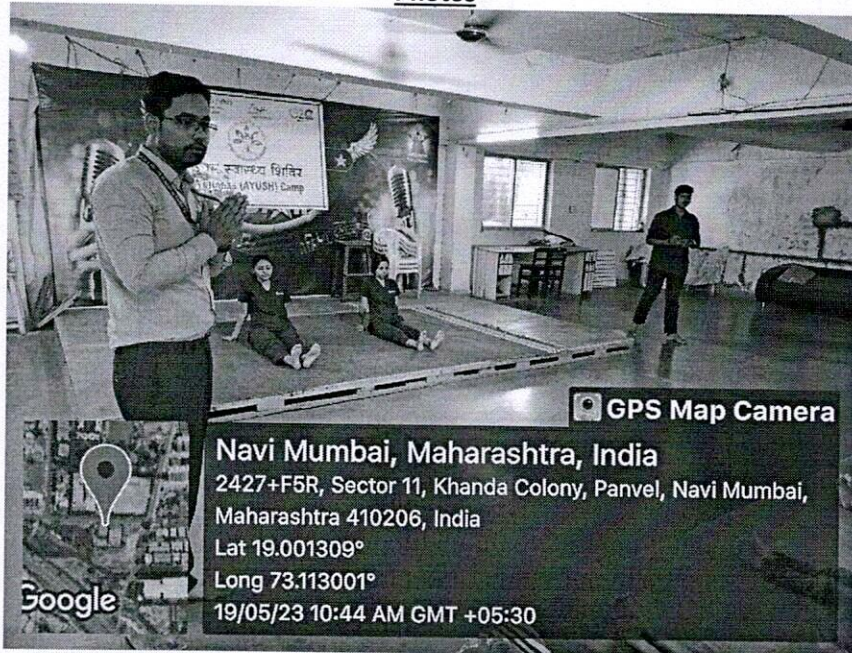
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Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

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Photos




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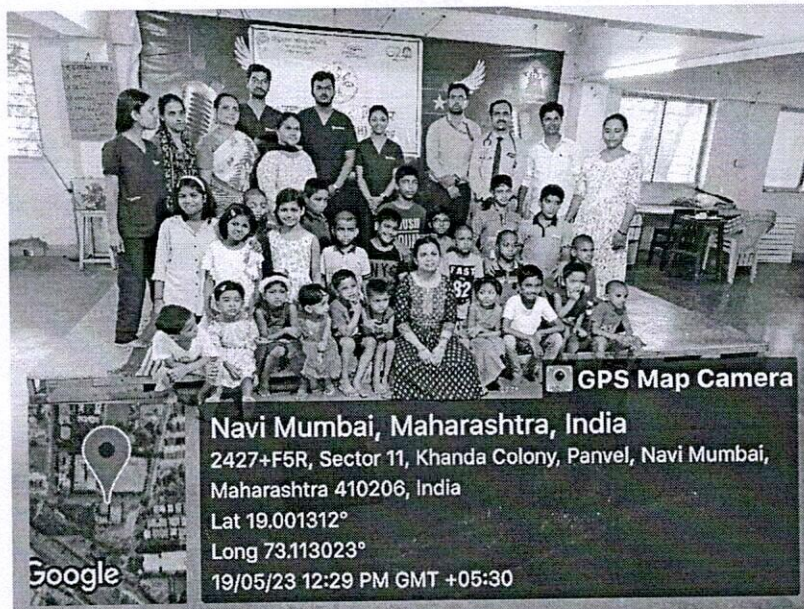
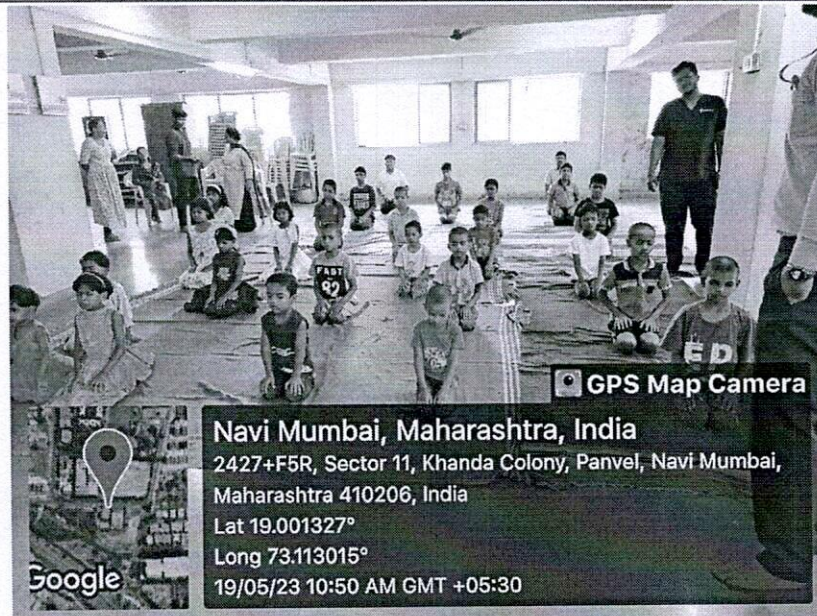
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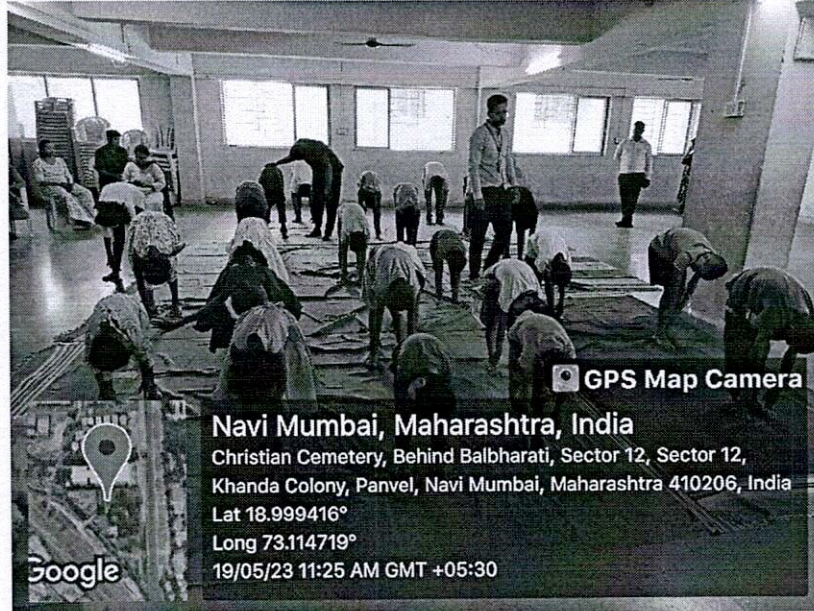
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NAVI MUMBAI


Phone: 022- 27744406

Fax: 27749895

E-Mail: ymtayurved@drgdpolfoundation.org

Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210




MD. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410210..



Phone: 022- 27744406
Fax: 27749895

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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

E-Mail: ymtayurved@drgdpolfoundation.org
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Date – 13/06/2023

Activity Report

Title of the event – Poster Competition on Dinacharya and Rutucharya

Date – 13/06/2023

Duration – 12.00 to 1.00 pm

Venue – Swasthavritta and Yoga department

Coordinator- Dr Jayesh Kumbhar

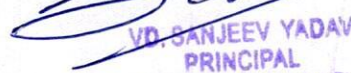
Objectives-

- To create awareness about Dinacharya and Rutucharya

Description – Topic of the poster competition was dinacharya and Rutucharya. Based on this topic 74 participants participated in this competition in the group of 5 students. Dr. Jayesh Kumbhar and Dr. Vishal Kulkarni worked as a judge in this competition. During competition students explained their poster content and based on this 3 groups were selected as a winner.

Outcome of Activity –

- Students came to know the importance of Dinacharya and their implementation in their day-to-day daily regimen.
- Students came to know various aspects of Rutucharya and their implementation in their day-to-day daily regimen.
- Students are aware of dinacharya & rutucharya do's and don'ts after this session.


V.D. SANJEEV YADAV
PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..



Phone: 022- 27744406
Fax: 27749895

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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

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E-Mail: ymtayurved@drgdpolfoundation.org
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PHOTOS



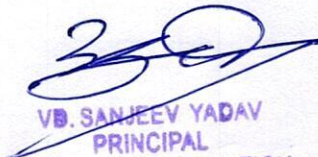
Navi Mumbai, Maharashtra, India

Yerla Arogya Kendra, Sector 4, Kharghar, Navi Mumbai,
Maharashtra 410210, India

Lat 19.0314236 / Long 73.0607706

Tuesday 13 June 2023 12:49:31




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PRINCIPAL
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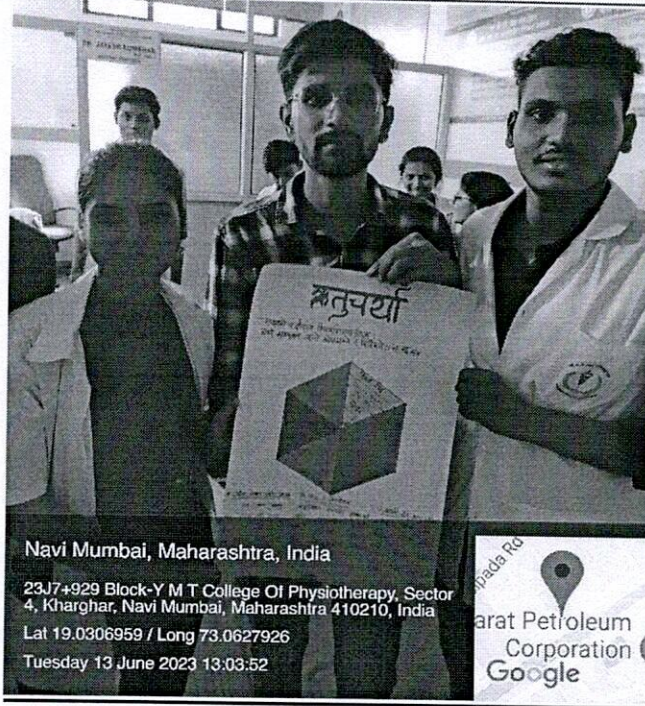
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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

NAVI MUMBAI

E-Mail: ymtayurved@drgdpolfoundation.org
Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210

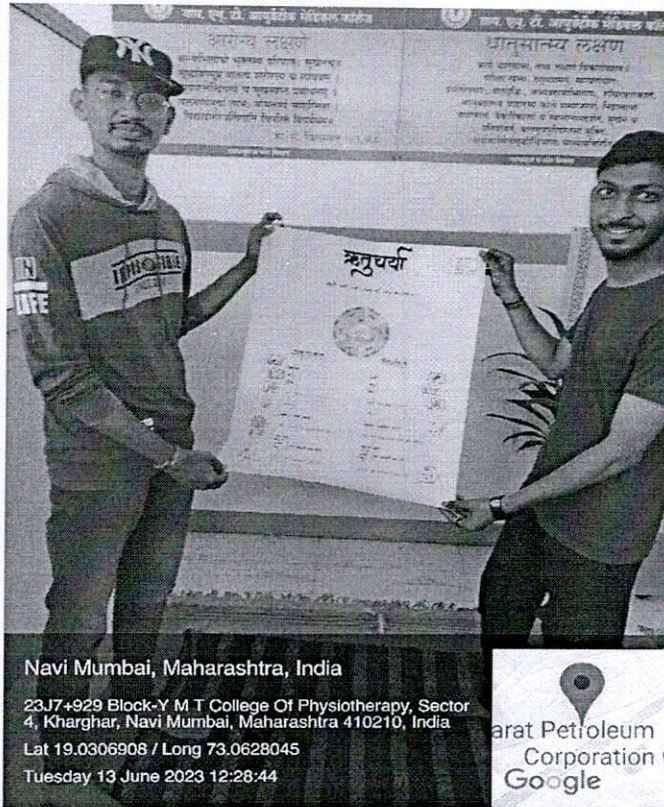


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Tuesday 13 June 2023 13:03:52



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Lat 19.0306908 / Long 73.0628045

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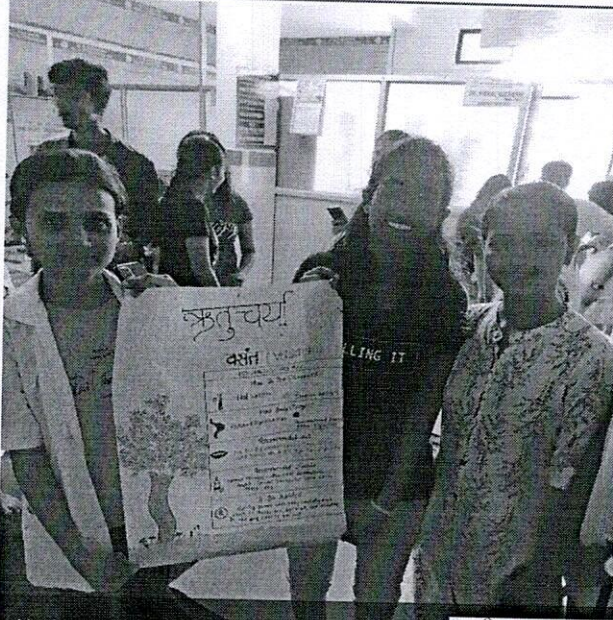
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YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

NAVI MUMBAI

E-Mail: ymtayurved@drgdpolfoundation.org
Institutional Area, Sector-4, Kharghar, Navi Mumbai 410210



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PRINCIPAL
Dr. G. D. POL FOUNDATION
Y.M.T. AYURVEDIC MEDICAL COLLEGE AND HOSPITAL
Institutional Area Sector - 4,
Kharghar, Navi Mumbai - 410 210..