



Phone: 022- 27744406
Fax: 27749895

DR. G.D. POL FOUNDATIONS
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

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

Date-19/05/2023

Outcome of Activity

- Students came to know the importance of Dinacharya in their day-to-day life.
- Students learned the importance of Rutucharya, in their daily life.
- Students learned the importance of Sadvrutta and Yogasana in their daily life.
- Students were aware of the daily regimen after this session.

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..

Date-19/05/2023



Phone: 022- 27744406

Fax: 27749895

DR. G.D. POL FOUNDATIONS

YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

NAVI MUMBAI

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

ATTENDANCE

SR.NO.	NAME	PRESENT/ABSENT
1	YAMNATH HELWAR	P
2	NISHA JADHAV	P
3	PRAMILA NIGHOT	P
4	RAMCHANDRA SHINDE	P
5	SAVITA BISWAS	P
6	SHAKUNTALA PAWAR	P
7	SHASHIKANT KALKAR	P
8	G D DARYANI	P
9	NACHIKET GOLE	P
10	SURENDRA D JADHAV	P
11	SHANTI DEVI	P
12	SNEHLATA CHORGHE	P
13	MUMTAZ JAHA	P
14	KARUNA KOLI	P
15	LAXMAN SHEVALE	P
16	PATIL TRUPTI SADASHIV	P
17	SHUKLA DEEPAK SHALIKRAM	P
18	VESERIA MANALI ANIL	P
19	DHODI PUJA KANTI	P
20	MUJAWAR SHEEFA SIKANDAR	P
21	PARAB SWAPNIL SAHADEO	P
22	SHARMA POOJA SATYAPAL	P
23	HASABE RESHMA DAYAWANT	P
24	TELI AKSHADA EKNATH	P
25	KOTWAL NARENDRA RAMDAS	P
26	PILLAI VIGNESH MADASWAMY	P
27	THAKUR PUNAMKUMARI RAJKUMAR	P
28	VERMA UMANKA RAMENDRA	P
29	DESHMUKH CHAITALI RAJENDRAKUMAR	P
30	GUPTA POOJA MOHAN	P
31	SAMBHAJI YASHAVANT KAMBALE	P
32	NAMITA GIRKAR	P
33	KAVERI SATHE	P

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

DR. G.D. POL FOUNDATIONS
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

E-Mail: ymtayurved@drgdpolfoundation.org

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

34	VIJAY KADALGAONKAR	P
35	CHE TAN GAIKWAD	P
36	SWAPNIL JADHAV	P
37	SALONI NAIK	P
38	KAMAL FIRKE	P
39	VIJAYA VILAS SAMUDRA	P
40	ASHA MALI	P
41	RAM PULIT	P
42	JAYSHRI PANMAR	P
43	AMOL NARAYAN PALVE	P
44	MANASI MAHADIK	P
45	MANISHA JADHAV	P
46	MANISHA PATHAK	P
47	MOHAN RANE	P
48	GAJALA KAASAR	P
49	GANESH VALEKAR	P
50	GHANSHYAM SURYVANSHI	P
51	INDIRA DAGAL	P
52	JAGANNATH GAIKWAD	P
53	KALPESH VARMA	P
54	KHUSHI GUPTA	P
55	KRUSHANATH KULKARNI	P

CO-ORDINATOR

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- 27744406

Fax: 27749895

DR. G.D. POL FOUNDATIONS
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

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

Date – 13/06/2023

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

DR. G.D. POL FOUNDATIONS


YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

NAVI MUMBAI

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

ATTENDANCE

SR.NO.	NAME	PRESENT/ABSENT
1	AAGLAVE KETAKI NARSINGRAO	P
2	ANSARI ZISHAN AKHLAQUE	P
3	AVALE AISHWARYA ARUN	P
4	BADE MAULI DHARUV	P
5	BANKAR TUSHAR JAGANNATHRAO	P
6	BARGE PRESHITA ANIL	P
7	BAVISKAR DITI NILESH	P
8	BHALERAO PRATIK BALASAHEB	P
9	BHANDAKKAR KALYANI	P
10	BHURANI MOHAMMAD IMRAN	P
11	CHAVAN ROHIT KISAN	P
12	CHAVAN SUPRIYA PRAKASH	P
13	CHHEDA POOJA RAMESH	P
14	CHIMBADA AMIT VISHNU	P
15	DABADE AJAY DATTATRAY	P
16	DAHIWAL PRATIK PANDURANG	P
17	DESHMUKH SHRIPAD SHAHURAO	P
18	DHANDE KAJAL ANIL	P
19	DIWATE PRANITA RAOSAHEB	P
20	DOIFODE VAISHNAVI SANTOSH	P
21	DUSSAL ANISHA ANIL	P
22	GAIKWAD VAIBHAV DINKAR	P
23	GAIKWAD VAISHNAVI BAPURAO	P
24	GAWADE SUHAS BALASO	P
25	GHRAT NISHANT VILAS	P
26	JADHAO MAHESH GANESH	P
27	JADHAV SANDESH VIJAY	P
28	JADHAV SNEHA CHANDRAKANT	P
29	JAIN MILI NARENDRAKUMAR	P
30	JAMBEKAR NITESH HIRASING	P
31	JAWALI RUCHITA RAJENDRA	P
32	KADAM SAKSHI SHRAVAN	P
33	KALE SIDDHESHWAR SHIVAJI	P
34	KATEKAR RUTUJA TATOBA	P
35	KENDRE NIVRUTTI KASHINATH	P
36	KHAN RIZWAN MAHMOOD	P
37	KINHEKAR ANKIT DINKAR	P
38	KOLEKAR AJAY SUDAMRAO	P
39	KUTRE JANHAVI RAJENDRA	P


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


DR. G.D. POL FOUNDATIONS

YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL

NAVI MUMBAI

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

40	LAD SARTHAK SHAILESH	P
41	LOKHANDE PALLAVI JAGDISH	P
42	MAGARE PARAM SHITALKUMAR	P
43	MAHADIK SHWETA BHANUDAS	P
44	MAHAGAONKAR KALYANI KISHOR	P
45	MALLAV YOGESH VITTHAL	P
46	MATORE YOGESH SHIVDAS	P
47	MAURYA AANCHAL RAMESH	P
48	MEHTA AASHI MUKESH	P
49	MOTE PRATIKSHA TUKARAM	P
50	NAGARGOJE GAJANAN VAIJANATH	P
51	NAGRALE VITTHAL SUNIL	P
52	NARWADE SAMB VAIJANATH	P
53	NARWADE SIDDHARTH SUDHAKAR	P
54	NIKAM SUJATA BHARAT	P
55	PADMOR AVINASH NANA	P
56	PADWALE SANJAY MANGALSING	P
57	PALLEWAD SHIVRAJ RAOSAHEB	P
58	PARMAR NEELAM KHETARAM	P
59	PATE ADITEE RAHUL	P
60	PATHAN ATHARKHAN AYUBKHAN	P
61	PATIL MEGHANA MOHAN	P
62	PATIL OMKAR KASHINATH	P
63	PATIL RUTUJA DEEPAK	P
64	PATIL SANJIVANI DAYANAND	P
65	PATIL SHRUTI SUNIL	P
66	PAWAR SEJAL VIJAY	P
67	POKALE GAURAV HARIDAS	P
68	POWAR GOUTAMI GAJANAN	P
69	PRADHAN NIKITA CHARUDATTA	P
70	RANE SAKSHI DHIRAJ	P
71	RAO SWATI SHIVRAM	P
72	RATHOD RUTUJA RAJENDRA	P
73	RATHOD SHAILESH GANESH	P
74	RATHOD SUMIT UTTAM	P
75	REWASKAR YASH PRAKASH	P
76	SADAFULE NARENDRA VISHNU	P
77	SALUNKHE JAGRUT ASHOK	P
78	SALUNKHE TEJAS RAJARAM	P
79	SALVI UNNATI VIKAS	P


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 - 410210..

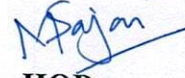


Phone: 022- 27744406
Fax: 27749895

DR. G.D. POL FOUNDATIONS
YMT AYURVEDIC MEDICAL COLLEGE & HOSPITAL
NAVI MUMBAI

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

80	SARODE ANKUSH KISAN	P
81	SAWANT SHRAVANI SHIRISH	P
82	SHAIKH MOHAMMAD ABDUL	P
83	SHINDE LOKESH PRAVIIN	P
84	SHINGARE SHRADDHA DAGDU	P
85	SHINGARE UTKARSHA TUKARAM	P
86	SHINGNE ANKITA SHANKAR	P
87	SHIRKE TANMAY AVINASH	P


HOD

Dept. of Swasthavritta & Yoga Department

HEAD OF THE DEPARTMENT
DEPT. OF SWASTHAVRITTA AND YOGA
YERALA AYURVEDIC MEDICAL COLLEGE,
KHARGHAR, SEC. NO. 4, NAVI MUMBAI



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..