



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

Phone : 022- 27744406

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E-Mail : ymtayurved@drgdpolfoundation.org

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

Date - 15/06/2022

Notice

This is to inform that Swasthavritta and Yoga department is going to conduct Common Yoga Protocol Session in Saraswati Engineering College, Kharghar

Schedule will be as follows -

Venue – Saraswati Engineering College, Kharghar

Date – 21/06/2022

Time – 8.30 am to 9.30 am

Coordinator – Dr. Jyoti Jagtap

Department – Swasthavritta and Yoga

Principal

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..

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Report –

Venue – Saraswati Engineering College, Kharghar

Date – 21/06/2022

Time – 8.30 am to 9.30 am

Coordinator – Dr. Jyoti Jagtap

Objectives –

- To teach common Yoga Protocol for staff of Saraswati Engineering College.

Description –

Common yoga protocol session was organized in Saraswati Engineering College kharghar by Swasthavritta and Yoga department. Dr. Jyoti Jagtap was Coordinator of this session.

At around 8.30 am the session started with stretching practices. This was followed by sitting, standing, supine and prone position Asanas and Pranayama. Session ended with a yoga nidra session.

Total 60 participants participated in this session.

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

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Common Yoga Protocol session in Saraswati Engineering College, Kharghar



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

Ref. No.: YmtptInt. 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

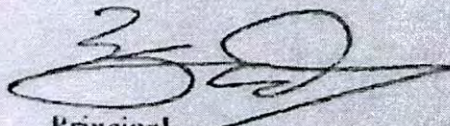
Day - Friday

Time - 10.30am to 12 pm

MEDICAL TEAM

| Department | Consultant | Interns |
|---------------------|--------------------|---|
| Balroga | Dr. Sandeep Rajput | 1. Bhosale Mangesh 2. Drakshe Rahul 3. Shelake Pranita 4. Keshari Preeti |
| Swasthynta and Yoga | Dr. Jayesh Kumbhar | |

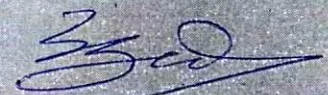
Note - Vehicle will depart at 9.30 am.



Principal
V. SANJEEV YADAV

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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, KhandaColoney, Panvel

Coordinator–Dr. Sandeep Rajput, Dr Jayesh Kumbhar

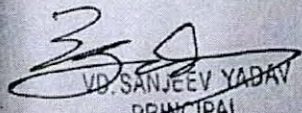
Objectives-

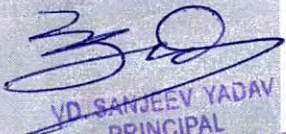
- To create awareness about Yoga in school going children
- To promote health through Yoga
- Health checkup of children

Description – At around 10.30 am on 19/05/2023 we arrived to Balgram Orphan, KhandaColoneywith our team in which there were 4 interns. Camp started with Yoga session in which 25 children participated. Dr. Jayesh Kumbhar conducted this session with interns in which prayer, Omkar chanting, sitting, standing, supine and prone position aasana 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 patient were advised IPD admission in YMT Ayurvedic Medical College and Hospital for major illness like severe anaemia, malnutrition, squint etc.

Outcome of Activity–

- Students came to know importance of Yogasana in their day today life.
- We screened at about 25 students from which some 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 and others having major diseases were advised IPD admission.


V.D. SANJEEV YADAV
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Photos




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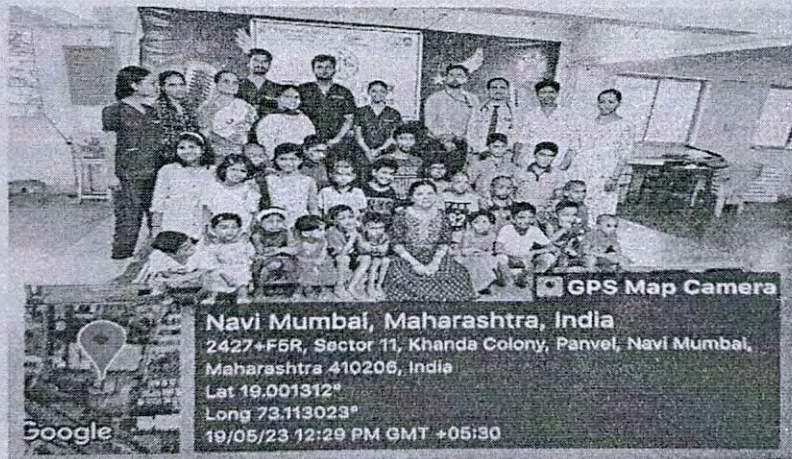
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Ref. No.: YMTA/685/2022

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.


Principal

DR. NITHAD SATHE
VICE-PRINCIPAL

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Activity Report

Title of the event – School Health Checkup and Lecture on SadvruttaPalan and Yoga session for school childrens

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 to Modern school Vashi with our team in which there were 4 interns. School teachers and principle gave warm welcome to us with snacks after which we started 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 Sadvruttapalan to 4th standard students and conducted a Yogasana activity of them. At the end Principal of Modern School felicitated Dr. Jayesh Kumbhar.

Outcome of Activity–

- Students came to know importance of SadvruttaPalan and Yogasana in their day today life
- We screened at 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

M. Sanjay
**HEAD OF THE DEPARTMENT
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Photos



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



201, Sector 8, Vashi, Navi Mumbai, Maharashtra 400703, India

Latitude
19.07308518°

Longitude
72.98527173°

Local 12:35:34 PM
GMT 07:05:34 AM

Altitude 14.82 meters
Saturday, 17.09.2022

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