



Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
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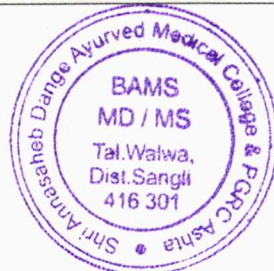


CRITERIA 8 –Part B : Ayurveda

8.1.8

Efforts of the institution to involve students in Yogic practices & promotion of such practices among the public/community.

Sr. No.	Year	Particulars	No of participants
1	2023	International Yoga Week : Permission	262
		Action plan	
		Permission Letter	
		Thanking Letter	
		Notice of event	
		Event activity report : Thanks giving	
2	2022-23	Pavan Yoga : Activity Report	100
		Photographs	
		Attendance	
		Result Analysis	
		Certificate	
3	2022-23	International Yoga Week : Permission	163
		Action plan	
		Permission Letter	
		Thanking Letter	
		Notice of event	
		Event activity report : Thanks giving	
		Photographs	
4	2022-23	Attendance of International Yoga Day	14
		Activity report of 7 th National Ayurveda day	
		Attendance of Event	
		Photographs	

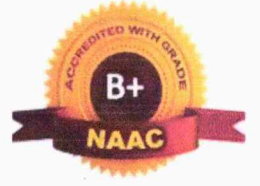


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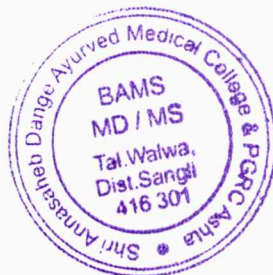
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5	2021-22	Pavan Yoga : Activity Report	100
		Photographs	
		Attendance	
		Result Analysis	
		Certificate	
6	2021-22	International Yoga Week : Event activity report	54
		Photographs	
		Online Attendance of International Yoga Day	
7	2020-21	Pavan Yoga : Activity Report	100
		Attendance	
		Result Analysis	
		Photographs	
8	2020-21	International Yoga day –Activity report	67
		Photographs	
		Action Plan	
		Report of 6 th International Yoga day	
		Online poster competition- Posters	
9	2019-20	Pavan Yoga : Activity Report	89
		Attendance	
		Result Analysis	
		Photographs	
10	2019-20	International Yoga day –Activity report	240
		Photographs	
		Attendance of Yoga Day	
11	2018-19	Pavan Yoga : Activity Report	100
		Attendance	
		Result Analysis	
		Photographs	
12	2018-19	International Yoga day report	187
		Action Plan	
		Photographs	



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DEPT. OF SWASTHAVRITTA AND YOGA

ACTION PLAN OF 9TH INTERNATIONAL DAY OF YOGA 2023

Sr. No.	Date	Competition / Event
1	16/06/2023	<ul style="list-style-type: none">Yoga Practice Session
2	17/06/2023	<ul style="list-style-type: none">Yoga Practice SessionRangoli competition
3	19/06/2023	<ul style="list-style-type: none">Yoga Practice SessionGuest lecture
4	20/06/2023	<ul style="list-style-type: none">Yoga Practice Session
5	21/06/2023	<ul style="list-style-type: none">Yoga Session9th International Day Of Yoga 2023 celebration





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Date-23/06/2023

ACTIVITY REPORT

Title of Event / Activity: - 9th International Day of Yoga 2023

Organized by the Department – Dept. of Swasthavritta & Yoga and NSS Unit

Date:-16/06/2023-21/06/2023

Duration:- 5 Days

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga Training session, Guest lectures, Rangoli competition & Yoga Session on the occasion of 9th International Yoga Day – 21 June2023

Objectives of event / activity:-

- To create awareness of Yoga.
- To promote practices of Yoga.
- To build up healthy society by propogating importance of Yogsadhana in Daily life.
- To making up of our students physically & mentally sound.

Description:

1. 16/06/2023

On 16/06/2023 at 9.30 am yoga practice session started. Guidelines of yoga session is informed to all students and also schedule of events planned by Dept. of Swasthavritta was also informed to participants. Yoga Practice Session was conducted by Dr. Sanjay Jadhav, Professor, Department of Swasthavritta. All participants practiced asanas of Standing and Sitting postures

2. 17/06/2023

Dr. Ashwini Khot, Reader Department of Swasthavritta, conducted Yoga practice session at 9.30 am at Shri. Annasaheb Dange Sports Complex. All participants practiced asanas of Supine and Prone postures.





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On the same day Rangoli Competition was held from. 2.00 pm to 04.00 pm. Total 5 Students participated in Rangoli Competition. Participants draw very attractive Yoga related Rangoli.

3. 19/06/2023

Dr. Radhika Chougule, Lecturer Department of Swasthavritta. conducted Yoga practice session at 9.30 am at Shri. Annasaheb Dange Sports Complex. All participants practiced Pranayam, Kapalbhata and Dhyana.

In afternoon session, a Guest lecture on the topic 'Yoga for Youth' was organized for BAMS students. Dr. Balkrishna Chitanis, Secretary, Vishwa Yoga Darshan Kendra, Sangli-Miraj delivered very informative speech. Prize distribution ceremony of Rangoli Competition was held during this event. 69 Teachers and Students were present for the Guest Lecture.

4. 20/06/2023

Dr. Sanjay Jadhav, Professor, Department of Swasthavritta. conducted Yoga practice session at 9.30 am at Shri. Annasaheb Dange Sports Complex. All participants practiced yogasanas and Pranayam as per Common yoga Protocol prescribed by Ministry of AYUSH, Government of India.

5. 21/06/2023

On 21st June 2023 Yoga Session was organized for all Teaching Staff & Non-teaching Staff. This session was conducted by Dr. Sanjay Jadhav, Professor, Dept. of Swasthavritta and Yoga in co-ordination with Dr. Ashwini Khot Reader & Dr. Radhika Chougule, Lecture Dept. of Swasthavritta & Yoga. Yoga session was conducted as per common Yoga Protocol. For the Yoga Sessions 188 Participants were present.

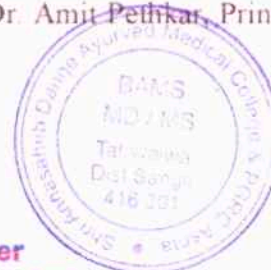
All together total 262 teachers and students participated in the events organized for 9th International Yoga Day Celebration. All these activities was organized under the valuable guidance of Dr. A.R.V. Murthy, Director ADAMC and Dr. Amit Petlikar, Principal, ADAMC, Ashta.


HOD

Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



NSS Programme Officer
Shri. Annasaheb Dange Ayurved Medical
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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 16/06/2023 Yoga Practice Session





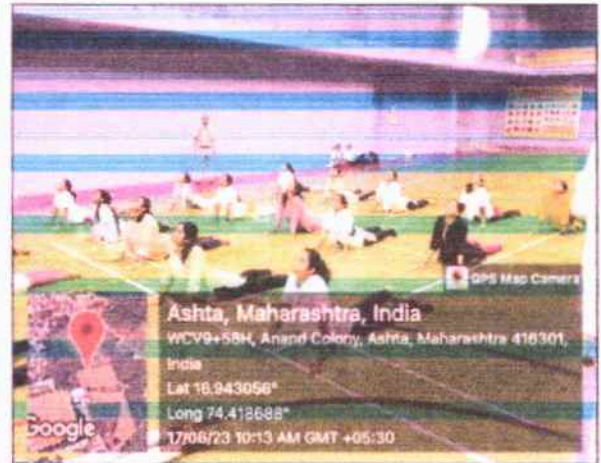
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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 17/06/2023 Yoga Practice Session



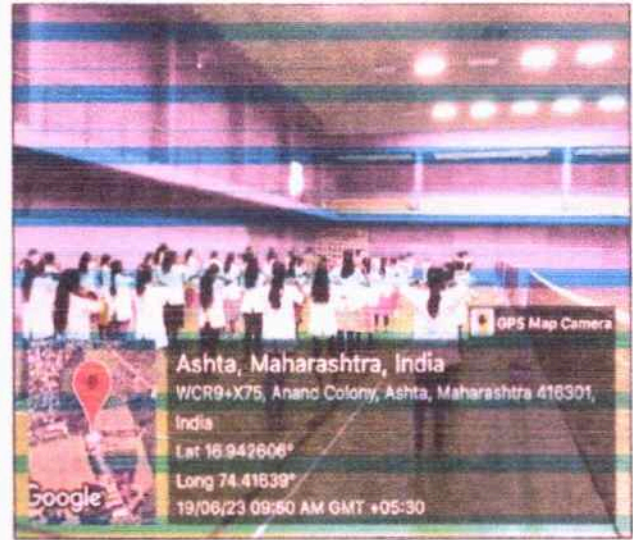
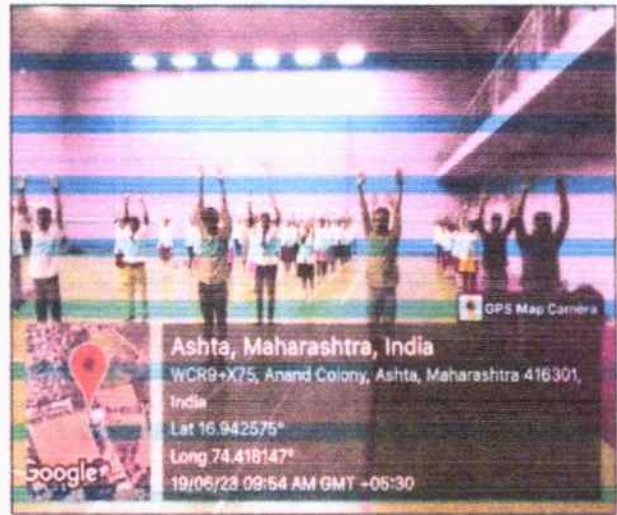


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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 19/06/2023 Yoga Practice Session



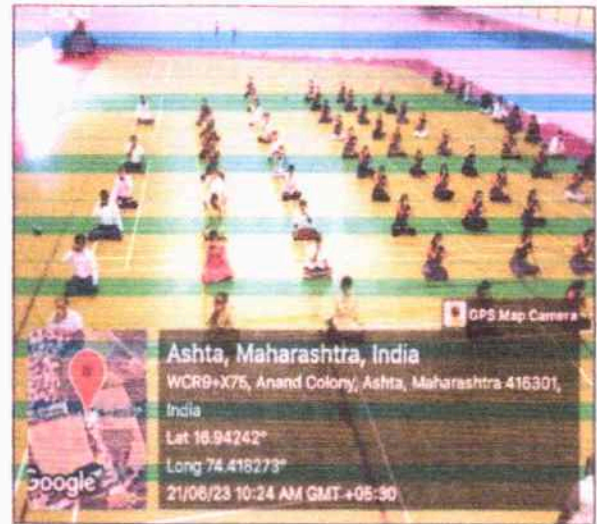


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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 21/06/2023 Yoga Practice Session





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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 20/06/2023 Yoga Practice Session



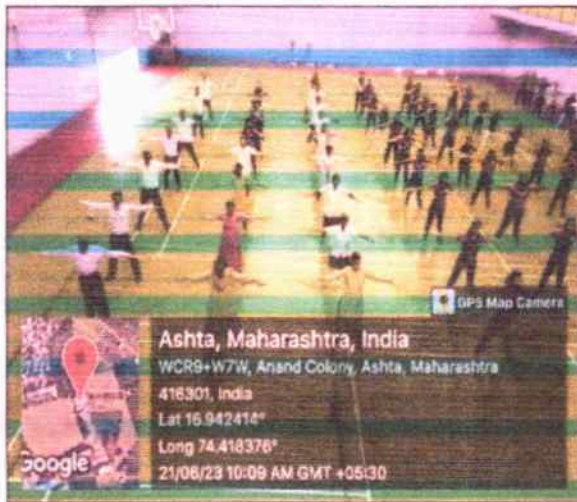


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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 21/06/2023 Yoga Practice Session





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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 17/06/2023 Rangoli Competition





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DEPT. OF SWASTHAVRITTA AND YOGA

Date: 19/06/2023 Guest Lecture





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NAME OF DEPARTMENT:- Swasthavritta &Yoga

YEAR:- 2022-23

Date: 26/04/23

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-20/03/2023 to 18/04/2023

Time:-7:00 am - 8:00am **Duration:-** 1Hour Daily

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practice sessions of BAMS Students

Objectives of event / activity:-

- Student will get professional knowledge of yoga
- Students will be able to conduct the practice of Yoga Therapy.

Description:-

The Structure of this course contains 30 hours of learning, daily one hour. With the help of this course Students are able to demonstrate proficiency in the practice of Asanas demonstrated in sessions (at a basic level),This increases their dynamic flexibility, physical activity and mind concentration. They also practiced proper breathing techniques (Pranayam).

In this course we have included group activities so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





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Outcome:

- Students get knowledge of Yoga
- Students are able to perform Asanas and Pranayam properly
- Students understand practical and therapeutic use of Yoga

List of the Teachers/ Instructors

1. Dr. Sanjay Jadhav
(Professor & HOD, Dept. Of Swasthavritta & Yoga)
2. Dr. Ashwini Khot
(Asso. Professor, Dept. of Swasthavritta & Yoga)
3. Dr. Radhika Chougule
(Lecturer, Dept. of Swasthavritta & Yoga)
4. Mr. Sushant Ghorapade
(Yoga Teacher, Dept. of Swasthavritta & Yoga)

Sanjay Jadhav
7/10/23
HOD
Swasthavritta Dept.
Hon.shri Annasaheb Dange
Ayurved Medical College Ashta



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DEPARTMENT OF SWASTHAVRITTA AND YOGA

Pavan Yoga Course (March- April 2023)





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DEPARTMENT OF SWASTHAVRITTA AND YOGA

Pavan Yoga Course (March- April 2023)



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Pavan Yoga Course Student Attendance (2022-23) Course Code: 3213-V-1

Sr. No.	Student's Name	20/03/2022	21/03/2022	22/03/22	23/03/22	24/03/22	25/03/22	26/03/22	27/03/22	28/03/22	29/03/22	30/03/22	31/03/22	01/04/22	02/04/22	03/04/22
1	Agalave Amol Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Anuse Samiksha Dattatray	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Bangar Suraj Lalasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bankar Shlok Shahu	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
5	Barkade Sakshi Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhalerao Vrishabh Pravin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhise Mitali Narayan	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
8	Bhise Vishakha Sandip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhondve Dattatray Apparao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Biradar Rutuja Raosaheb	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
11	Bobade Aniket Angad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Bone Shital Shrishail	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
13	Chauhan Trupti Yuvraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Chaure Krishna Baliram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Chavan Anil Sahebrao	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
16	Chavan Rucha Rajesaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Chavan Sakshi Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Chavan Shreya Raju	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
19	Dandge Pratik Raju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Deshpande Satyawati Umakant	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
21	Dethe Bhagyashri Dnyaneshwar	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
22	Dewne Rohini Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P

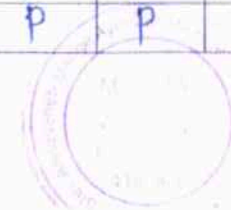




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23	Dhakne Dnyaneshwar Sahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Dive Vikas Bhagvat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Durgude Lokesh Sukhadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Gadve Abhishek Dayanand	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
27	Gaikwad Swati Namdeo	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
28	Gaikwad Vedanti Vinod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Garje Pratiksha Balu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Gavali Mira Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Gundle Aniket Anil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Hingade Pavan Vijayrao	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
33	Ingawale Pratiksha M.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Jadhav Pranjal Pratapsingh	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
35	Kale Akshaykumar D.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Kale Rutuja Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Kamble Mayuri Ramchandra	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
38	Kankal Aditya Sopan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Kanthe Saiprasad R.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Karpe Nirupam Rupesh	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
41	Khandekar Suhas Suresh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
42	Ladage Aniket Vilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Landhe Harshad Haridas	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
44	Londhe Abhijit Vilas	P	P		P	P	P	P	P	P	P	P	P	P	P	P





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45	Mali Komal Sidram	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
46	Mane Dikshant Sudhir	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
47	Mergal Priyavrat P.	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
48	Mhasavade Padmavati V	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mulla Aamna Mujib	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
50	Munde Ganesh Bhagwan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Nalawade Patil Shivani Dattatray	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
52	Narute Dnyaneshwari Suresh	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
53	Navale Shrinivas Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Nayakal Rutuja Santaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Nikam Aditi Vivek	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
56	Palwade Anjali Murlidhar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Panchal Ashish Balaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Patil Abhishek Jayvant	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
59	Patil Namrata Nandkumar	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
60	Patil Ranjit Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Patil Shraddha Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Sneha Popat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patil Snehal Maruti	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
64	Pawar Mukesh Jangu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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65	Pawar Sakshi Shamrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Pawara Varsha Reda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Phapal Dhanashree Ramkrishna	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P
68	Pingale Manisha Vitthal	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
69	Pitale Komal Bhagawan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pole Parmeshwar Sakharam	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
71	Pujari Seema Ananda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Rathod Amol Kalyan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Rathod Rahul Dadarao	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
74	Rathod Vaibhav Ramrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Ratnaparkhe Pranav Vishnupantrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Raut Harsh Gajanan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sabade suradnya padmakar	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
78	Sable prathamesh ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Sadarangani mansi ravindra	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
80	Sajgane shreya sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Samleti Gautam Shrinivas	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P
82	Sanap Mayur Jagannath	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
83	Sapkal Gauri Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Sarkate Neha Ashok	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P





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85	Sayyaed Neha Nizam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shaikh Adnan Najeeb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Shelke Pratiksha Bharat	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
88	Shete Shubham Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Shinde Avantika Ganesh	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
90	Solankar Samruddhi Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
91	Tak Abhishek Sanjay	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
92	Tarapore Gouri Somshekhar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Tayade Mayur Karbhari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Thakar Pranjal Jagannath	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P
95	Thoke Sakshi Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Thorat Swarali Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Wagh Kiran Dipak	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
98	Wanjol Vivek Santosh	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
99	Yedage Shravani Rajaram	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
100	Zyate Yashwant Vasudeo	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P



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Pavan Yoga Course Student Attendance (2022-23) Course Code: 3213-V-1

Sr. No.	Student's Name	04/04/23	05/04/23	06/04/23	07/04/23	08/04/23	09/04/23	10/04/23	11/04/23	12/04/23	13/04/23	14/04/23	15/04/23	16/04/23	17/04/23	18/04/23
1	Agalave Amol Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
2	Anuse Samiksha Dattatray	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P
3	Bangar Suraj Lalasaheb	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
4	Bankar Shlok Shahu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Barkade Sakshi Ramesh	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhalerao Vrishabh Pravin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhise Mitali Narayan	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P
8	Bhise Vishakha Sandip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhondve Dattatray Apparao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Biradar Rutuja Raosaheb	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
11	Bobade Aniket Angad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Bone Shital Shrishail	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chauhan Trupti Yuvraj	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
14	Chaure Krishna Baliram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Chavan Anil Sahebrao	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
16	Chavan Rucha Rajesaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Chavan Sakshi Sunil	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
18	Chavan Shreya Raju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Dandge Pratik Raju	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
20	Deshpande Satyawati Umakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Dethe Bhagyashri Dnyaneshwar	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P
22	Dewne Rohini Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Stamp: Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta. Date: 18/04/23



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23	Dhakne Dnyaneshwar Sahadev	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
24	Dive Vikas Bhagvat	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
25	Durgude Lokesh Sukhadev	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
26	Gadve Abhishek Dayanand	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
27	Gaikwad Swati Namdeo	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
28	Gaikwad Vedanti Vinod	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
29	Garje Pratiksha Balu	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
30	Gavali Mira Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Gundle Aniket Anil	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
32	Hingade Pavan Vijayrao	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
33	Ingawale Pratiksha M.	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
34	Jadhav Pranjal Pratapsingh	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
35	Kale Akshaykumar D.	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
36	Kale Rutuja Chandrakant	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
37	Kamble Mayuri Ramchandra	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
38	Kankal Aditya Sopan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Kanthe Saiprasad R.	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
40	Karpe Nirupam Rupesh	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
41	Khandekar Suhas Suresh	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
42	Ladage Aniket Vilas	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
43	Landhe Harshad Haridas	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
44	Londhe Abhijit Vilas	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P





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45	Mali Komal Sidram	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
46	Mane Dikshant Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Mergal Priyavrat P.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mhasavade Padmavati V.	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
49	Mulla Aamna Mujib	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Munde Ganesh Bhagwan	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
51	Nalawade Patil Shivani Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Narute Dnyaneshwari Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Navale Shrinivas Chandrakant	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
54	Nayakal Rutuja Santaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Nikam Aditi Vivek	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Palwade Anjali Murlidhar	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
57	Panchal Ashish Balaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Patil Abhishek Jayvant	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
59	Patil Namrata Nandkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Patil Ranjit Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Patil Shraddha Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Sneha Popat	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
63	Patil Snehal Maruti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Pawar Mukesh Jangu	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P



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66	Pawara Varsha Reda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Phapal Dhanashree Ramkrishna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	Pingale Manisha Vitthal	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
69	Pitale Komal Bhagawan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pole Parmeshwar Sakharam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Pujari Seema Ananda	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Rathod Amol Kalyan	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
73	Rathod Rahul Dadarao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rathod Vaibhav Ramrao	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
75	Ratnaparkhe Pranav Vishnupantrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Raut Harsh Gajanan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sabade suradnya padmakar	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
78	Sable prathamesh ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Sadarangani mansi ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Sajgane shreya sunil	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
81	Samleti Gautam Shriniwas	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
82	Sanap Mayur Jagannath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Sapkal Gauri Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Sarkate Neha Ashok	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P





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86	Shaikh Adnan Najeeb	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Shelke Pratiksha Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Shete Shubham Balasaheb	P	P	P	P	P	A	P	P	P	P	P	P	P	P
89	Shinde Avantika Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Solankar Samruddhi Sunil	P	P	P	P	P	P	P	P	A	P	P	P	P	P
91	Tak Abhishek Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P
92	Tarapore Gouri Somshekhar	P	P	P	P	A	P	P	P	P	P	P	P	P	P
93	Tayade Mayur Karbhari	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Thakar Pranjal Jagannath	P	A	P	P	P	P	P	P	P	P	P	P	P	P
95	Thoke Sakshi Rajendra	P	P	P	P	P	P	P	P	A	P	P	P	P	P
96	Thorat Swarali Suryakant	P	P	P	P	P	A	P	P	P	P	P	P	P	P
97	Wagh Kiran Dipak	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Wanjol Vivek Santosh	P	P	A	P	P	P	P	P	P	P	A	P	P	P
99	Yedage Shravani Rajaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zyate Yashwant Vasudeo	P	P	P	P	P	P	P	P	A	P	P	P	P	P



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Pavan Yoga Course Result Analysis 2022-23

Sr.No.	Name of student	Grade
1	Agalave Amol Tanaji	C
2	Anuse Samiksha Dattatray	B
3	Bangar Suraj Lalasaheb	B
4	Bankar Shlok Shahu	A
5	Barkade Sakshi Ramesh	B
6	Bhalerao Vrishabh Pravin	C
7	Bhise Mitali Narayan	B
8	Bhise Vishakha Sandip	C
9	Bhondve Dattatray Apparao	C
10	Biradar Rutuja Raosaheb	B
11	Bobade Aniket Angad	B
12	Bone Shital Shrishail	B
13	Chauhan Trupti Yuvraj	B
14	Chaure Krishna Baliram	B
15	Chavan Anil Sahebrao	A
16	Chavan Rucha Rajesaheb	B
17	Chavan Sakshi Sunil	A
18	Chavan Shreya Raju	B
19	Dandge Pratik Raju	B
20	Deshpande Satyawati Umakant	A
21	Dethe Bhagyashri Dnyaneshwar	B
22	Dewne Rohini Chandrakant	B
23	Dhakne Dnyaneshwar Sahadev	C
24	Dive Vikas Bhagvat	B
25	Durgude Lokesh Sukhadev	B
26	Gadve Abhishek Dayanand	A
27	Gaikwad Swati Namdeo	B
28	Gaikwad Vedanti Vinod	B





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60	Patil Ranjit Ramchandra	A
61	Patil Shraddha Santosh	B
62	Patil Sneha Popat	B
63	Patil Snehal Maruti	B
64	Pawar Mukesh Jangu	C
65	Pawar Sakshi Shamrao	B
66	Pawara Varsha Reda	B
67	Phapal Dhanashree Ramkrishna	C
68	Pingale Manisha Vitthal	A
69	Pitale Komal Bhagawan	B
70	Pole Parmeshwar Sakharam	C
71	Pujari Seema Ananda	B
72	Rathod Amol Kalyan	C
73	Rathod Rahul Dadarao	C
74	Rathod Vaibhav Ramrao	B
75	Ratnaparkhe Pranav Vishnupantrao	B
76	Raut Harsh Gajanan	B
77	Sabade suradnya padmakar	B
78	Sable prathamesh ganesh	A
79	Sadarangani mansi ravindra	A
80	Sajgane shreya sunil	A
81	Samleti Gautam Shriniwas	B
82	Sanap Mayur Jagannath	B
83	Sapkal Gauri Mahesh	B
84	Sarkate Neha Ashok	B
85	Sayyaed Neha Nizam	B
86	Shaikh Adnan Najeeb	C
87	Shelke Pratiksha Bharat	B
88	Shete Shubham Balasaheb	A
89	Shinde Avantika Ganesh	B
90	Solankar Samruddhi Sunil	B





Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**
A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Website : www.adamc.ac.in E-mail : ashta_adamc@gmail.com
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29	Garje Pratiksha Balu	C
30	Gavali Mira Laxman	B
31	Gundle Aniket Anil	B
32	Hingade Pavan Vijayrao	B
33	Ingawale Pratiksha M.	B
34	Jadhav Pranjal Pratapsingh	A
35	Kale Akshaykumar D.	B
36	Kale Rutuja Chandrakant	C
37	Kamble Mayuri Ramchandra	D
38	Kankal Aditya Sopan	C
39	Kanthe Saiprasad R.	B
40	Karpe Nirupam Rupesh	B
41	Khandekar Suhas Suresh	A
42	Ladage Aniket Vilas	B
43	Landhe Harshad Haridas	C
44	Londhe Abhijit Vilas	B
45	Mali Komal Sidram	B
46	Mane Dikshant Sudhir	B
47	Mergal Priyavrat P.	A
48	Mhasavade Padmavati V.	C
49	Mulla Aamna Mujib	B
50	Munde Ganesh Bhagwan	A
51	Nalawade Patil Shivani Dattatray	B
52	Narute Dnyaneshwari Suresh	B
53	Navale Shrinivas Chandrakant	A
54	Nayakal Rutuja Santaji	B
55	Nikam Aditi Vivek	A
56	Palwade Anjali Murlidhar	C
57	Panchal Ashish Balaji	B
58	Patil Abhishek Jayvant	B
59	Patil Namrata Nandkumar	B





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91	Tak Abhishek Sanjay	B
92	Tarapore Gouri Somshekhar	B
93	Tayade Mayur Karbhari	C
94	Thakar Pranjal Jagannath	B
95	Thoke Sakshi Rajendra	C
96	Thorat Swarali Suryakant	B
97	Wagh Kiran Dipak	B
98	Wanjol Vivek Santosh	B
99	Yedage Shravani Rajaram	A
100	Zyate Yashwant Vasudeo	B

A. Jadhav
21/06/2023
HOD

Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



A. Pawar
PRINCIPAL

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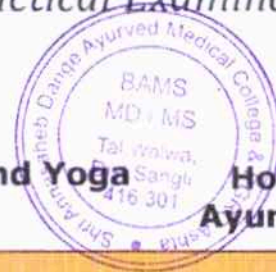
DEPARTMENT OF SWASTHAVRITTA AND YOGA
PAVAN YOGA CERTIFICATE COURSE
Certificate

*This is to certify that **Bankar Shlok Shahu** has completed Pavan Yoga Certificate Course conducted by Department of Swasthavritta and Yoga of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist- Sangli, Maharashtra in March-April 2023.*

He/She has passed Practical Examination with A grade.

HOD

Department of Swasthavritta and Yoga
ADAMC, Ashta



PRINCIPAL

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DIRECTOR

Hon. Shri Annasaheb Dange
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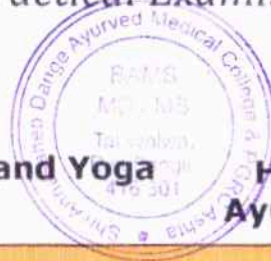
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Certificate

*This is to certify that **Chaure Krishna Baliram** has completed Pavan Yoga Certificate Course conducted by Department of Swasthavritta and Yoga of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist- Sangli, Maharashtra in March-April 2023.*

He/She has passed Practical Examination with A grade.

HOD

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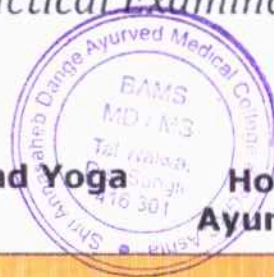
*This is to certify that **Anuse Samiksha Dattatray** has completed Pavan Yoga Certificate Course conducted by Department of Swasthavritta and Yoga of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist- Sangli, Maharashtra in March-April 2023.*

*He/She has passed Practical Examination with **B** grade.*

[Signature]

HOD

Department of Swasthavritta and Yoga
ADAMC, Ashta



[Signature]

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[Signature]

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DEPARTMENT OF SWASTHAVRITTA AND YOGA PAVAN YOGA CERTIFICATE COURSE Certificate

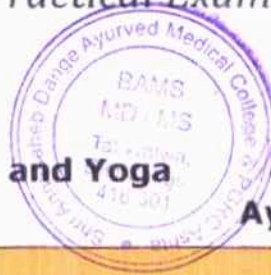
This is to certify that **Bangar Suraj Lalasaheb** has completed Pavan Yoga Certificate Course conducted by Department of Swasthavritta and Yoga of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist- Sangli, Maharashtra in March-April 2023.

He/She has passed Practical Examination with **B** grade.

Jadhava

HOD

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A. Dange

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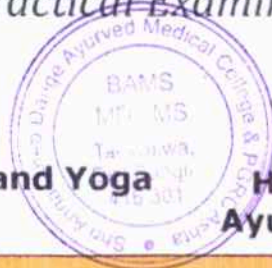
DEPARTMENT OF SWASTHAVRITTA AND YOGA
PAVAN YOGA CERTIFICATE COURSE
Certificate

*This is to certify that **Agalave Amol Tanaji** has completed Pavan Yoga Certificate Course conducted by Department of Swasthavritta and Yoga of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Dist- Sangli, Maharashtra in March-April 2023.*

*He/She has passed Practical Examination with **C** grade.*

HOD

**Department of Swasthavritta and Yoga
ADAMC, Ashta**



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DIRECTOR

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Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

15/06/2022

To,
The Principal,
ADAMC, Ashta

Subject: Requesting permission for arranging events and guest lectures in the Yoga Week on the occasion of 8th International Yoga Day celebration by Department of Swasthavritta & Yoga, ADAMC Ashta.

Respected Sir,

This is to inform you that we are going to conduct a Events & guest Lectures, Yoga sessions in Yoga Week From 15/06/2022 to 21/06/2022 on occasion of 8th International Yoga Day celebration. We are scheduling this events for 3rd year BAMS students with the purpose of development of healthy society . We request you to permit us to conduct above event with your valuable guidance.

Thanking you,



Your's faithfully,
HOD

Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta

Permitted

Ashta
Principal
14/06/2022
Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC, Ashta



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301


Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com


E-mail : ashta.adamc@gmail.com

Action Plan of 8th International Yoga Day 2022

Sr. No.	Date	Competition / Event
1	16/06/2022	<ul style="list-style-type: none">• Yoga Training Session• Rally for yoga Awareness in Society
2	17/06/2022	<ul style="list-style-type: none">• Yoga Training Session• Essay writing competition• Poster making competition
3	18/06/2022	<ul style="list-style-type: none">• Yoga Training Session• Guest lecture
4	20/06/2022	<ul style="list-style-type: none">• Yoga Training Session• Rangoli competition• Slogan Writing
5	21/06/2022	<ul style="list-style-type: none">• Yoga Training Session• Guest lecture


HOD
Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta




Principal
Hon. Shri. Annasaheb
Dange Ayurved Medical
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Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

Date- 16/06/2022

To,
The Principal,
ADAMC Ashta.

Sub- Permission for arranging Guest lectures series on Yoga, on Occasion of 8th International Day of Yoga .

Respected sir,

According to the above mentioned subject, we are planning of arranging a guest lectures on Yoga in Yoga Week from 16/06/2022 to 21/06/2022 on behalf of our Swasthavritta & Yoga department ADAMC. The Name of our guest speakers are as

Sr. No.	Speaker	Date & Topic
1	Mr. Vijay Shete Yoga Pandit, Dip. Naturopathy, Kolhapur	18/06/2022 Yougik Shuddhi kriya with Demo
2	Mrs. Asmita Konduskar	21/06/2022 Yoga for Wellness

We humbly request you to grant us permission for this.

Thank You,

permitted



Ashta
Principal

Hon. Shri. Annasaheb
Dange Ayurved Medical
College & PGRC, Ashta

[Signature]

Yours faithfully,
HOD

Swasthavritta & Yoga Dept.

Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Date: 18/06/2022

To,

Mr. Vijay Shete,
Yoga Pandit, Dip. Naturopathy, Kolhapur

Subject: Thanks giving letter for the Guest Lecture on, "Yougik Shuddhi kriya with Demo" on Occasion of 8th International Yoga Day.

Respected Sir,

With respect to above mentioned subject we sincerely give thanks to you for delivering a lecture to our BAMS III Student on topic of "Yougik Shuddhi kriya with Demo" on 18/06/2022 on Occasion of 8th International Yoga Day.

Thank you once again for your expertise guidance on the topic.

Thanking you,



Ashta
18/06/2022

Your's faithfully,

PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



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E-mail : ashta.adamc@gmail.com

20/06/2022

Notice

This to inform you that, all the Teaching, Non-Teaching Staff and BAMS Students of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta are requested to attend the Yoga Training Session & Guest lecture on occasion of 8th International Day of Yoga dated 21/06/2022.

Date: 21/06/2022

Event I: Yoga Training Session

Time: 9:30am to 10:30 am

Venue: Sports Complex,

Event II : Guest Lecture

Time: 11:00am to 12:30 pm

Venue: Auditorium Hall, Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.


HOD

Swasthviritta Dept.
Hon.shri. Annasaheb Dange
Ayurved Medical College Ashta




20/06/2022
PRINCIPAL

Hon. Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- SWASTHAVRITTA & YOGA, NSS Unit, AKAM.

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:-8th International Yoga Day

Organized by the Department – Swasthavritta & Yoga (ADAMC,Ashta) & NSS
Unit , Azadi ka Amrit Mahotsav

Date:-15/06/2022 to 21/06/2022

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting online Yoga Training session as well as Guest lectures and poster presentation, essay writing and slogan writing competition, Rangoli competition on the occasion of 8th International Yoga Day – 21 June2022

Objectives of event / activity:-

- To promote practices of Yoga.
- To build up healthy society by propagating importance of Yogsadhana in Daily life.
- To making up of our students physically & mentally sound.

Event / Activity report:- Report of “8th International Yoga Day -21June 2022”





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Description:-

1. Inauguration of Yoga Saptah was done on 15/06/2022 at 8.00am Dr. Ashwini Khot gives details of Schedule of Yoga Saptah to all also gives guidelines to all students to participate in all events arranged during Yoga Saptah .

Yoga Training Session is conducted by our Yoga Teacher Mr.Sushant Ghorpade for one week daily at 8.00am to 8.45am .

Dr.Hemalata Kore gives vote of thanks.

2. 16/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students.

At 11 am, Rally for yoga Awareness in society conducted. Our BAMS Students, Nursing Staff as well as Non-teaching & Teaching Staff all participated in Rally for yoga awareness.

3. 17/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Essay writing competition & poster making competition was conducted on occasion of 8th International Yoga Day on 17/06/2022. Mr. Saugandha Thorat sir 1st year academic incharge conducted there completion for 1st BAMS Students.

4. 18/06/2022





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Very informative lecture on "Yougi shuddhi kriya with Demo" was given by our guest Mr. Vijay Shete yoga Pandit, Dip. Naturopathy, Kolhapur.

5. 20/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Rangoli competition & Slogan writing competition was conducted on occasion of 8th International Yoga Day on 20/06/2022. Rangoli competition was conducted by dept. of Rognidan for II BAMS Students & Dept. of Rasashastra & Bhaishajyakalpana Conducted slogan writing competition for III BAMS Students.

6. 21/06/2022

On 8th International Yoga Day , we were celebrated Yoga Day at First 9.30 am on Yoga training session. It was performed under guidance of Yoga experts, in presence of our respected Principal Dr.Amit Pethkar sir, all teaching staff and all Students in Sports Complex of our college.

- Yoga Prayer
- Loosening Practices
- Yoga Demonstration of various Asanas
- Pranayam
- Dhyana
- Omkar Sadhana





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At 11 am Guest lecture was arranged for all Students as well as teaching & Non teaching staff. Very information lecture on "Yoga for Humanity" was given by our guest Mrs. Asmita Konduskar Yoga teacher, Yoga Vidhyadham Islampur. Dr. Mahesh Inamdar sir, HOD Dept. of Rasashastra & Bhaishajyakalpana was present as a Chair person.

(Dr. Nitin B. Tatpaje)
HOD & Proff.,
Swasthanitta Dept.



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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Date: 21/06/2022

To,

Mrs. Asmita Konduskar ,

Yoga Teacher , Yoga Vidhyadham Islampur .

Subject: Thanks giving letter for the Guest Lecture on, "Yoga for Wellness" on Occasion of 8th International Yoga Day.

Respected Madam,

With respect to above mentioned subject we sincerely give thanks to you for delivering a lecture to our BAMS III Student on topic of "Yoga for Wellness" on 21/06/2022 on Occasion of 8th International Yoga Day.

Thank you once again for your expertise guidance on the topic.

Thanking you,

o/c



Ashta
Your's faithfully,
PRINCIPAL

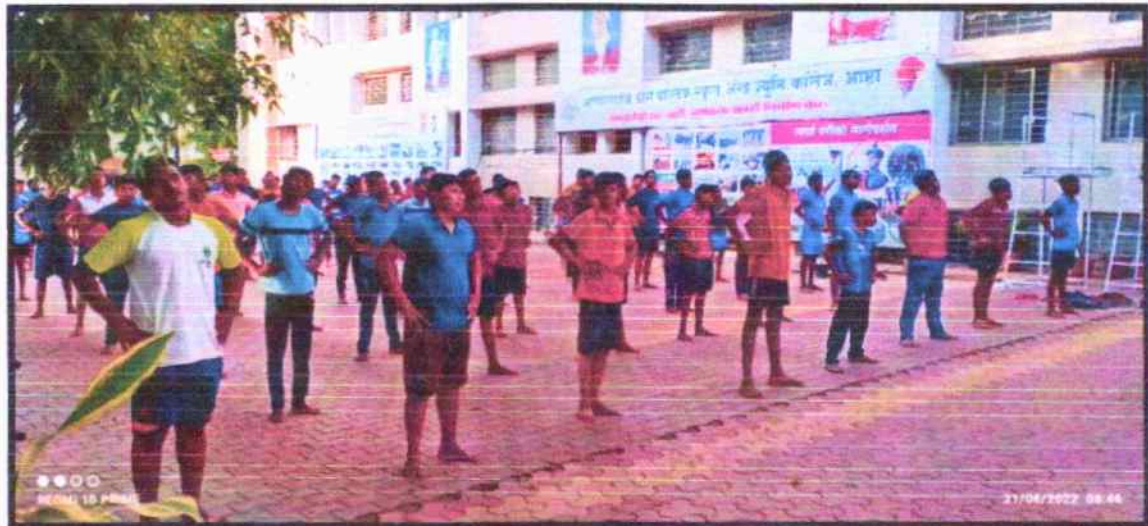
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Yoga Training session ADPS Ashta

DATE : 16/06/2022





Yoga Training session ADPS Ashta

DATE : 17/06/2022

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DATE : 18/06/2022

Yoga Training session ADAS Ashta

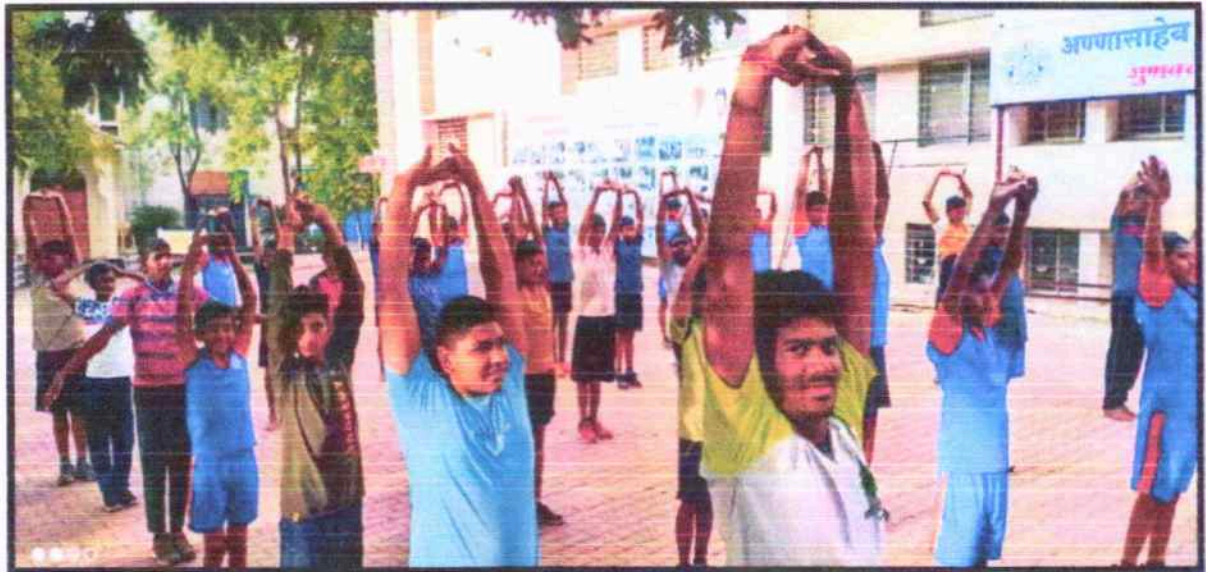




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Website : www.adamcasha.com E-mail : ashta.adamc@gmail.com

DATE : 20/06/2022

Yoga Training session ADPS Ashta

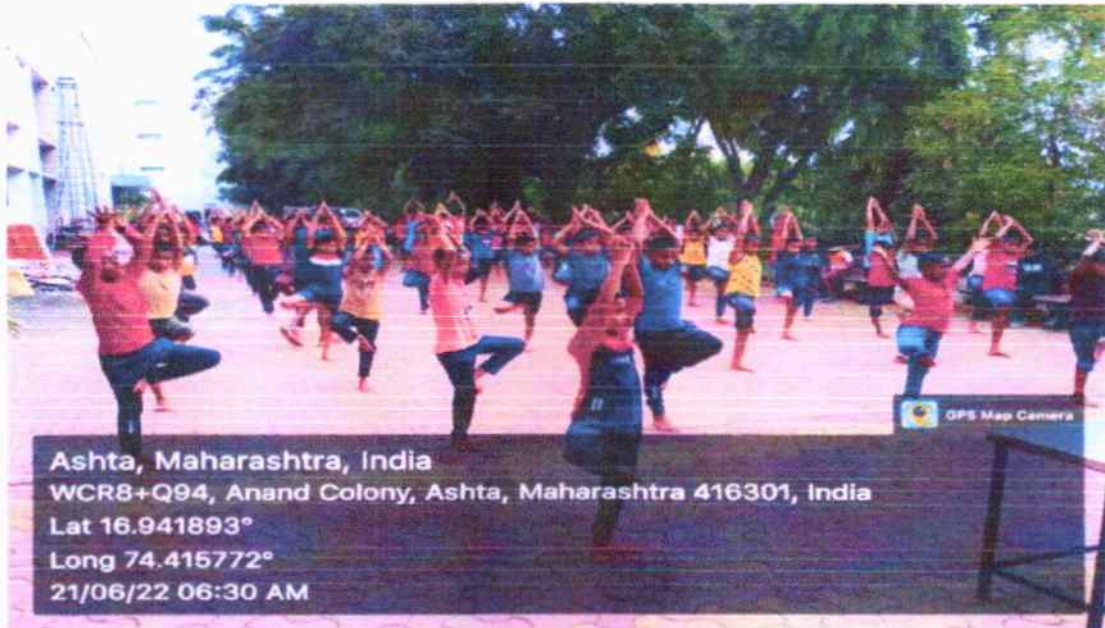
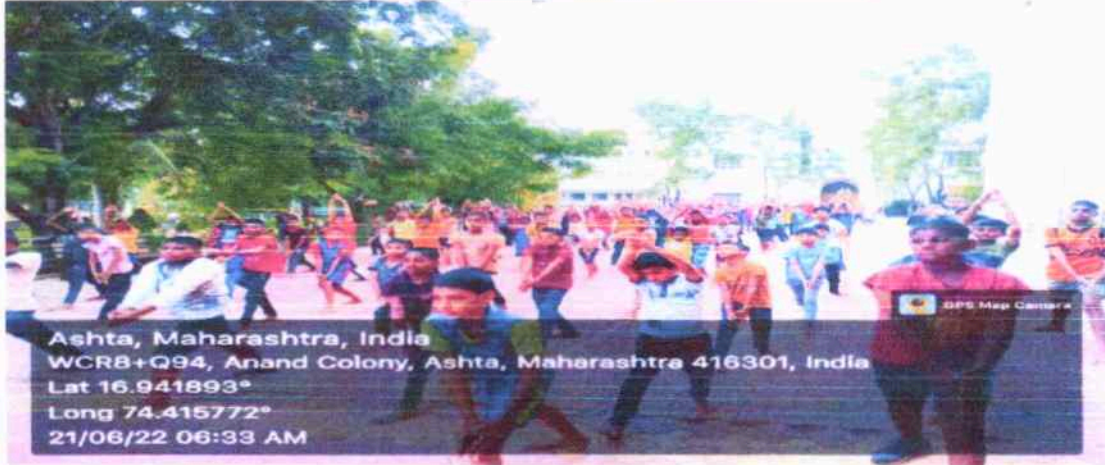




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Yoga Training session ADPS Ashta





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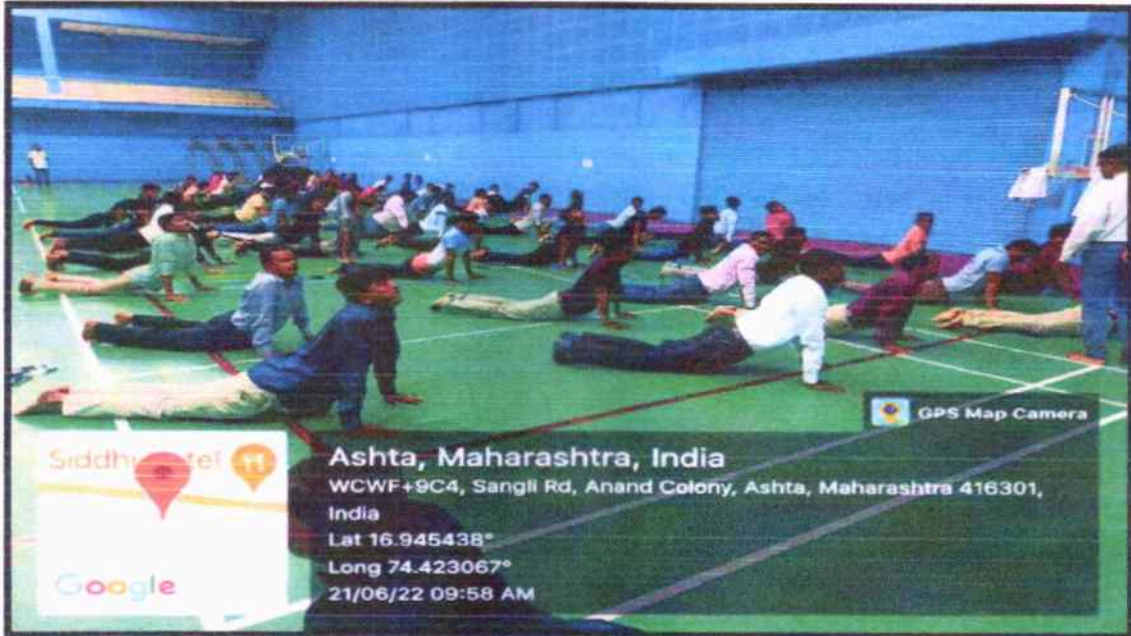
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E-mail : ashta.adamc@gmail.com

**8th International Yoga Day
ADAMC Ashta**

DATE : 21/06/2022





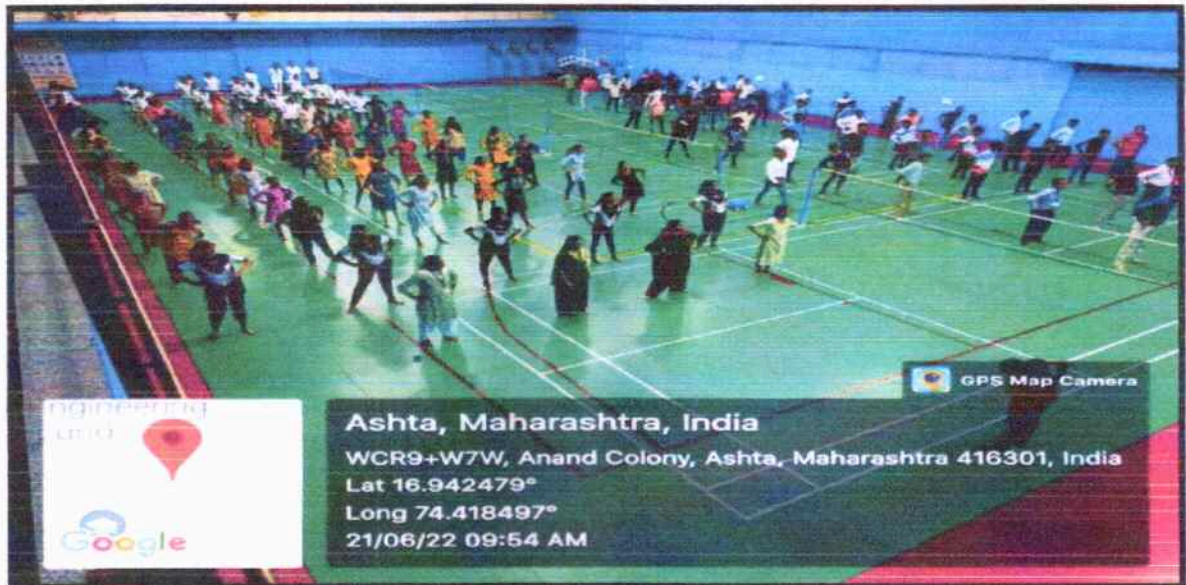
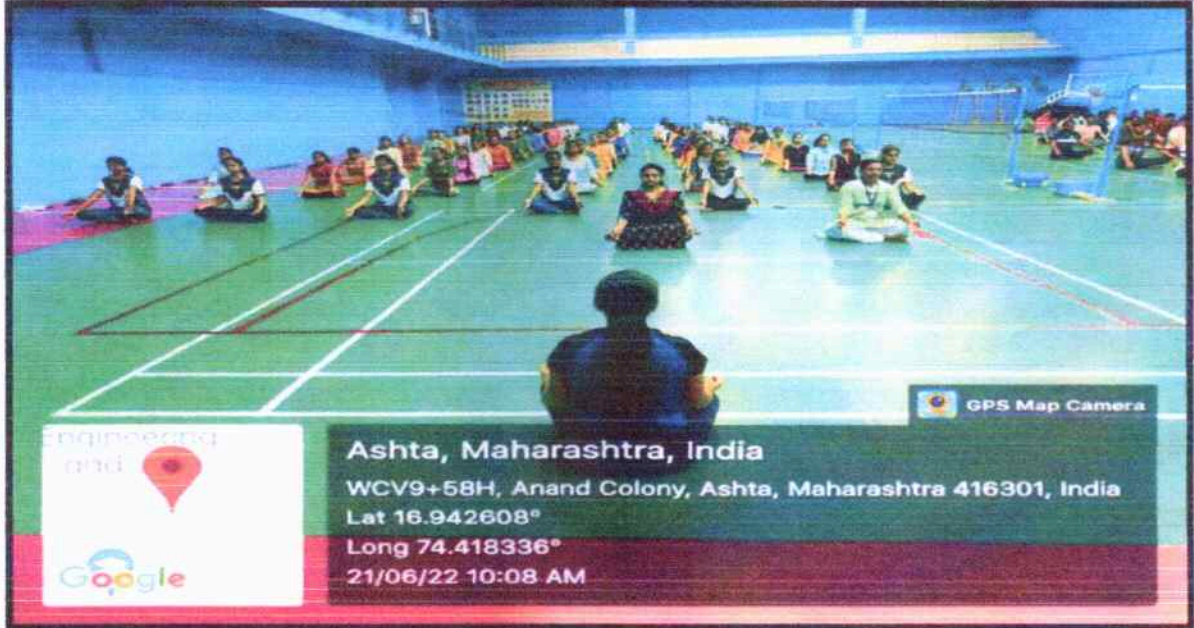
Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

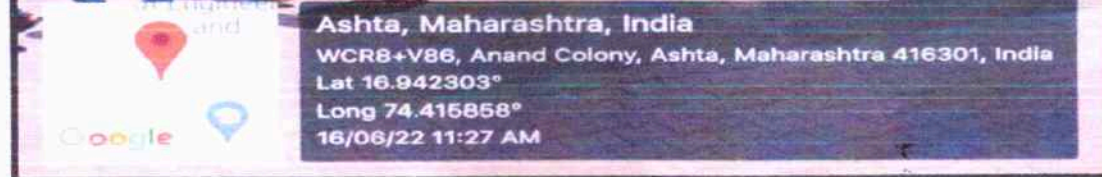
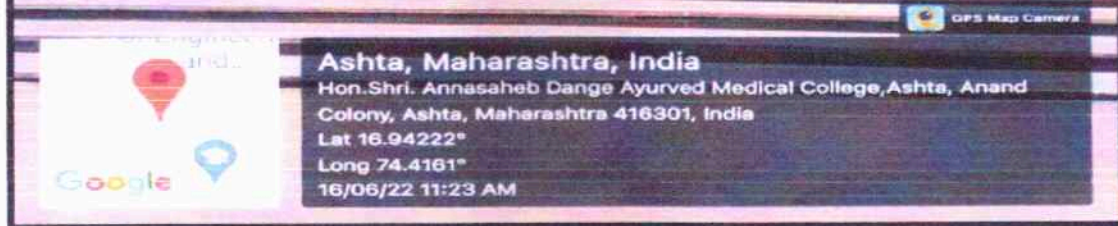
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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

DATE : 16/06/2022

Rally for Yoga Awareness in Society





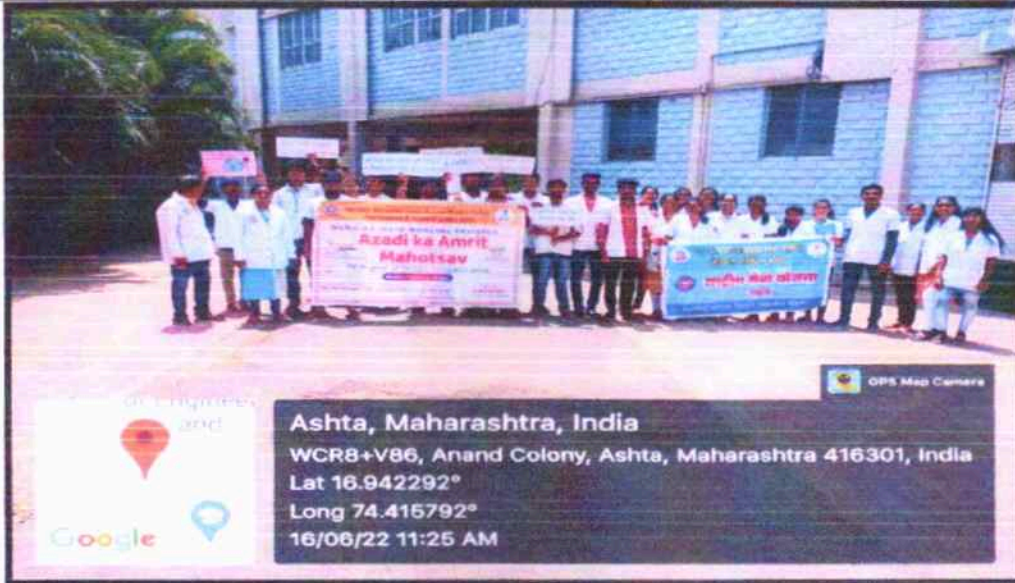
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DATE : 18/06/2022

Guest lectures - Yougik Shuddhi kriya with Demo





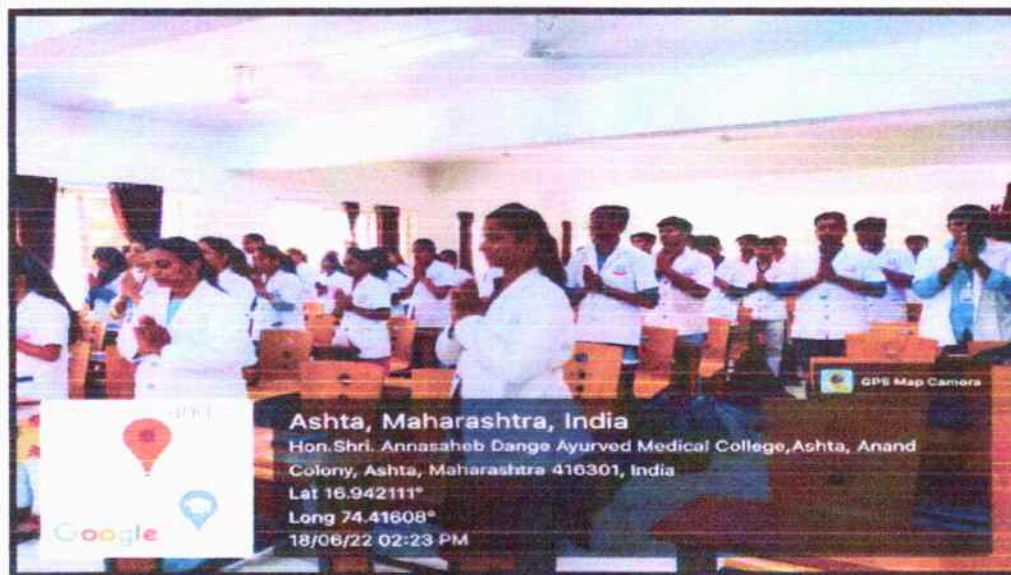
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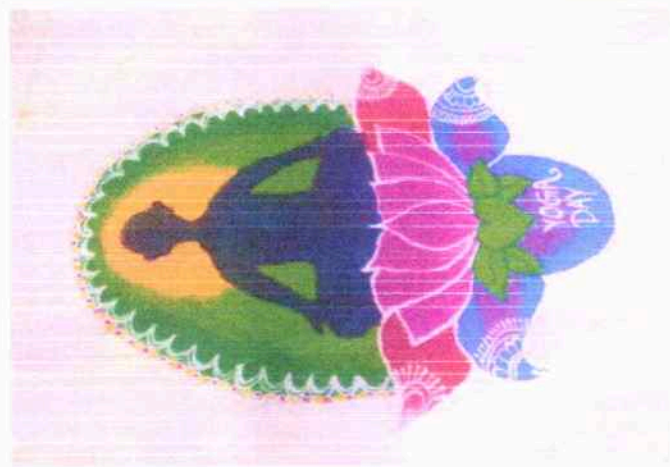
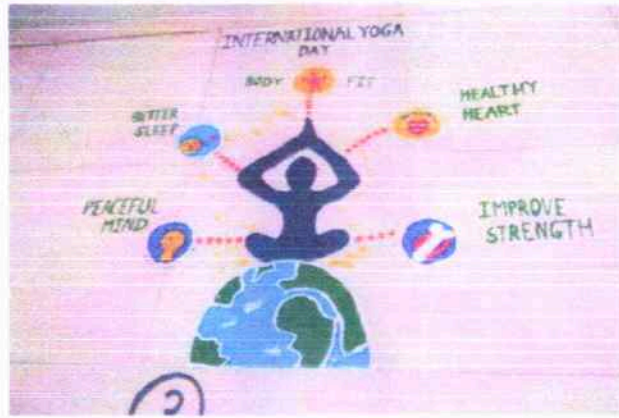
Sant Dnyaneshwar Shikshan Sanstha's
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A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Phone : 02342-241103/241108, Fax - 02342-241110
Website : www.adamcashta.com E-mail : ashta.adame@gmail.com

DATE : 20/06/2022

Rangoli Competition



RANGOLI COMPETITION dated 20/06/2022





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

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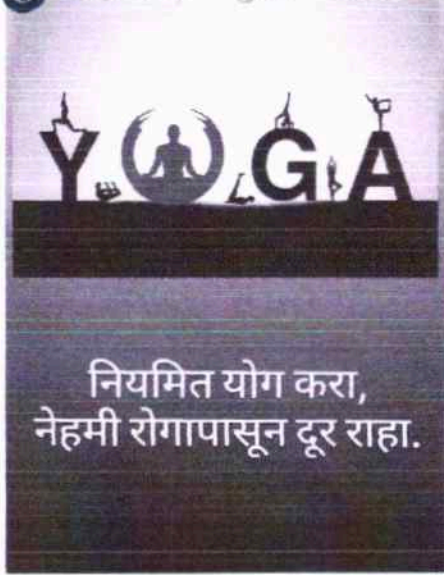
DATE : 21/06/2022

Guest lectures - Yoga for Humanity

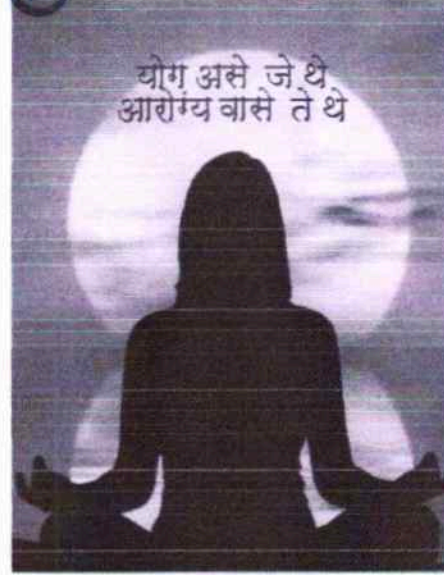


Slogan Competition 20/06/2022

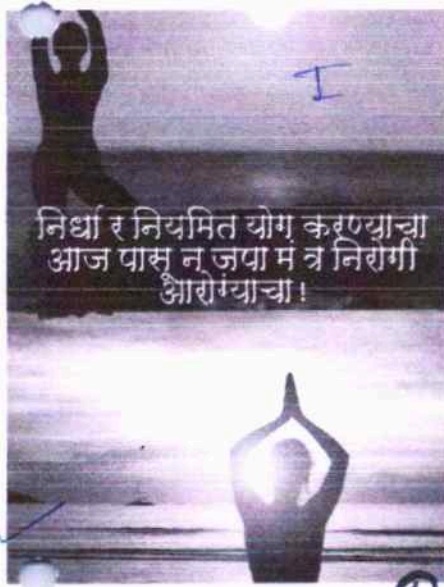
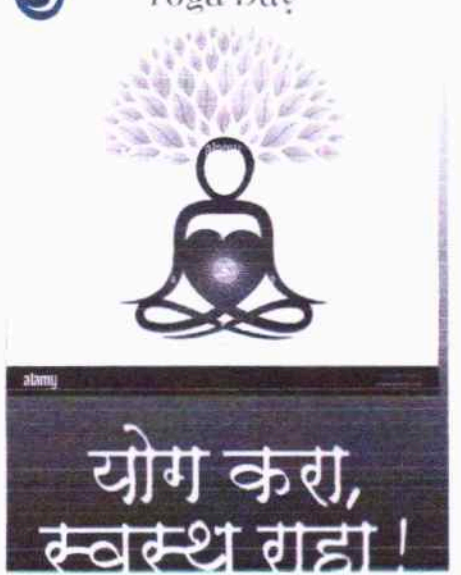
1) Vedanti Gaikwad



2) Aamna Mulla



3) Shreya Chavan



Shrinivas Navale

Manisha Pingle

- 1) Miss. Vedanti Gaikwad
- 2) Aamna Mulla
- 3) Shreya Chavan
- 4) Shrinivas Navale - 1st prize
- 5) Manisha Pingle - 2nd prize



Rangoli Competition

Rank Ist →

1) Vedanti Gaikwad,

Rank IInd →

1) Manisha V. Pingle ✓ Ist prize

2) Shrinivas C Navale,

Rank IIIrd →

1) Shital. Bore

2) Pranjal Jadhav.

3) Shradha Patil

Dr. Karavade Karavade

Dr. R. V. Desai

Desai

Dr. Shital S. Mane

Shital



Sant Dnyaneshwar Shikshan Sanstha, Islampur's
 Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre,
 Ashta
PRESENTY SHEET

NAME OF PROGRAMME/ ACTIVITY : Yoga Day Celebration
 NAME OF SPEAKAR :
 DATE : 21/06/2022 TIME: 9:00am to 10:30am
 VENUE : Sports Complex, APAME, Ashta

Sr. No.	Name of Student/Staff	Year Dept.	Signature
1	Dr. Jayraj K Landge	Rachana Shani	Landge
2	Dr. Dilip Kulkarni	Shrinag	Kulkarni
3	Dr. Sunil charan	Agadtantra	Charan
4	Dr. Abrar Kureshi	Agadtantra	Kureshi
5	Dr. Sunil charan	Agadtantra	Charan
6	Dr. Pravin Thombase		Thombase
7	Dr. Dattotrya S. Nikam	K.C.	Nikam
8	Mr. S. A. Thorat	Sambhida	Thorat
9	Dr. Rajchamad S. Tamadar	Kanya	Tamadar
10	Dr. Shankar Mane	Panchakarma	Mane
11	Dr. Suraj Kunte	Ras	Kunte
12	Dr. Subhash G. Patil	Rachana	Patil
13	Dr. Jayant V. Kharat	Shalaky	Kharat
14	Dr. Sangram Bhosale	1st year (PG)	Bhosale
15	Dr. Ashwini A. Khot	Swasthritta	Khot
16	Dr. Nikin Tatpaje		Tatpaje
17	Dr. Purnali Patil	K.C.	Patil
18	Dr. Jayant Marpallikar	P.K.	Marpallikar
	Dr. Ashwini R. Patil	K. Shrinag	Patil



21/6/

1.	Pawan T. Ghutukade (volunteer)	III year.	<u>Pawan</u>
2.	Vinayak Zaware	III year	<u>Vinayak</u>
3.	Kavish Dawane	I year	<u>Kavish</u>
4.	Pratibha Pinjori	1st year	<u>Pratibha</u>
5.	Tejya Samudra	—	<u>Tejya</u>
6.	Virek Saha -	—	<u>Virek</u>
7.	dipak malvi	—	<u>Dipak</u>
8.	chinmay Pawar	—	<u>Chinmay</u>
9.	Onkar Parab -	—	<u>Onkar</u>
10.	Abhishek Mahadev Sattar	1st year	<u>Abhishek</u>
11.	kunal kate	1st year	<u>Kunal</u>
12.	Digvijay Raut	1st Year	<u>Digvijay</u>
13.	Shriharsh Khade	1st year	<u>Shriharsh</u>
14.	Deshmukh Yashraj Kharat	1st yr.	<u>Yashraj</u>
15.	Dongare Shemkar Sopan	1st year	<u>Sopan</u>
16.	Patil Pranali Hiraman	1st year	<u>Pranali</u>
17.	Patil Rohini Sanjay	1st year	<u>Rohini</u>
18.	Rukme Anisha Sopan	1st year	<u>Rukme</u>
19.	Kirdal Aaditi Santosh	1st year	<u>Aaditi</u>
20.	Sharan Umesh Dhip	1st year	<u>Sharan</u>
21.	Jahar Vivek	1st year	<u>Jahar</u>
22.	Javate Prasad.	2nd year	<u>Prasad</u>
23.	Chauhan Suvannakant	1st year	<u>Suvannakant</u>
24.	Sandhya Patil	1st year	<u>Sandhya</u>
25.	Shubhangi zambare	1st year	<u>Shubhangi</u>
26.	Bhopate Maudata	1st year	<u>Maudata</u>
27.	Kulkarni Gayatri	1st year	<u>Gayatri</u>
28.	Mane Ekata Ashok	1st year	<u>Mane</u>
29.	Sarika Sargar.	1st year	<u>Sarika</u>
30.	Arshiya Tamboli	1st year	<u>Arshiya</u>
31.	Rukaiyya Mujawar	1st year	<u>R.R. Mujawar</u>
32.	Rubina Mujawar	1st year	<u>Rubina</u>





 Office of the
 District Collector
 Bangalore

33	Aarna Mujib Mullia	Amulla	2nd year
34	Mansi Sadarangani	Sarangani	2nd year
35	Shreya Chavan	Chavan	2nd year
36	Rohini Dewre	Dewre	2nd year
37	Snehal Patil	Patil	1st year
38	Mansha Pingale	Pingale	1st year
39	Shashikant Nivrate	Nivrate	1st year
40	Vedant Gaikwad	Gaikwad	2nd year
41	Hareh Patil	Patil	1st year
42	Kanika Aditya	Aditya	2nd year
43	Dhyaneshwar Dhokar	Dhokar	1st year
44	Hrushabh Bhokar	Bhokar	1st year
45	Yashraj Zayat	Zayat	1st year
46	Krishna Chauri	Chauri	1st year
47	Ashishk Naver	Naver	1st year
48	Pavan Nimgade	Nimgade	1st year
49	Abhishek Patil	Patil	1st year
50	Ashvika Jak	Jak	1st year
51	Adnan Shaikh	Shaikh	1st year
52	Prathmesh Sable	Sable	1st year
53	Vivek Wanjol	Wanjol	1st year
54	Aniket Borkar	Borkar	1st year
55	Soham Patil	Patil	1st year
56	Rutvik T. Borkar	Borkar	2nd year
57	Dhruv Vishal G.	Vishal	1st year
58	Kshirasagar Sanyal	Sanyal	1st year
59	Kate Sanyal	Sanyal	1st year
60	Dhyanjay Tamare	Tamare	1st year
61	Mujammar Sameer Iqbal	Iqbal	1st year
62	Maiti Deepak Ginesh	Ginesh	1st year
63	Narade Aniket Bhayno	Bhayno	1st year
64	Kambodas Prakash Lengare	Lengare	1st year

1)	Dr. Sashant Kanase	Lecturer	Senior
2)	Dr. Shradha S. Shelke	Reader	Senior
3)	Vd. Alakananda Kulkarni	HOD Pathology	Senior
4)	Vd. Aparna A. Admurti	Lecturer (PE)	Senior
5)	Dr. Vedashti Kalewad	Prof. (Vidan)	Senior
6)	Dr. Shital S. Mane	Lecturer (Rg)	Senior
7)	Dr. Pournima V. Fatak	Lecturer (Shalaky)	Senior
8)	Dr. Reshma P. Dhore	Lecturer (Bahag)	Senior
9)	Vd. Archana Wadkar	Reader (PK)	Senior
10)	Dr. Shital Panhalkar	Lecturer (PSE)	Senior
11)	Dr. Sayali Pashte	Lecturer (PSE)	Senior
12)	Dr. Asharani Kore	Reader (Santita)	Senior
13)	Dr. Ashwini Patil	Reader (Santita)	Senior
14)	Dr. Shital Patil	Lecturer (Santita)	Senior
15)	Dr. S.S. Kandhane	prof. Dr. S.S.	Senior
16)	Dr. Sujata Kate	prof. Shalaky	Senior
17)	Dr. Shikharsh Khande		
F			
17)	Hrushada Ramehandra Joshi	1 st year	H. Joshi
18)	Sakshi Vikram Ghopade		Ghopade
19)	Arati Sanjay Gorad		Gorad
20)	Dhanashri Gorad		Gorad
21)	Ankita Sachin Shendge	1 st year	Shendge
22)	Chandani Dhanpal Alone	1 st yr	Alone
23)	Sanskriti Ramling Choudhari	1 st yr	Choudhari
24)	Aarya Umesh Mahamuni	1 st yr	Mahamuni
25)	Ghagare Sakshi Sugriv	1 st yr	Sakshi
26)	Aarya Prashant Jorgam	1 st yr	Jorgam



Name	Year	Sign
1) Athiya Mamta Ravindra	1st Year	
2) Neha Dnyanoba Sabale	1st year	
3) Rutuja Annasaheb Teigune	1st year	
4) Aditi Jambhao Shelake	1st year	
5) Deepika Vivek Ranaware	1st year	
6) Siddhi Manoj Dorge	1st year	
7) Vaishnavi Shivajirao Ghorpade	1st year	
8) Komal Vidhyadhar Sonule	1st year	
9) Chandani Sharpal Alora	1st year	
10) Ankita Sachin Shendge	1st year	
11) Aarya Umesh Mahamuni	1st year	
12) Sanskruti Ramling Choudhari	1st year	

HOD

Swasthivritta Dept.
Hon. Shri Annasaheb Dange
Ayurved Medical College Ashta

PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.



Sant Dnyaneshwar Shikshan Sanstha, Islampur's
Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre,
Ashta

PRESENTY SHEET

NAME OF PROGRAMME/ ACTIVITY : Yoga Day Guest Lecture

NAME OF SPEAKAR :

DATE : 21/06/2022

TIME : 11.00 to 12.00 pm

VENUE : Auditorium

Sr. No.	Name of Student/ Staff	Year	Signature
1	Vishal Mahadev Jagtap	4 th	
2	CHAVAN NIKHIL BHARAT	4 th	
3	RAUT SAGAR SAWANTA	4 th	
4	Shelke Sushant Ramchandra	4 th	
5	A Junne Amol Shivraj	4 th	
6	Mangire saurabh vihang	4 th	
7	Korvatkar Sushilkumar Satish	4 th	
8	Swadi Jyothan	4 th	
9	Vishal B. Jagtap	4 th	
10	Vaishnavi S. Sangolker	4 th	
11	Shirish R. Ghodage	4 th	
12	Pavan Nomdev Shelkande	4 th	
13	Behere Vinayak pandurang	4 th	
14	Shaikh Junaid Habib	4 th	
15	Kapil G. Pawara	4 th	
16	Shaikh Easwinara	4 th	
17	Patel Simran	4 th	
18	shaikh sanobar Miraj	4 th	
19	Raulwar Sujata Suresh	4 th	
20	Mohite Harshada Shahaji	4 th	
21	Ghodake Mrunal Manuti	4 th	
22	Mefkar Sindhu Bharat	4 th	
23	Awate Renuka Rama	4 th	



24	Rasal Rutuja Rahul	4th	RRRasal
25	Digole Sushma Arjun	4th	Sigole
26	Barbade Sumita Shrikar	4th	Barbade
27	Runage Vaishnavi Laxman	4th	Runage
28	Shirke Dnganeshwari satish	4th	Shirke
29	Shinde Anuja Gobhakor	4th	Shinde
30	Ingole Priti Naganath	4th	Ingole
31	Mamasa H. Zunzargad	4th	Mamasa
32	Harshada J. Shete	4th	Harshada
33	Mandlik Ashwini Sukhdev	4th	Mandlik
34	Kale Snehal Jirathkar	4th	Kale
35	Anant D. Nagargoje	4th	Anant
36	Sagar Savanta Raut	4th	Sagar
37	Patil Akshata Panditrao	4th	Patil
38	Khurd Praykta Bhagwan	4th	Khurd
39	Amruta Vilas Gurav	4th	Amruta
40	Jadhav Nikita D.K.P	4th	Jadhav
41	Jagtap Gautami Dipak	4th	Jagtap
42	Fiza Rajmahamad Sayyed	4th	Fiza
43	Mayuri Sultakar Khandare	4th	Mayuri
44	Dakshayani M. Patil	4th	Dakshayani
45	Vasavi Swant	4th	Vasavi
46	Jurande Siddhi Uttam	4th	Jurande
47	Aleshaycotkul Ratan	4th	Aleshaycotkul
48	Dr. Ashwini A. Khot (Reader)	Faculty	Dr. Khot
49	Dr. Hemalata Kore	Lecher	Dr. Kore
50	Dr. Patpuje N.B	Faculty	Dr. Patpuje

[Signature]

HOD

Swasthritta Dept.
Shri Annasaheb Dange
Ayurved Medical College, Ashta.



[Signature]
PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.

Name	Year	Sign
1. Saykar Nikita Ganesh	1 st year	<u>Nikita</u>
2. Apurva Anant Kamble	1 st year	<u>Amble</u>
3. Pranali Satappa Patil	1 st year	<u>Patil</u>
4) Supriya Pandurang Kachare	1 st year	<u>Supriya</u>
5) Mayuri Sunil Khilari	1 st year	<u>Khilari</u>
6) Mohini Prabhakar Mahore	1 st year	<u>Mahore</u>
7) Anushka Dhondiram Patil	1 st year	<u>Patil</u>
8) Vaishnavi Santosh Jadhav.	1 st year	<u>Jadhav</u>
9) Namrata Rajshekhar Gaikwad	1 st year	<u>Gaikwad</u>



Ashtekar
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College, Ashta, Tal. Walwa, Dist. Sangli.

योग सफाह रैली दि. 16/06/22
 धन्वन्तरी रुग्णालय नर्सिंग स्ट्याफ् उपस्थिति.

- | | |
|--------------------|------------------|
| ① Nilofar Awate. | <u>Nilofar</u> |
| ② Aarechana Patil | <u>Aarechana</u> |
| ③ Varsha Tomke | <u>Varsha</u> |
| ④ Smita Gaste | <u>Smita</u> |
| ⑤ Vanita Kamble | <u>Kamble</u> |
| ⑥ Surali Virbhakta | <u>VSS</u> |
| ⑦ Jyoti Shirde | <u>Jyoti</u> |
| ⑧ Pukayari Jamudor | <u>PJ</u> |
| ⑨ Rupali Tomake | <u>Rupali</u> |
| ⑩ Ananta Londhe | <u>Ananta</u> |
| ⑪ varsha lokhendke | <u>varsha</u> |
| ⑫ sunyana zapate | <u>Sunyana</u> |
| ⑬ Keshma Chandane | <u>Keshma</u> |
| ⑭ Ashwini Awale | <u>Ashwini</u> |
| ⑮ Soniya Kumbhar | <u>Soniya</u> |

Dr. Patpye NB
 (Dr. Patpye NB)



Assencey

PRINCIPAL
 Shri Annasaheb Dange Ayurved Medical
 College, Ashta, Tal. Waiwa, Dist. Sangli.

योग सफाई रजि.

16/06/22

आयुर्वेद महाविद्यालय कुपारी

- ① सैकीप. व. वारे - ~~AVF~~
- ② गणेश. प. नांगरे - ~~AVF~~
- ③ वैभव. लवटे - ~~AVF~~
- ④ विनायक. होमडेप्राव - ~~AVF~~
- ⑤ अमिता. पवार - AVF
- ⑥ अमिल. पवार - AVF
- ⑦ शंकर. लेभके - ~~AVF~~
- ⑧ शर्मिला. पेवरे - S.P.P.
- ⑨ भाता. कुखणे - L.B.R
- ⑩ उषा. लेभके - LS-10000
- ⑪ धनम. मोरे - P.D.M
- ⑫ सुप्रिया. धलगे - S.S.C
- ⑬ भोजना. सांडुखे - AVF

Tatya
Dr. Tatya N.B.



Asht

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HON. SHRI. ANNASAHEB DANGE AYURVED MEDICAL COLLEGE, ASHTA

III rd BAMS (2021-22) Attendance Sheet

Subject: योग सभाह रत्ना

Date: 16/06/22

Time: 11 AM.

Topic :

Name of Teacher

Sr. No.	Name of Student	Sign.	Sr. No.	Name of Student	Sign.
1	Adamane Sanket Sanjay	[Signature]	51	Marathe Aishwarya Ravindra	[Signature]
2	Bangar Samiksha Baban	[Signature]	52	Mariya Fatema Mohammed Yaseen	[Signature]
3	Bansode Snehal Rajkumar	[Signature]	53	Maske Ketaki Bapasaheb	[Signature]
4	Bharati Piyush Sanjay	[Signature]	54	Misal Pankaj Pandit	[Signature]
5	Bhisade Vaishnavi Ramesh	[Signature]	55	Mulik Pankaj Vasant	[Signature]
6	Bhosale Anjali Prakash	[Signature]	56	Nale Siddhi Jaykumar	[Signature]
7	Bhosale Kaushalya Suryakant	[Signature]	57	Narkhedkar Koustubh C	[Signature]
8	Bhujbal Vaishnavi Anil	[Signature]	58	Otari Manasi Umeshchandra	[Signature]
9	Bhusnar Kajal Dattatray	[Signature]	59	Padavalkar Aniket Sadashiv	[Signature]
10	Bodhe Sarvesh Ganesh	[Signature]	60	Padwale Shital Jayram	[Signature]
11	Chavan Sharad Bharat	[Signature]	61	Panchal Balaji Eknathrao	[Signature]
12	Chavan Vidya Ravindra	[Signature]	62	Patil Akanksha Atul	[Signature]
13	Chopade Rohit Bhimrao	[Signature]	63	Patil Harshada Shantaram	[Signature]
14	Chougule Pranav Pandurang	[Signature]	64	Patil Pranoti Shahaji	[Signature]
15	Dadge Amit Govind	[Signature]	65	Patil Priyanka Mallikarjun	[Signature]
16	Daingade Pradeep Prakash	[Signature]	66	Patil Sakshi Tanaji	[Signature]
17	Dandawate Pradnya Suresh	[Signature]	67	Patil Sangramsinh Dhananjay	[Signature]
18	Deshmukh Srushti Suhas	[Signature]	68	Patil Snehal Chandrakant	[Signature]
19	Devkate Akshay Bhimrao	[Signature]	69	Pawar Shrilekha Shrikant	[Signature]
20	Dhawale Gaurav Vishnupanth	[Signature]	70	Pendhari Shahin Altaf	[Signature]
21	Dhongade Pritee Sharad	[Signature]	71	Rathod Manisha Datta	[Signature]
22	Dive Mangesh Dnyaneshwar	[Signature]	72	Raut Shubham Kailas	[Signature]
23	Gadade Sushama Dhanaji	[Signature]	73	Rodge Ashwini Keshav	[Signature]
24	Gaikwad Aishwarya Babu	[Signature]	74	Rupnur Ankita Tanaji	[Signature]
25	Gaikwad Jayshri Kishanrao	[Signature]	75	Sabale Harshada Sukhdev	[Signature]
26	Gaikwad Pranita Parmeshwar	[Signature]	76	Sadekar Amruta Khandu	[Signature]
27	Gavad Sanket Umesh	[Signature]	77	Sargar Aishwarya Appaso	[Signature]
28	Gavhane Anagha Sanjay	[Signature]	78	Sartale Krishna Shivchand	[Signature]
29	Ghutukade Pawan Tanaji	[Signature]	79	Satavekar Shukrani Sudhakar	[Signature]
30	Gupta Shruti Ramesh	[Signature]	80	Shaikh Gulam A Madni Irfan	[Signature]
31	Hajare Dhanashri Jayashing	[Signature]	81	Shaikh Sahil Jahangir	[Signature]
32	Hiwale Ankush Kailas	[Signature]	82	Shelke Yogesh Anandrao	[Signature]
33	Housekar Shraddha Shivaji	[Signature]	83	Shinde Aishwarya Ravindra	[Signature]
34	Ingale Kajal Magan	[Signature]	84	Shinde Meghana Kiran	[Signature]
35	Ingle Shweta Tukaram	[Signature]	85	Shingote Purushottom Dnyaneshwar	[Signature]
36	Jadhav Pranav Rajendra	[Signature]	86	Shivtare Pradyumna Santosh	[Signature]
37	Jogdand Tejaswini Sudhir	[Signature]	87	Sonner Sneha Vijaykumar	[Signature]
38	Kale Rupam Daulat	[Signature]	88	Sontakke Gouravi Ramvilas	[Signature]
39	Karche Srushti Sunil	[Signature]	89	Surwase Aarti Ramesh	[Signature]
40	Kedar Prajakta Soudagar	[Signature]	90	Tambe Mrudula Shyamsundar	[Signature]
41	Khadse Gayatri Jayant	[Signature]	91	Tamboli Muskan Rahim	[Signature]
42	Khapare Rudresh Mahesh	[Signature]	92	Tare Avinash Janardhan	[Signature]
43	Kore Kaustubh Amrutkiran	[Signature]	93	Thanekar Saloni Suresh	[Signature]
44	Kumbhar Girija Sunil	[Signature]	94	Thorat Mayur Mahadev	[Signature]
45	Kumbhar Preeti Ramesh	[Signature]	95	Tomke Prajakta Anilkumar	[Signature]
46	Lohakare Roshani Vitthal	[Signature]	96	Wagadkar Aishwarya Shivaji	[Signature]
47	Londhe Snehal Hanamant	[Signature]	97	Yampale Akshaykumar Baburao	[Signature]
48	Mali Pradnya Balasaheb	[Signature]	98	Yelpale Santosh Pandurang	[Signature]
49	Mali Sharayu Babasaheb	[Signature]	99	Yerawar Akshay Krishna	[Signature]
50	Mali Trupti Chhatragun	[Signature]	100	Zavare Vinayak Savkar	[Signature]

[Signature]
(Dr. Rakhye NS)



[Signature]
(Dr. Ashwini Khot)

[Signature]
Principal



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

Guest Lecture DEPARTMENT OF ROGNIDAN Swasthvittra & Yoga

Guest Teacher Name - Mr Vijay Shete

Date - 18/06/2022

Roll No.	Name of Student	Sign	Roll No.	Name of Student	Sign
1	Agalave Amol Tanaji	Amol	51	Nalawade Patil Shrivani Dattatray	
2	Anuse Satmiksha Dattatray	Anuse	52	Narute Dnyaneshwari Suresh	Dattatray
3	Bangar Suraj Lalasaheb	Suraj	53	Navale Shrinivas Chandrakant	
4	Bankar Shlok Shahu	Bankar	54	Nayakal Rutuja Santaji	Bankar
5	Barkade Sakshi Ramesh	Barkade	55	Nikam Aditi Vivek	Nikam
6	Bhalerao Vrishabh Pravin	Bhalerao	56	Palwade Anjali Murlidhar	Palwade
7	Bhise Mitali Narayan	Bhise	57	Panchal Ashish Balaji	
8	Bhise Vishakha Sandip	Bhise	58	Patil Abhishek Jayvant	Apalil
9	Bhondve Dattatray Apparao	Bhondve	59	Patil Namrata Nandkumar	
10	Biradar Rutuja Raosaheb	Biradar	60	Patil Ranjit Ramchandra	
11	Bobade Aniket Angad	Bobade	61	Patil Shraddha Santosh	
12	Bone Shital Shrishail	Bone	62	Patil Sneha Popat	Patil
13	Chauhan Trupti Yuvraj	Chauhan	63	Patil Snehal Maruti	
14	Chaurse Krishna Baliram	Chaurse	64	Pawar Mukesh Jangu	
15	Chavan Amil Sahebrao	Chavan	65	Pawar Sakshi Shamrao	
16	Chavan Rucha Rajesaheb	Chavan	66	Pawara Varsha Reda	Chavan
17	Chavan Sakshi Sunil	Chavan	67	Phapal Dhanashree Ramkrishna	Phapal
18	Chavan Shreya Raju	Chavan	68	Pingale Manisha Vitthal	
19	Dandge Pratik Raju	Dandge	69	Pitale Komal Bhagawan	Pitale
20	Deshpande Satyawati U.	Deshpande	70	Pole Parmeshwar Sakharam	
21	Dethe Bhagyashri D.	Dethe	71	Pujari Seema Ananda	Pujari
22	Dewne Rohini Chandrakant	Dewne	72	Rathod Amol Kalyan	Rathod
23	Dhakne Dnyaneshwar S.	Dhakne	73	Rathod Rahul Dadarao	
24	Dive Vikas Bhagvat	Dive	74	Rathod Vaibhav Ramrao	V.P.
25	Durgude Lokesh Sukhadev	Durgude	75	Ratnaparkhe Pranav Vishnupantrao	
26	Gadve Abhishek Dayanand	Gadve	76	Raut Harsh Gajanan	
27	Gaikwad Swati Namdeo	Gaikwad	77	Sabade suradnya pudmakar	Sabade
28	Gaikwad Vedanti Vinod	Gaikwad	78	Sable prathamesh ganesh	
29	Garje Pratiksha Balu	Garje	79	Sadarangani mansi ravindra	Sadarangani
30	Gavali Mira Laxman	Gavali	80	Sajgane shreya sunil	Sajgane
31	Gundle Aniket Anil	Gundle	81	Samleti Gautam Shrinivas	
32	Hingade Prvan Vijayrao	Hingade	82	Sanap Mayur Jagannath	
33	Ingawale Pratiksha M.	Ingawale	83	Sapkal Gauri Mahesh	
34	Jadhav Pranjal Pratapsingh	Jadhav	84	Sarkate Neha Ashok	Sarkate
35	Kale Akshaykumar D.	Kale	85	Sayyaed Neha Nizam	Neha
36	Kale Rutuja Chandrakant	Kale	86	Shaikh Adnan Najeeb	
37	Kamble Mayuri R	Kamble	87	Shelke Pratiksha Bharat	
38	Kankal Aditya Sopan	Kankal	88	Shete Shubham Balasaheb	Shete
39	Kamthe Sai Prasad R.	Kamthe	89	Shinde Avantika Ganesh	Shinde
40	Karpe Nirupam Rupesh	Karpe	90	Solankar Samruddhi Sunil	Solankar
41	Khandekar Sultas Suresh	Khandekar	91	Tak Abhishek Sanjay	Tak
42	Ladage Aniket Vilas	Ladage	92	Tarapore Gouri Somshekhar	Tarapore
43	Landhe Harshad Haridas	Landhe	93	Tayade Mayur Karbhari	
44	Londhe Abhijit Vilas	Londhe	94	Thakar Pranjal Jagannath	Thakar
45	Mali Komal Sidram	Mali	95	Thoke Sakshi Rajendra	Thoke
46	Mane Dikshant Sudhir	Mane	96	Thorat Swarali Suryakant	Thorat
47	Mergal Priyavrat P.	Mergal	97	Wagh Kiran Dripak	Wagh
48	Mhasavade Padmavati V.	Mhasavade	98	Wanjol Vivek Santosh	Wanjol
49	Mulla Aamna Mujib	Mulla	99	Yedage Shravani Rajaram	
50	Munde Ganesh Bhagwan	Munde	100	Zyate Yashwant Vasudeo	



Sign of Teacher

Aspen
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Shri Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli.

HON. SHRI. ANNASAHEB DANGE AYURVED MEDICAL COLLEGE, ASHTA

III rd BAMS (2021-22) Attendance Sheet

Subject: *Guest Lecture*

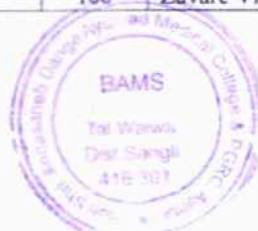
Date: *21/06/2022*

Time: *11:00 - 12:30*

Topic: *Yoga for Humanity (Wellness)*

Name of Teacher: *Mrs. Asmita Konduskar*

Roll No.	Name of Student	SIGN	Roll No.	Name of Student	SIGN
1	Adamane Sanket Sanjay	<i>Sanket</i>	51	Marathe Aishwarya Ravindra	<i>Aishwarya</i>
2	Bangar Samiksha Baban		52	Mariya Fatema Mohammed Yaseen	<i>Mariya</i>
3	Bansode Snehal Rajkumar		53	Maske Ketaki Bapasaheb	<i>Ketaki</i>
4	Bharati Piyush Sanjay		54	Misal Pankaj Pandit	<i>Pankaj</i>
5	Bhisade Vaishnavi Ramesh		55	Mulik Pankaj Vasant	<i>Pankaj</i>
6	Bhosale Anjali Prakash	<i>Anjali</i>	56	Nale Siddhi Jaykumar	
7	Bhosale Kaushalya Suryakant	<i>Kaushalya</i>	57	Narkhedkar Koustubh C	<i>Koustubh</i>
8	Bhujbal Vaishnavi Anil		58	Otari Manasi Umeshchandra	<i>Manasi</i>
9	Bhusnar Kajal Dattatray	<i>Kajal</i>	59	Padavalkar Aniket Sadashiv	<i>Aniket</i>
10	Bodhe Sarvesh Ganesh	<i>Sarvesh</i>	60	Padwale Shital Jayram	<i>Shital</i>
11	Chavan Sharad Bharat	<i>Sharad</i>	61	Panchal Balaji Eknathrao	<i>Balaji</i>
12	Chavan Vidya Ravindra	<i>Vidya</i>	62	Patil Akanksha Atul	
13	Chopade Rohit Bhimrao	<i>Rohit</i>	63	Patil Harshada Shantaram	
14	Chougule Pranav Pandurang	<i>Pranav</i>	64	Patil Pranoti Shahaji	
15	Dadge Amit Govind	<i>Amit</i>	65	Patil Priyanka Mallikarjun	
16	Daingade Pradeep Prakash		66	Patil Sakshi Tanaji	<i>Sakshi</i>
17	Dandawate Pradnya Suresh		67	Patil Sangramsinh Dhananjay	<i>Sangram</i>
18	Deshmukh Srushti Suhas		68	Patil Snehal Chandrakant	<i>Snehal</i>
19	Devkate Akshay Bhimrao	<i>Akshay</i>	69	Pawar Shrilekha Shrikant	<i>Shrilekha</i>
20	Dhawale Gaurav Vishnupanth		70	Pendhari Shahin Altaf	
21	Dhongade Pritee Sharad	<i>Pritee</i>	71	Rathod Manisha Datta	<i>Manisha</i>
22	Dive Mangesh Dnyaneshwar		72	Raut Shubham Kailas	<i>Shubham</i>
23	Gadade Sushama Dhanaji		73	Rodge Ashwini Keshav	
24	Gaikwad Aishwarya Babu		74	Rupnur Ankita Tanaji	
25	Gaikwad Jayshri Kishanrao		75	Sabale Harshada Sukhdev	
26	Gaikwad Pranita Parmeshwar	<i>Pranita</i>	76	Sadekar Amruta Khandu	<i>Amruta</i>
27	Gavad Sanket Umesh		77	Sargar Aishwarya Appaso	
28	Gavhane Anagha Sanjay	<i>Anagha</i>	78	Sartale Krishna Shivchand	<i>Krishna</i>
29	Ghutukade Pawan Tanaji	<i>Pawan</i>	79	Satavekar Shukrani Sudhakar	<i>Shukrani</i>
30	Gupta Shruti Ramesh	<i>Shruti</i>	80	Shaikh Gulam A Madni Irfan	<i>Gulam</i>
31	Hajare Dhanashri Jayashing	<i>Dhanashri</i>	81	Shaikh Sahil Jahangir	<i>Sahil</i>
32	Hiwale Ankush Kailas		82	Shelke Yogesh Anandrao	<i>Yogesh</i>
33	Housekar Shraddha Shivaji	<i>Shraddha</i>	83	Shinde Aishwarya Ravindra	<i>Aishwarya</i>
34	Ingale Kajal Magan		84	Shinde Meghana Kiran	<i>Meghana</i>
35	Ingle Shweta Tukaram	<i>Shweta</i>	85	Shingote Purushottom Dnyaneshwar	
36	Jadhav Pranav Rajendra		86	Shivtare Pradyumna Santosh	
37	Jogdand Tejaswini Sudhir	<i>Tejaswini</i>	87	Sonner Sneha Vijaykumar	<i>Sneha</i>
38	Kale Rupam Daulat	<i>Rupam</i>	88	Sontakke Gouravi Ramvilas	
39	Karche Srushti Sunil		89	Surwase Aarti Ramesh	<i>Aarti</i>
40	Kedar Prajakta Soudagar	<i>Prajakta</i>	90	Tambe Mrudula Shyamsundar	
41	Khadse Gayatri Jayant	<i>Gayatri</i>	91	Tamboli Muskan Rahim	<i>Muskan</i>
42	Khapare Rudresh Mahesh	<i>Rudresh</i>	92	Tare Avinash Janardhan	<i>Avinash</i>
43	Kore Kaustubh Amrutkiran	<i>Kaustubh</i>	93	Thanekar Saloni Suresh	<i>Saloni</i>
44	Kumbhar Girija Sunil		94	Thorat Mayur Mahadev	
45	Kumbhar Preeti Ramesh	<i>Preeti</i>	95	Tomke Prajakta Anilkumar	
46	Lohakare Roshani Vitthal	<i>Roshani</i>	96	Wagadkar Aishwarya Shivaji	
47	Londhe Snehal Hanamant	<i>Snehal</i>	97	Yampale Akshaykumar Baburao	<i>Akshay</i>
48	Mali Pradnya Balasaheb		98	Yelpale Santosh Pandurang	<i>Santosh</i>
49	Mali Sharayu Babasaheb		99	Yerawar Akshay Krishna	<i>Akshay</i>
50	Mali Trupti Chhatragun		100	Zavare Vinayak Savkar	<i>Vinayak</i>



Asmita Konduskar

PRINCIPAL

Shri Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli.



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center
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Website : www.adamcashta.com



NAAC Accrediated ISO Certified 9001-2015,14000-2015

NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-01/03/2022 To 30/03/2022 **Time:-**7:00 am - 8:00am **Duration:-** 1Hour

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





Sant Dnyaneshwar Shikshan Sanstha's
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Website : www.adamcashta.com



NAAC Accrediated

ISO Certified 9001-2015,14000-2015

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ashwini Khot

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Hemalata Kore

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Sushant Ghorapade

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



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Hon. Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2021-22) Course Code: 3213-V-1

Sr. No.	Student's Name	1/3/22	2/03/2022	3/03/2022	4/03/2022	5/03/22	6/03/22	7/03/22	8/3/22	9/3/22	10/3/22	11/3/22	12/3/22	13/3/22	14/3/22	15/3/22
1	Adamane Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Bangar Samiksha Baban	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Bansode Snehal Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bharati Piyush Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Bhisade Vaishnavi Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhosale Anjali Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhosale Kaushalya Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Bhujbal Vaishnavi Anil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhusnar Kajal Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Bodhe Sarvesh Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Chavan Sharad Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Chavan Vidya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chopade Rohit Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Chougule Pranav Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Dadge Amit Govind	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Daingade Pradeep Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Dandawate Pradnya Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Deshmukh Srushti Suhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Devkate Akshay Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Dhawale Gaurav Vishnupanth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



21	Dhongade Pritec Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Dive Mangesh Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Gadade Sushama Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Gaikwad Aishwarya Babu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Gaikwad Jayshri Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Gaikwad Pranita Parmeshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Gavad Sanket Umesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Gavhane Anagha Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Ghutukade Pawan Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Gupta Shruti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Hajare Dhanashri Jayashing	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Hiwale Ankush Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Housekar Shraddha Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Ingale Kajal Magan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Ingle Shweta Tukaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Jadhav Pranav Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jogdand Tejaswini Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Kale Rupam Daulat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Karche Srushti Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Kedar Prajakta Soudagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Khadse Gayatri Jayant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Khapare Rudresh Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Kore Kaustubh Amrutkiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Kumbhar Girija Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



45	Kumbhar Preeti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Lohakare Roshani Vitthal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Londhe Snehal Hanamant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mali Pradnya Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mali Sharayu Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Mali Trupti Chhatragun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Marathe Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mariya Fatema Mohammed Yascen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Maske Ketaki Bapasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Misal Pankaj Pandit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mulik Pankaj Vasant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Nale Siddhi Jaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Narkhedkar Koustubh C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Otari Manasi Umeshchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Padavalkar Amket Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Padwale Shital Jayram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Panchal Balaji Eknathrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Akanksha Atul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patil Harshada Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Pranoti Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Priyanka Mallikarjun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Sakshi Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sangramsinh Dhananjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



68	Patil Snehal Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	Pawar Shrilekha Shrikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pendhari Shahin Altaf	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Rathod Manisha Datta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Raut Shubham Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Rodge Ashwini Keshav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rupnur Ankita Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Sabale Harshada Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Sadekar Amruta Khandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sargar Aishwarya Appaso	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Sartale Krishna Shivchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Satavekar Shukrani Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Shaikh Gulam A Madni Irfan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Shaikh Sahil Jahangir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Shelke Yogesh Anandrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Shinde Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shinde Meghana Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shingote Purushottom Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shivtare Pradyumna Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Sonner Sneha Vijaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Sontakke Gouravi Ramvilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Surwase Aarti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Tambe Mrudula Shyamsundar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



91	Tamboli Muskan Rahim	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
92	Tare Avinash Janardhan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Thanekar Saloni Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Thorat Mayur Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
95	Tomke Prajakta Anilkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Wagadkar Aishwarya Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Yampale Akshaykumar Baburao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Yelpale Santosh Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
99	Yerawar Akshay Krishna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zavare Vinayak Savkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



[Signature]
PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Walwa, Tal. Walwa, Dist. Sangli

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2021-22) Course Code: 3213-V-1

Sr. No.	Student's Name	16/12/22	17/12/22	18/12/22	19/12/22	20/12/22	21/12/22	22/12/22	23/12/22	24/12/22	25/12/22	26/12/22	27/12/22	28/12/22	29/12/22	30/12/22
1	Adamane Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Bangar Samiksha Baban	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Bansode Snehal Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bharati Piyush Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Bhisade Vaishnavi Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhosale Anjali Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhosale Kaushalya Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Bhujbal Vaishnavi Anil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhusnar Kajal Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Bodhe Sarvesh Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Chavan Sharad Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Chavan Vidya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chopade Rohit Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Chougule Pranav Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Dadge Amit Govind	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Daingade Pradeep Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Dandawate Pradnya Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Deshmukh Srushti Suhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Devkate Akshay Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Dhawale Gaurav Vishnupanth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

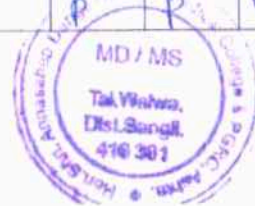
21	Dhongade Pritee Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Dive Mangesh Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Gadade Sushama Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Gaikwad Aishwarya Babu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Gaikwad Jayshri Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Gaikwad Pranita Parmeshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Gavad Sanket Umesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Gavhane Anagha Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Ghutukade Pawan Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Gupta Shruti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Hajare Dhanashri Jayashing	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Hiwale Ankush Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Housekar Shraddha Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Ingale Kajal Magan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Ingle Shweta Tukaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Jadhav Pranav Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jogdand Tejaswini Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Kale Rupam Daulat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Karche Srushti Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Kedar Prajakta Soudagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Khadse Gayatri Jayant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Khapare Rudresh Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Kore Kaustubh Amrutkiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Kumbhar Girija Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



45	Kumbhar Preeti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Lohakare Roshani Vitthal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Londhe Snehal Hanamant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mali Pradnya Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mali Sharayu Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Mali Trupti Chhatragun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Marathe Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mariya Fatema Mohammed Yaseen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Maske Ketaki Bapasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Misal Pankaj Pandit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mulik Pankaj Vasant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Nale Siddhi Jaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Narkhedkar Koustubh C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Otari Manasi Umeshchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Padavalkar Aniket Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Padwale Shital Jayram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Panchal Balaji Eknathrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Akanksha Atul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patil Harshada Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Pranoti Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Priyanka Mallikarjun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Sakshi Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sangramsinh Dhananjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



68	Patil Snehal Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	Pawar Shrilekha Shrikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	R
70	Pendhari Shahin Altaf	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Rathod Manisha Datta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Raut Shubham Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Rodge Ashwini Keshav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rupnur Ankita Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Sabale Harshada Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	R	P
76	Sadekar Amruta Khandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sargar Aishwarya Appaso	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Sartale Krishna Shivchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Satavekar Shukrani Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Shaikh Gulam A Madni Irfan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Shaikh Sahil Jahangir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Shelke Yogesh Anandrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Shinde Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shinde Meghana Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shingote Purushottom Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shivtare Pradyumna Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Sonner Sneha Vijaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Sontakke Gouravi Ramvilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Surwase Aarti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Tambe Mrudula Shyamsundar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



91	Tamboli Muskan Rahim	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
92	Tare Avinash Janardhan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Thanekar Saloni Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Thorat Mayur Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
95	Tomke Prajakta Anilkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Wagadkar Aishwarya Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Yampale Akshaykumar Baburao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Yelpale Santosh Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
99	Yerawar Akshay Krishna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zavare Vinayak Savkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



(Signature)
HOD

Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta

(Signature)
PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Pavan Yoga Course Result Analysis 2020-21

Sr.No.	Name of student	Grade
1	Adamane Sanket Sanjay	A
2	Bangar Samiksha Baban	A
3	Bansode Snehal Rajkumar	A
4	Bharati Piyush Sanjay	A
5	Bhisade Vaishnavi Ramesh	B
6	Bhosale Anjali Prakash	A
7	Bhosale Kaushalya Suryakant	A
8	Bhujbal Vaishnavi Anil	A
9	Bhusnar Kajal Dattatray	A
10	Bodhe Sarvesh Ganesh	B
11	Chavan Sharad Bharat	B
12	Chavan Vidya Ravindra	C
13	Chopade Rohit Bhimrao	A
14	Chougule Pranav Pandurang	A
15	Dadge Amit Govind	A
16	Daingade Pradeep Prakash	A
17	Dandawate Pradnya Suresh	A
18	Deshmukh Srushti Suhas	B
19	Devkate Akshay Bhimrao	B
20	Dhawale Gaurav Vishnupanth	B
21	Dhongade Pritee Sharad	A
22	Dive Mangesh Dnyaneshwar	A
23	Gadade Sushama Dhanaji	A
24	Gaikwad Aishwarya Bapu	A
25	Gaikwad Jayshri Kishanrao	A
26	Gaikwad Pranita Parmeshwar	A
27	Gavad Sanket Umesh	A
28	Gavhane Anagha Sanjay	A





Sant Dnyaneshwar Shikshan Sanstha's
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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

29	Ghutukade Pawan Tanaji	A
30	Gupta Shruti Ramesh	A
31	Hajare Dhanashri Jayashing	A
32	Hiwale Ankush Kailas	A
33	Housekar Shraddha Shivaji	A
34	Ingale Kajal Magan	A
35	Ingle Shweta Tukaram	A
36	Jadhav Pranav Rajendra	B
37	Jogdand Tejaswini Sudhir	B
38	Kale Rupam Daulat	B
39	Karche Srushti Sunil	B
40	Kedar Prajakta Soudagar	C
41	Khadse Gayatri Jayant	A
42	Khapare Rudresh Mahesh	A
43	Kore Kaustubh Amrutkiran	B
44	Kumbhar Girija Sunil	A
45	Kumbhar Preeti Ramesh	A
46	Lohakare Roshani Vitthal	A
47	Londhe Snehal Hanamant	A
48	Mali Pradnya Balasaheb	A
49	Mali Sharayu Babasaheb	A
50	Mali Trupti Chhatragun	C
51	Marathe Aishwarya Ravindra	A
52	Mariya Fatema Mohammed Yaseen	A
53	Maske Ketaki Bapasaheb	A
54	Misal Pankaj Pandit	B
55	Mulik Pankaj Vasant	B
56	Nale Siddhi Jaykumar	B
57	Narkhedkar Koustubh C	A
58	Otari Manasi Umeshchandra	A





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59	Padavalkar Aniket Sadashiv	B
60	Padwale Shital Jayram	A
61	Panchal Balaji Eknathrao	A
62	Patil Akanksha Atul	A
63	Patil Harshada Shantaram	A
64	Patil Pranoti Shahaji	C
65	Patil Priyanka Mallikarjun	C
66	Patil Sakshi Tanaji	A
67	Patil Sangramsinh Dhananjay	C
68	Patil Snehal Chandrakant	A
69	Pawar Shrilekha Shrikant	A
70	Pendhari Shahin Altaf	B
71	Rathod Manisha Datta	A
72	Raut Shubham Kailas	A
73	Rodge Ashwini Keshav	A
74	Rupnur Ankita Tanaji	B
75	Sabale Harshada Sukhdev	C
76	Sadekar Amruta Khandu	A
77	Sargar Aishwarya Appaso	A
78	Sartale Krishna Shivchand	A
79	Satavekar Shukrani Sudhakar	A
80	Shaikh Gulam A Madni Irfan	A
81	Shaikh Sahil Jahangir	A
82	Shelke Yogesh Anandrao	B
83	Shinde Aishwarya Ravindra	B
84	Shinde Meghana Kiran	A
85	Shingote Purushottom Dnyaneshwar	A
86	Shivtare Pradyumna Santosh	A
87	Sonner Sneha Vijaykumar	A
88	Sontakke Gouravi Ramvilas	B





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Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

89	Surwase Aarti Ramesh	A
90	Tambe Mrudula Shyamsundar	A
91	Tamboli Muskan Rahim	A
92	Tare Avinash Janardhan	A
93	Thanekar Saloni Suresh	A
94	Thorat Mayur Mahadev	A
95	Tomke Prajakta Anilkumar	A
96	Wagadkar Aishwarya Shivaji	A
97	Yampale Akshaykumar Baburao	B
98	Yelpale Santosh Pandurang	B
99	Yerawar Akshay Krishna	C
100	Zavare Vinayak Savkar	A



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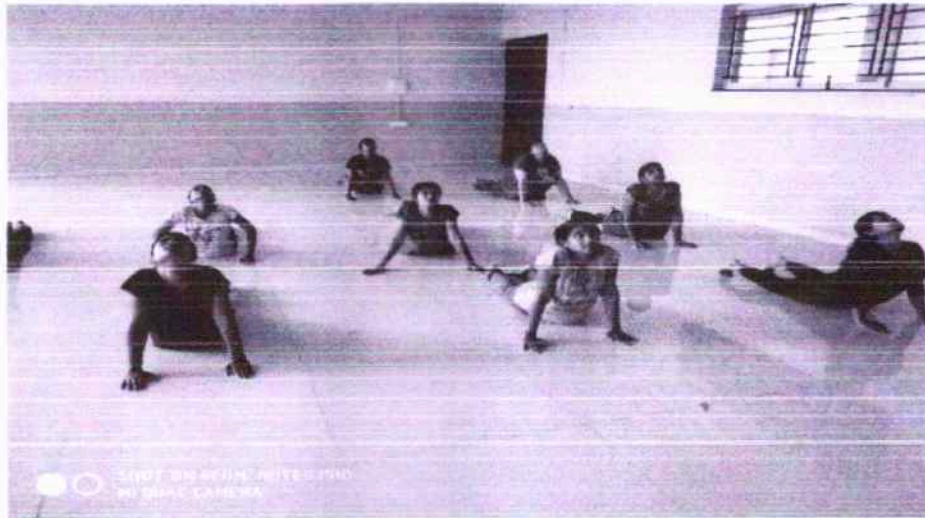
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Shri Annasaheb Dange Ayurved Medical
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NAME OF DEPARTMENT:-NSS and Swasthavritta & Yoga Dept.

YEAR:-2022

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Experiance Sharing regarding Ayurved and Yoga treatment protocols.

Date:- 17/10/2022

Time:- 01.00pm to 02.00 pm

Duration:- one hour

Venue:-, Swasthavritta and Yoga Dept. and Dhanvantari Hospital, Ashta.

Description:-

On occasion of celebration of 7th National Ayurveda Day,2022, our department has invited fifteen senior citizens from Nagarale Village and admitted in Dhanvantari Hospital. We instituted *Snehan*,*Swedan*, *Dincharya*,*Yogasana Shuddhi Kriya and Pathya Diet* (Traditional reciepes like Mudga Yusha) on them.

In 7 days all were experienced positive health benefits and beauty of ayurvedic treatments applied on them.

On behalf of Swasthavritta and Yoga Dept, Dr.Nitin Tatpuje,HOD and Dr. Ashwini Khot ,Asso. Prof. have conducted this 7 days program.


Faculty Present-

1. Dr. Nitin Tatpuje
2. Dr. Ashwini Khot


Dr. Nitin Tatpuje
HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College, Ashta


HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College, Ashta




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PRESENTY SHEET

NAME OF PROGRAMME/ACTIVITY : Experiance Sharing

DATE : 17/10/2022

TIME : 1.00pm to 2.00pm

VENUE : Swasthvritra and Yoga Dept.

Sr. No.	Name of Student/ Staff / Patient	Year Village Name	Signature
1)	दिलीप जातेदव खोडेकर	नांदगाव	<i>[Signature]</i>
2)	दिनानाथ जगपती कुमार	नांदगाव	<i>[Signature]</i>
3)	भीमराव रघुनाथ पाटील	नांदगाव	<i>[Signature]</i>
4)	राजेंद्र भगवान पाटील	नांदगाव	<i>[Signature]</i>
5)	शंकर जगपती कुमार	नांदगाव	<i>[Signature]</i>
6)	श्रीरंग जगन्नाथ जाधव	नांदगाव	<i>[Signature]</i>
2)	दिलीप केशवराव पाटील	नांदगाव	<i>[Signature]</i>
8)	जयंतारव हनु परीत	नांदगाव	<i>[Signature]</i>
9)	दिलीप जयवत पाटील	नांदगाव	<i>[Signature]</i>
10)	अशोक नांदगाव जगन्नाथ	नांदगाव	<i>[Signature]</i>
11)	अशोक केशव पाटील	नांदगाव	<i>[Signature]</i>
12)	प्राणेश नांदगाव हजारे	नांदगाव	<i>[Signature]</i>
13)	पंकज रघुनाथ देसाई	नांदगाव	<i>[Signature]</i>
14)	दिलीप भगवान पाटील	नांदगाव	<i>[Signature]</i>



[Signature]
 HSE Jai
 A.D. & C. Ashta

[Signature]
 HOD
 Swasthvritra Dept
 Hon shri. Annasaheb Dange
 Ayurved Medical College Ashta



[Signature]
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Hon. Shri. Annasaheb Dange Ayurved Medical College
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Celebration of 7th National Ayurveda Day : Experience Sharing

Date- 17/10/2022



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NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-01/03/2022 To 30/03/2022 **Time:-**7:00 am - 8:00am **Duration:-** 1Hour

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





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List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ashwini Khot

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Hemalata Kore

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Sushant Ghorapade

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD
Swasthavritta Dept.
Hon. Shri Annasaheb Dange
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Pavan Yoga Course Student Attendance (2021-22) Course Code: 3213-V-1

Sr. No.	Student's Name	1/3/22	2/3/22	3/3/22	4/3/22	5/3/22	6/3/22	7/3/22	8/3/22	9/3/22	10/3/22	11/3/22	12/3/22	13/3/22	14/3/22	15/3/22
1	Adamane Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Bangar Samiksha Baban	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Bansode Snehal Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bharati Piyush Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Bhisade Vaishnavi Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhosale Anjali Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhosale Kaushalya Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Bhujbal Vaishnavi Anil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhusnar Kajal Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Bodhe Sarvesh Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Chavan Sharad Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Chavan Vidya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chopade Rohit Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Chougule Pranav Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Dadge Amit Govind	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Daingade Pradeep Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Dandawate Pradnya Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Deshmukh Srushti Suhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Devkate Akshay Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Dhawale Gaurav Vishnupanth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



21	Dhongade Pritec Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Dive Mangesh Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Gadade Sushama Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Gaikwad Aishwarya Babu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Gaikwad Jayshri Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Gaikwad Pranita Parmeshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Gavad Sanket Umesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Gavhane Anagha Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Ghutukade Pawan Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Gupta Shruti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Hajare Dhanashri Jayashing	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Hiwale Ankush Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Housekar Shraddha Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Ingale Kajal Magan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Ingle Shweta Tukaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Jadhav Pranav Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jogdand Tejaswini Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Kale Rupam Daulat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Karche Srushti Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Kedar Prajakta Soudagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Khadse Gayatri Jayant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Khapare Rudresh Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Kore Kaustubh Amrutkiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Kumbhar Girija Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

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416 301

45	Kumbhar Preeti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Lohakare Roshani Vitthal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Londhe Snehal Hanamant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mali Pradnya Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mali Sharayu Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Mali Trupti Chhatragun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Marathe Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mariya Fatema Mohammed Yaseen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Maske Ketaki Bapasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Misal Pankaj Pandit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mulik Pankaj Vasant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Nale Siddhi Jaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Narkhedkar Koustubh C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Otari Manasi Umeshchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Padavalkar Amket Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Padwale Shital Jayram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Panchal Balaji Eknathrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Akanksha Atul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patil Harshada Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Pranoti Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Priyanka Mallikarjun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Sakshi Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sangramsinh Dhananjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



68	Patil Snehal Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	Pawar Shrilekha Shrikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pendhari Shahin Altaf	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Rathod Manisha Datta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Raut Shubham Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Rodge Ashwini Keshav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rupnur Ankita Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Sabale Harshada Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Sadekar Amruta Khandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sargar Aishwarya Appaso	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Sartale Krishna Shivchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Satavekar Shukrani Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Shaikh Gulam A Madni Irfan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Shaikh Sahil Jahangir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Shelke Yogesh Anandrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Shinde Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shinde Meghana Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shingote Purushottom Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shivtare Pradyumna Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Sonner Sneha Vijaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Sontakke Gouravi Ramvilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Surwase Aarti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Tambe Mrudula Shyamsundar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



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Pavan Yoga Course Student Attendance (2021-22) Course Code: 3213-V-1

Sr. No.	Student's Name	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
1	Adamane Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Bangar Samiksha Baban	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Bansode Snehaj Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bharati Piyush Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Bhisade Vaishnavi Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhosale Anjali Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bhosale Kaushalya Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Bhujbal Vaishnavi Anil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhusnar Kajal Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Bodhe Sarvesh Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Chavan Sharad Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Chavan Vidya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chopade Rohit Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Chougule Pranav Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Dadge Amit Govind	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Daingade Pradeep Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Dandawate Pradnya Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Deshmukh Srushti Suhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Devkate Akshay Bhimrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Dhawale Gaurav Vishnupanth	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



21	Dhongade Pritee Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Dive Mangesh Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Gadade Sushama Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Gaikwad Aishwarya Babu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Gaikwad Jayshri Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Gaikwad Pranita Parmeshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Gavad Sanket Umesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Gavhane Anagha Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Ghutukade Pawan Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	Gupta Shruti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Hajare Dhanashri Jayashing	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Hiwale Ankush Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Housekar Shraddha Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Ingale Kajal Magan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Ingle Shweta Tukaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Jadhav Pranav Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jogdand Tejaswini Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Kale Rupam Daulat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Karche Srushti Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Kedar Prajakta Soudagar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Khadse Gayatri Jayant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Khapare Rudresh Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Kore Kaustubh Amrutkiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Kumbhar Girija Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



45	Kumbhar Preeti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Lohakare Roshani Vitthal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Londhe Snehal Hanamant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mali Pradnya Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Mali Sharayu Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Mali Trupti Chhatragun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Marathe Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mariya Fatema Mohammed Yaseen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Maske Ketaki Bapasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Misal Pankaj Pandit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mulik Pankaj Vasant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Nale Siddhi Jaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Narkhedkar Koustubh C	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Otari Manasi Umeshchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Padavalkar Amiket Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Padwale Shital Jayram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Panchal Balaji Eknathrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Patil Akanksha Atul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patil Harshada Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Pranoti Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Priyanka Mallikarjun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Sakshi Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sangramsinh Dhananjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



68	Patil Snehal Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	Pawar Shrelekha Shrikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pendhari Shahin Altaf	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Rathod Manisha Datta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Raut Shubham Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Rodge Ashwini Keshav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rupnur Ankita Tanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Sabale Harshada Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Sadekar Amruta Khandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Sargar Aishwarya Appaso	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Sartale Krishna Shivchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Satavekar Shukrani Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Shaikh Gulam A Madni Irfan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Shaikh Sahil Jahangir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Shelke Yogesh Anandrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Shinde Aishwarya Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shinde Meghana Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shingote Purushottom Dnyaneshwar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shivtare Pradyumna Santosh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Sonner Sneha Vijaykumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Sontakke Gouravi Ramvilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Surwase Aarti Ramesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Tambe Mrudula Shyamsundar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



91	Tamboli Muskan Rahim	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
92	Tare Avinash Janardhan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Thanekar Saloni Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Thorat Mayur Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
95	Tomke Prajakta Anilkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Wagadkar Aishwarya Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Yampale Akshaykumar Baburao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Yelpale Santosh Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
99	Yerawar Akshay Krishna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zavare Vinayak Savkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



(Signature)
HOD

Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College, Ashta

(Signature)
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E-mail : ashta.adamc@gmail.com

Pavan Yoga Course Result Analysis 2020-21

Sr.No.	Name of student	Grade
1	Adamane Sanket Sanjay	A
2	Bangar Samiksha Baban	A
3	Bansode Snehal Rajkumar	A
4	Bharati Piyush Sanjay	A
5	Bhisade Vaishnavi Ramesh	B
6	Bhosale Anjali Prakash	A
7	Bhosale Kaushalya Suryakant	A
8	Bhujbal Vaishnavi Anil	A
9	Bhusnar Kajal Dattatray	A
10	Bodhe Sarvesh Ganesh	B
11	Chavan Sharad Bharat	B
12	Chavan Vidya Ravindra	C
13	Chopade Rohit Bhimrao	A
14	Chougule Pranav Pandurang	A
15	Dadge Amit Govind	A
16	Daingade Pradeep Prakash	A
17	Dandawate Pradnya Suresh	A
18	Deshmukh Srushti Suhas	B
19	Devkate Akshay Bhimrao	B
20	Dhawale Gaurav Vishnupanth	B
21	Dhongade Pritee Sharad	A
22	Dive Mangesh Dnyaneshwar	A
23	Gadade Sushama Dhanaji	A
24	Gaikwad Aishwarya Babu	A
25	Gaikwad Jayshri Kishanrao	A
26	Gaikwad Pranita Parmeshwar	A
27	Gavad Sanket Umesh	A
28	Gavhane Anagha Sanjay	A





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29	Ghutukade Pawan Tanaji	A
30	Gupta Shruti Ramesh	B
31	Hajare Dhanashri Jayashing	A
32	Hiwale Ankush Kailas	B
33	Housekar Shraddha Shivaji	A
34	Ingale Kajal Magan	A
35	Ingle Shweta Tukaram	A
36	Jadhav Pranav Rajendra	B
37	Jogdand Tejaswini Sudhir	B
38	Kale Rupam Daulat	B
39	Karche Srushti Sunil	B
40	Kedar Prajakta Soudagar	C
41	Khadse Gayatri Jayant	A
42	Khapare Rudresh Mahesh	A
43	Kore Kaustubh Amrutkiran	B
44	Kumbhar Girija Sunil	A
45	Kumbhar Preeti Ramesh	A
46	Lohakare Roshani Vitthal	A
47	Londhe Snehal Hanamant	A
48	Mali Pradnya Balasaheb	A
49	Mali Sharayu Babasaheb	A
50	Mali Trupti Chhatragun	C
51	Marathe Aishwarya Ravindra	A
52	Mariya Fatema Mohammed Yaseen	A
53	Maske Ketaki Bapasaheb	A
54	Misal Pankaj Pandit	B
55	Mulik Pankaj Vasant	B
56	Nale Siddhi Jaykumar	B
57	Narkhedkar Koustubh C	A
58	Otari Manasi Umeshchandra	A





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59	Padavalkar Aniket Sadashiv	B
60	Padwale Shital Jayram	A
61	Panchal Balaji Eknathrao	A
62	Patil Akanksha Atul	A
63	Patil Harshada Shantaram	A
64	Patil Pranoti Shahaji	C
65	Patil Priyanka Mallikarjun	C
66	Patil Sakshi Tanaji	A
67	Patil Sangramsingh Dhananjay	C
68	Patil Snehal Chandrakant	A
69	Pawar Shrilekha Shrikant	A
70	Pendhari Shahin Altaf	B
71	Rathod Manisha Datta	A
72	Raut Shubham Kailas	A
73	Rodge Ashwini Keshav	D
74	Rupnur Ankita Tanaji	B
75	Sabale Harshada Sukhdev	C
76	Sadekar Amruta Khandu	A
77	Sargar Aishwarya Appaso	A
78	Sartale Krishna Shivchand	A
79	Satavekar Shukrani Sudhakar	A
80	Shaikh Gulam A Madni Irfan	A
81	Shaikh Sahil Jahangir	A
82	Shelke Yogesh Anandrao	B
83	Shinde Aishwarya Ravindra	B
84	Shinde Meghana Kiran	A
85	Shingote Purushottom Dnyaneshwar	A
86	Shivtare Pradyumna Santosh	A
87	Sonner Sneha Vijaykumar	A
88	Sontakke Gouravi Ramvilas	B





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89	Surwase Aarti Ramesh	A
90	Tambe Mrudula Shyamsundar	A
91	Tamboli Muskan Rahim	A
92	Tare Avinash Janardhan	A
93	Thanekar Saloni Suresh	A
94	Thorat Mayur Mahadev	A
95	Tomke Prajakta Anilkumar	A
96	Wagadkar Aishwarya Shivaji	A
97	Yampale Akshaykumar Baburao	B
98	Yelpale Santosh Pandurang	B
99	Yerawar Akshay Krishna	C
100	Zavare Vinayak Savkar	A




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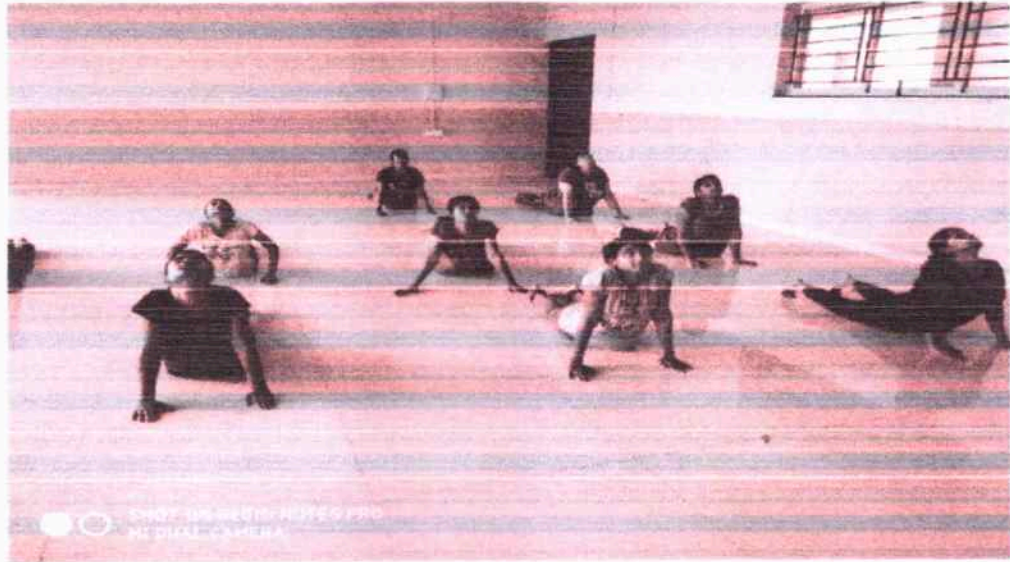
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संदर्भ क्र. एडीएमसी/ 771/2021

दि. २१/०६/२०२१

प्रति,

प्र.संचालक

विद्यार्थी कल्याण तथा रासयो कार्यक्रम समन्वयक,
महाराष्ट्र आरोग्य विज्ञान विद्यापीठ,
नाशिक.

विषय: दिनांक २१ जून २०२१ आंतरराष्ट्रीययोगदिन साजरा केल्याबद्दल अहवाल सादर करणेबाबत

संदर्भ: संचालक, आयुषसंचालनालय, महाराष्ट्रराज्य, मुंबईयांचेपत्रजा.क्र.

आसंमुं/आंतरराष्ट्रीय/योगदिन/२१जून/२०२१/आयु२/७०८०-७०९.१ दिनांक ३१ मे २०२१

महोदय,

उपरोक्तसंदर्भाकितपत्राच्याअनुषंगानेदिनांक २१ जून २०२१ आंतरराष्ट्रीययोगदिनदिनानिमित्तआमच्यामहाविद्यालयानेघेतलेल्याविविधकार्यक्रमांचाअहवालखालीलप्रमाणेसादर करितआहे.

महाविद्यालयाचे नांव: मा. श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय, आष्टा, जि.सांगली.

अनुक्रमांक	कार्यक्रम	दिनांक	तपशील	छायाचित्रक्र.
१	सोशलमीडियायोगासनचॅलेंजमोहीम		सरासरीसहभागीसंख्या :	
२	ईघोषवाक्य स्पर्धा	१९/०६/२०२१	स्पर्धकसंख्या: ११ विजेत्यांचीनावे: १. कु.श्रेया शिंदे २. कु.स्वाती जाधव ३. चि.सागर राऊत	
३	ईपोस्टरस्पर्धा	१६/०६/२०२१	स्पर्धकसंख्या: १५ विजेत्यांचीनावे: १. चि.सागर राऊत २. कु.श्रेया शिंदे ३. कु.अक्षता पाटील	
४	ईनिबंधस्पर्धा	१७/०६/२०२१	स्पर्धकसंख्या: ०९ विजेत्यांचीनावे: १. कु.स्वाती जाधव २. कु.अक्षता पाटील ३. कु.प्राजक्ता सुतार	





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५	ओनलाईनव्याख्यान :	१५/०६/२०२१	१)वक्ता : श्री.विजय शेठे विषय : विद्यार्थी जीवनामधील योगसाधना महत्व सहभागीसंख्या : ३४	१
		१६/०६/२०२१	२)वक्ता : वैदया.अश्विनी खोत विषय : सध्याच्या कोरोना महामारीमध्ये योगसाधना महत्व सहभागीसंख्या : ४७	२
		१७/०६/२०२१	३)वक्ता : वैदया.हेमलता कोरे विषय : योगसाधना व मानसिक स्वास्थ्य सहभागीसंख्या : ३४	३
		१८/०६/२०२१	४)वक्ता : श्री.मोहन जगताप विषय : योगसाधना व व्यसनमुक्तिमध्ये त्याचे महत्व सहभागीसंख्या : ४५	४
		१९/०६/२०२१	५)वक्ता : वैद्य.श्री.नितीन ताटपुजे विषय : असंसर्गजन्य व्याधीमध्ये अष्टांग योगाचे महत्व सहभागीसंख्या : २५	





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		२०/०६/२०२१	६)वक्ता :वैद्य.श्री.शामकुमार कार्वेकर विषय : निरोगी जीवनाकरिता योगसाधना सहभागीसंख्या: २५	५
		२१/०६/२०२१	७)वक्ता :श्री.नितिन भोसले विषय : जीवनाच्या सर्वश्रेष्ठ सिद्धीकरिता योग सहभागीसंख्या:७७	६,७
६	आंतरराष्ट्रीययोगदिनसामूहिकयोगाभ्यास (व्हर्चुअल)	२१/०६/२०२१	सहभागीसंख्या :६१	८,९,१०

A. Mot

Programme Officer,
NSS Cell
A.D.A.M.C., Ashta



S. K.

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Sant Dnyaneshwar Shikshan Sanstha's
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A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Date-15/06/2021 Subject-Yogsadhana in Student Life

11:06 AM

📷 📺 📞 📧

< 15 June, 2021

11-05 Gallery



[Handwritten Signature]
21/06/2021
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E-mail : ashta.adamc@gmail.com

ADAMC, Ashta

Date-16/06/2021 Subject-Yogsadhana in current Pandemic situation

11:40 AM [9] [P]

📶 📶 📶 📶 📶 📶

< 16 June, 2021

11:14 Zoom



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21/06/2021
PRINCIPAL
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I. Mr. Vijay Shete

Yoga Pandit, Dip.Naturopathy, Kolhapur



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E-mail : ashta.adamc@gmail.com

Assistant Professor, Swasthavritta & Yoga Department
ADAMC, AShta

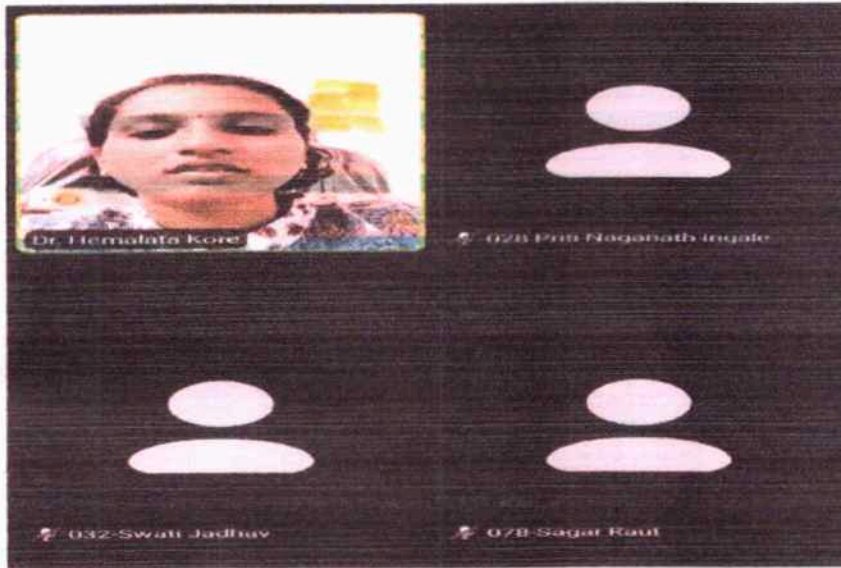
Date-17/06/2021 Subject-Yoga & Mental Health

9:34 AM

Zoom Meeting

< 17 June, 2021

9:03 Zoom



21/06/2021
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2. Dr. Ashwini Khot

Reader, Swasthavritta & Yoga Department



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E-mail : ashta.adamc@gmail.com

4 . Mr.Mohan Jagtap

Diet, Yoga & Naturopathy Consultant, Sangli

Date-18/06/2021 Subject-Yogsadhana for De-addiction

11:12 AM

Call

< 18 June, 2021

10:10 Zoom



21/06/2021

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3 . Dr.Hemalata Kore



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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

5. Dr. Shamkumar Karvekar

Assistant Professor

Swasthavritta & Yoga Department

Yashwant Ayurvedic Medical College, Kodoli

Date-20/06/2021 Subject-Yoga For Wellness

9:25 AM

Signal, Wi-Fi, Battery, 35%

< 20 June, 2021

9:00 Zoom



[Handwritten Signature]
20/06/2021
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E-mail : ashta.adamc@gmail.com

7th International Day of Yoga

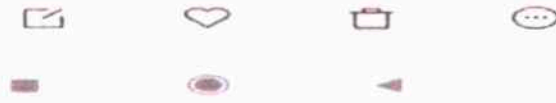
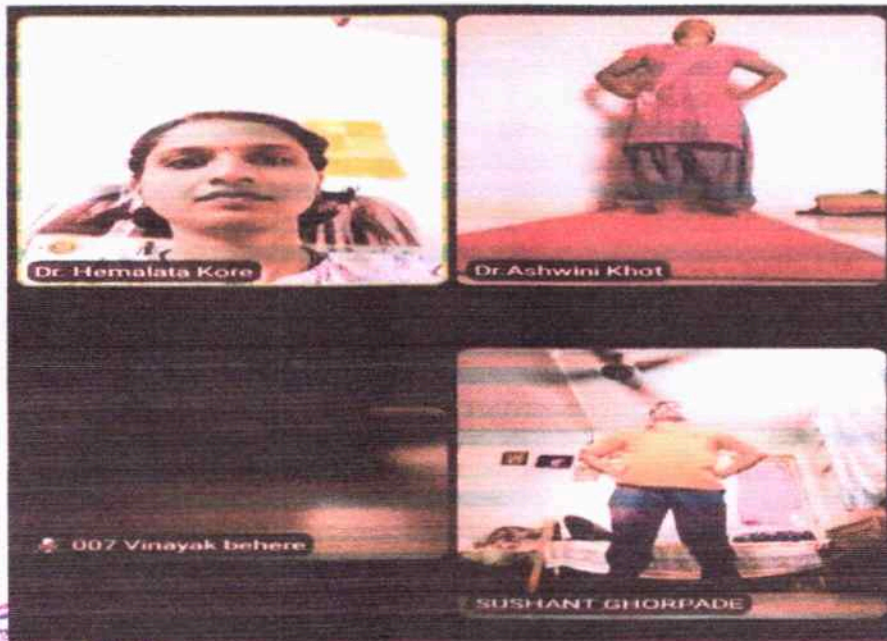
21st June 2021

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Call

< 21 June, 2021

8:16 Zoom



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21/06/2021
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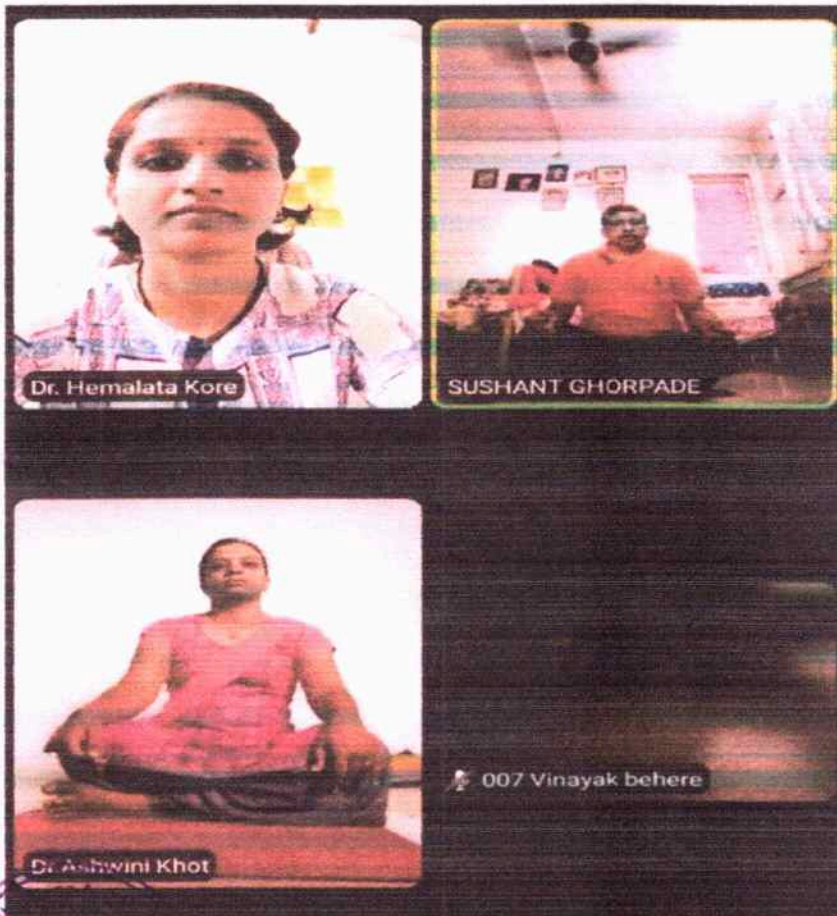
E-mail : ashta.adamc@gmail.com

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84

< 21 June, 2021

8 08 Zoom



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< 21 June, 2021

8:23 Zoom



8:40 AM

Call

< 21 June, 2021

8:23 Zoom



21/6/2021
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7TH INTERNATIONAL DAY OF YOGA

21ST JUNE 2021

Department of Swasthavritta and Yoga, NSS
Hon. Shri. Annasaheb Dange Ayurved Medical College,
Ashta

Invites participation in various competitions and activities



POSTER COMPETITION

TOPICS

- Ashtang Yoga
- Pranayama
- Suryanamaskar
- Yogasana – Different Poses

GUIDELINES

- Original work of participation
- Photo should be clear
- Last date of submission 16-06-2021
- Photo of Poster send to swasthavritta.adamc1@gmail.com

ESSAY COMPETITION

TOPICS

- Yoga as a Life Style
- Yoga & Mental Health
- Holistic Approach of Yoga in Covid-19

GUIDELINES

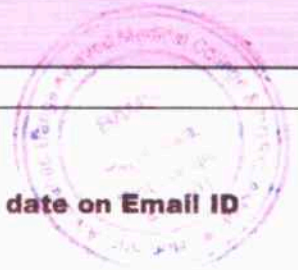
- Content should be original & unpublished
- It should be of 1500 words maximum (Compulsory hand written)
- Scan it & convert it into pdf format & label it as,
Essay – Name / Your Name / Institute Name
- Last date of submission 17-06-2021
- Send this pdf to swasthavritta.adamc1@gmail.com

SLOGAN COMPETITION

- Slogan on – Yoga & Life Style
- Last date of submission 19-06-2021
- Photo of Poster send to swasthavritta.adamc1@gmail.com

NOTE

- All the participants shall submit their entries on or before due date on Email ID mentioned below
- All the participants will be given certificate of participation



MORE DETAILS

Dr. Nitin Tatpuje
9423231646

Dr. Ashwini Khot
8275592053

Dr. Hemalata Kore
9404960984

Email ID
swasthavritta.adamc1@gmail.com

HOD

Swasthavritta Dept.
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Ayurved Medical College Ashta

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महाराष्ट्र शासन
Bharatiya Nigam + Akshay Jee Shakti

महाराष्ट्र



शासन



आयुष मंत्रालय, नवी दिल्ली
वैद्यकीय शिक्षण व औषधी द्रव्ये विभाग, महाराष्ट्र शासन
आयुष संचालनालय, महाराष्ट्र राज्य यांच्या संयुक्त विद्यमाने

आंतरराष्ट्रीय योग दिवस



सोमवार, दिनांक २१ जून २०२१

Theme - "Be with Yoga, Be at Home"

आयोजक: मा. श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक
महाविद्यालय, आष्टा, जि. सांगली.



श्री. नंदजी पांढी,
मा. पंतप्रधान, भारत सरकार



श्री. उद्वबजी ठाकरे,
मा. मुख्यमंत्री, महाराष्ट्र राज्य



श्री. अजितजी पवार,
मा. उपमुख्यमंत्री, महाराष्ट्र राज्य



श्री अमितजी देशमुख,
मा. मंत्री, वैद्यकीय शिक्षण,
महाराष्ट्र राज्य



श्री राजेंद्रजी पाटील यद्वावकर,
मा. राज्यमंत्री, वैद्यकीय शिक्षण,
महाराष्ट्र राज्य



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9:44 AM

98%

< 21 June, 2021

8:06 Zoom

Search

- | | |
|---|--|
|  | Dr. Hemalata Kore (Host)  |
|  | Dr Amit pethkar  |
|  | Dr.Ashwini Khot  |
|  | SUSHANT GHORPADE  |
|  | 001-Renuka Awale  |
|  | 006- Susmita Barbade  |
|  | 007 Vinayak behere  |
|  | 009- Bhosale Maithili  |
|  | 013-Nikhil Chavan  |
|  | 017-Pranita Dhope  |





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9:44 AM

Signal strength, Wi-Fi, and battery icons

< 21 June, 2021

8:06 Zoom

- OW** 099-Shreya Ware  
- AS** Agilda Salimkumar  
- AS** akash shinde  
- Alaknanda Kulkarni  
- AP** Anuradha Patil  
-  Ashok Wali  
-  Beeba Benny  
- D** Dattatrya Nikam  
- DP** Dr Prashant Date  
- DS** Dr Sarfraj Landge  
-  Dr Shital Patil  





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9:44 AM

Call 98%

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8:06 Zoom

- | | | | |
|--|---------------------------|--|--|
| | Zoom Meeting | | |
| | Sarika Kandharkar | | |
| | Shankar Rayla Kuwar | | |
| | Shraddha Dattatray Jiwade | | |
| | Shruti Landge | | |
| | subhash patki | | |
| | Sumit Awasarmol_4 | | |
| | Swati londhe 22 | | |
| | Vishwas Dhalwale 12 | | |
| | Anuja Shinde | | |
| | Parag Deshmukhe | | |

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Zoom Meeting





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Website : www.adamcashta.com

E-mail : ashta.adame@gmail.com

9:44 AM

Signal strength, Wi-Fi, Cellular, 98% battery

< 21 June, 2021

8:06 Zoom

- | | | | |
|--|---------------------------|--|--|
| | 019-Rohini Gambhire | | |
| | 032-Swati Jadhav | | |
| | 036-Vishal Mahadev Jagtap | | |
| | 051-Ashwini Mandlik | | |
| | 058-More Shruti | | |
| | 061-Shubham Omase | | |
| | 073 Alisha pol | | |
| | 077-Sujata Raulwar | | |
| | 078-Sagar Raut | | |
| | 092-Shirke Dnyaneshwari | | |
| | 099-Shreva Ware | | |



11



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Dr Shital Patil



Dr. Archana Wadkar



Dr. Monish Rangate



Dr. Tinku-Ganesh Khalache



Edlin



Jyoti gavane



Mahesh Inamdar



Pandurang Dnyanoba Mule



Rahul Amate



Rajashri Kharate



Saili Kudtarkar





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NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2020-21

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department – Swasthavritta & Yoga (ADAMC,Ashta)

Date:-18/01/2021 To 02/02/2021 Time:-7:00 am - 8:00am Duration:- 1Hour

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ashwini Khot

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Hemalata Kore

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Sushant Ghorapade

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



Jatki
29/04/2022
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Pavan Yoga Course Student Attendance (2020-21) Course Code: 3213-V-1

Sr. No.	Student's Name	18/01/21	19/01/21	20/01/21	21/01/21	22/01/21	23/01/21	24/01/21	25/01/21	27/01/21	28/01/21	29/01/21	30/01/21	31/01/21	02/02/21	02/02/21
1	Awale Renuka Rama	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
2	Awasthi Satyam Ravindrprasad	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
3	Badgire Pooja Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Bagal Kanchan Rustumrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
5	Bagul Vrushali Yuvaraj	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
6	Barbade Susmita Shrikar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Behere Vinayak Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Bhojugde Vishal Ganpat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Bhosale Maithili Sunil	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P





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Pavan Yoga Course Student Attendance (2020-21) Course Code: 3213-V-1

Sr. No.	Student's Name	03/02/21	04/02/21	05/02/21	06/02/21	07/02/21	08/02/21	09/02/21	10/02/21	11/02/21	12/02/21	13/02/21	14/02/21	15/02/21	16/02/21	17/02/21
1	Awale Renuka Rama	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Awasthi Satyam Ravindradas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Badgire Pooja Mahadev	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
4	Bagal Kanchan Rustumrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Bagul Vrushali Yuvaraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Barbade Susmita Shrikar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Behere Vinayak Pandurang	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
8	Bhojugde Vishal Ganpat	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
9	Bhosale Maithili Sunil	P	P	P	P	P				P	P	P	P	P	P	P





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10	Bhosale Payal Rajkumar	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
11	Bondar Shweta Babanrao	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
12	Chavan Asavari Balkrishna	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
13	Chavan Nikhil Bharat	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
14	Choudhari Sanket Ramdas	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
15	Dabhade Deshraj Anand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
16	Dhainje Bhargavi Balu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Dhope Pranita Khandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Digole Sushma Arjun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Gambhire Rohini Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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10	Bhosale Payal Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Bondar Shweta Babanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Chavan Asavari Balkrishna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Chavan Nikhil Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Choudhari Sanket Ramdas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Dabhade Deshraj Anand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Dhainje Bhargavi Balu	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
17	Dhope Pranita Khandu	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
18	Digole Sushma Arjun	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
19	Gambhire Rohini Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
20	Gaykwad Prachi	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P





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E-mail : ashta.adamc@gmail.com

20	Gaykwad Prachi Tryambak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Ghadage Shirish Raju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Ghodake Mrunal Maruti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	Giri Ankita Mohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Gosavi Maithili Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Gurav Amruta Vilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Hipparkar Amruta Dilip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Hirmukhe Abhishek Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Ingale Priti Naganath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	Jadhav Ankita Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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E-mail : ashta.adamc@gmail.com

	Tryambak															
21	Ghadage Shirish Raju	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Ghodake Mrunal Maruti	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P
23	Giri Ankita Mohan	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
24	Gosavi Maithili Vijay	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
25	Gurav Amruta Vilas	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
26	Hipparkar Amruta Dilip	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
27	Hirmukhe Abhishek Suryakant	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
28	Ingale Priti Naganath	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
29	Jadhav Ankita Dhanaji	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
30	Jadhav Nikita	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P





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30	Jadhav Nikita Dilip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	Jadhav Prajakta Anant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Jadhav Swati Babasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Jadhav Vishal Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Jagtap Gautami Dipak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Jagtap Vishal Baban	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Jagtap Vishal Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jarande Siddhi Uttam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Junne Amol Shivraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Kadarkar Akanksha Bhausahab	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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	Dilip															
31	Jadhav Prajakta Anant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Jadhav Swati Babasaheb	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
33	Jadhav Vishal Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Jagtap Gautami Dipak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	Jagtap Vishal Baban	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
36	Jagtap Vishal Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Jarande Siddhi Uttam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Junne Amol Shivraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Kadarkar Akanksha Bhauasaheb	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
40	Kale Snehal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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40	Kale Snehal Jijabhau	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Khandare Mayuri Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Kharbad Swapnil Rajabhau	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Khavle Nitish Harish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Khurd Prajakta Bhagwan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	Kirtane Nikita Vinayak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Kopratkar Sushilkumar Satwa	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Kotkar Shivkanya Ramkisan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Kumbhar Rushikesh Uttam	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P





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	Jijabhau															
41	Khandare Mayuri Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Kharbad Swapnil Rajabhau	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Khavle Nitish Harish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Khurd Prajakta Bhagwan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	Kirtane Nikita Vinayak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Kopratkar Sushilkumar Satwa	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
47	Kotkar Shivkanya Ramkisan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Kumbhar Rushikesh Uttam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Kute Apurva Ramdas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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49	Kute Apurva Ramdas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Kute Vidya Lahu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Mandlik Ashwini Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mane Sumit Nitin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Mangire Saurabh Vihang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Metkar Sindhu Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mhetar Vrushali Vinay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Minache Samruddhi Deepak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Mohite Harshada Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	More Shruti Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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50	Kute Vidya Lahu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Mandlik Ashwini Sukhdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mane Sumit Nitin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Mangire Saurabh Vihang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Metkar Sindhu Bharat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Mhetar Vrushali Vinay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Minache Samruddhi Deepak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
57	Mohite Harshada Shahaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	More Shruti Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Nagargoje Anant Dagadu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Nandarale Nita	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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59	Nagargoje Anant Dagadu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
60	Nandarale Nita Rupchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
61	Omase Shubham Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Parbat Onkar Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patel Simran Amin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Akshata Panditrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Dakshayani Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Poonam Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sanjana Balkrushna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	Patole Ramesh Narayan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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	Rupchand															
61	Omase Shubham Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
62	Parbat Onkar Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
63	Patel Simran Amin	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
64	Patil Akshata Panditrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
65	Patil Dakshayani Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Patil Poonam Kishanrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
67	Patil Sanjana Balkrushna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
68	Patole Ramesh Narayan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
69	Pawar Amol Parasaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
70	Pawar Ankita Prataprao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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69	Pawar Amol Parasaram	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
70	Pawar Ankita Prataprao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
71	Pawar Mayuri Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Pawara Kapil Gulabsing	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
73	Pol Alisha Ulhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rakh Akshay Gokul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Ranage Vaishnavi Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Rasal Rutuja Rahul	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
77	Raulwar Sujata Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Raut Sagar Savanta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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71	Pawar Mayuri Mahesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
72	Pawara Kapil Gulabsing	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
73	Pol Alisha Ulhas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
74	Rakh Akshay Gokul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
75	Ranage Vaishnavi Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
76	Rasal Rutuja Rahul	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
77	Raulwar Sujata Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Raut Sagar Savanta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
79	Rengade Supriya Madhavrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Salve Prajwal Mohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Sangolkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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79	Rengade Supriya Madhavrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
80	Salve Prajwal Mohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
81	Sangolkar Vaishnavi Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Sangrampatle Aarti Vinayak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Sayyed Fiza Rajmahamad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shaikh Easminara Raja	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shaikh Junaid Shaikh Habib	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shaikh Sanobar Miraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Shelkande Pavan Namdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Shelke Sushant Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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	Vaishnavi Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
82	Sangrampatle Aarti Vinayak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Sayyed Fiza Rajmahamad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
84	Shaikh Easminara Raja	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
85	Shaikh Junaid Shaikh Habib	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
86	Shaikh Sanobar Miraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
87	Shelkande Pavan Namdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
88	Shelke Sushant Ramchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
89	Shete Harshada Jagannath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Shinde Anuja Prabhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
91	Shinde Shivani	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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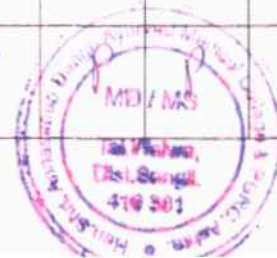
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89	Shete Harshada Jagannath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
90	Shinde Anuja Prabhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
91	Shinde Shivani Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
92	Shirke Dnyaneshwari Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Suryawanshi Vivek Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Sutar Prajakta Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
95	Swant Vasavi Anand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Vitkar Amit Kalidas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Wable Pavan Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Waghmode Pratik Shamrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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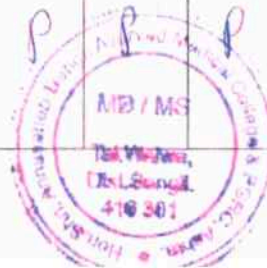
A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

	Kiran															
92	Shirke Dnyaneshwari Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
93	Suryawanshi Vivek Shantaram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
94	Sutar Prajakta Satish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
95	Swant Vasavi Anand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
96	Vitkar Amit Kalidas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
97	Wable Pavan Pandurang	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
98	Waghmode Pratik Shamrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
99	Ware Shreya Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zunzarrao Manasi Harishchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P





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E-mail : ashta.adamc@gmail.com

99	Ware Shreya Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
100	Zunzarrao Manasi Harishchandra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



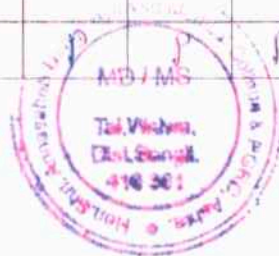
John
100

Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2020-21) Course Code: 3213-V-1

Sr. No.	Student's Name	11/01/21	12/01/21	13/01/21	14/01/21	15/01/21	16/01/21	17/01/21	18/01/21	19/01/21	20/01/21	21/01/21	22/01/21	23/01/21	24/01/21	25/01/21
1	Bhosale Pratiksha Abasaheb	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A
2	Dhayagude Arati Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Gadade Shital Appasaheb	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P
4	Jadhav Shruti Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Kale Yuvraj Bharat	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P
6	Mulla Naziya Shabbir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Pokale Priyanka Madhukar	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P
8	Sawant Ritu Rajesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Sawant Shivani	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



	Santosh															
10	Shaikh Aman Hajimalang	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P
11	Shinde Vaishnavi Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Vansale Asawari Madhukar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Waghmare Shivani Ramchandra	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P



Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2020-21) Course Code: 3213-V-1

Sr. No.	Student's Name	26/01/21	27/01/21	28/01/21	29/01/21	30/01/21	31/01/21	01/02/21	02/02/21	03/02/21	04/02/21	05/02/21	06/02/21	07/02/21	08/02/21	09/02/21
1	Bhosale Pratiksha Abasaheb	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P
2	Dhayagude Arati Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Gadade Shital Appasaheb	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P
4	Jadhav Shruti Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Kale Yuvraj Bharat	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P
6	Mulla Naziya Shabbir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Pokale Priyanka Madhukar	P	P	P	P	P	A	P	P	P	P	P	A	P	P	A
8	Sawant Ritu Rajesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Sawant Shivani	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



	Santosh															
10	Shaikh Aman Hajimalang	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P
11	Shinde Vaishnavi Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Vansale Asawari Madhukar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Waghmare Shivani Ramchandra	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A



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HOD

Swasthritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College & Hospital

[Handwritten Signature]
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Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tar. Walwa, Dist. Sangli.



Sant Dnyaneshwar Shikshan Sanstha's
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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

Pawan Yoga Course Result (2020-2021) [3213-V-1]

Roll No.	Name of Student	Grade
1	Awale Renuka Rama	A
2	Awasthi Satyam Ravindrprasad	A
3	Badgire Pooja Mahadev	A
4	Bagal Kanchan Rustumrao	B
5	Bagul Vrushali Yuvaraj	A
6	Barbade Susmita Shrikar	B
7	Behere Vinayak Pandurang	A
8	Bhojugde Vishal Ganpat	A
9	Bhosale Maithili Sunil	A
10	Bhosale Payal Rajkumar	A
11	Bondar Shweta Babanrao	B
12	Chavan Asavari Balkrishna	C
13	Chavan Nikhil Bharat	B
14	Choudhari Sanket Ramdas	B
15	Dabhade Deshraj Anand	A
16	Dhainje Bhargavi Balu	A
17	Dhoke Pranita Khandu	A
18	Digole Sushma Arjun	A
19	Gambhire Rohini Balasaheb	A
20	Gaykwad Prachi Tryambak	A
21	Ghadage Shirish Raju	B
22	Ghodake Mrunal Maruti	A
23	Giri Ankita Mohan	C
24	Gosavi Maithili Vijay	A





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Website : www.adamcashta.com

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25	Gurav Amruta Vilas	A
26	Hipparkar Amruta Dilip	A
27	Hirmukhe Abhishek Suryakant	A
28	Ingale Priti Naganath	B
29	Jadhav Ankita Dhanaji	A
30	Jadhav Nikita Dilip	A
31	Jadhav Prajakta Anant	B
32	Jadhav Swati Babasaheb	B
33	Jadhav Vishal Satish	C
34	Jagtap Gautami Dipak	A
35	Jagtap Vishal Baban	A
36	Jagtap Vishal Mahadev	A
37	Jarande Siddhi Uttam	A
38	Junne Amol Shivraj	A
39	Kadarkar Akanksha Bhausaheb	C
40	Kale Snehal Jijabhau	B
41	Khandare Mayuri Sudhakar	B
42	Kharbad Swapnil Rajabhau	A
43	Khavle Nitish Harish	A
44	Khurd Prajakta Bhagwan	A
45	Kirtane Nikita Vinayak	A
46	Kopratkar Sushilkumar Satwa	B
47	Kotkar Shivkanya Ramkisan	A
48	Kumbhar Rushikesh Uttam	A
49	Kute Apurva Ramdas	B
50	Kute Vidya Lahu	A
51	Mandlik Ashwini Sukhdev	B
52	Mane Sumit Nitin	A





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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

53	Mangire Saurabh Vihang	A
54	Metkar Sindhu Bharat	A
55	Mhetar Vrushali Vinay	A
56	Minache Samruddhi Deepak	A
57	Mohite Harshada Shahaji	A
58	More Shruti Dattatray	A
59	Nagargoje Anant Dagadu	A
60	Nandarale Nita Rupchand	A
61	Omase Shubham Ramchandra	C
62	Parbat Onkar Rajkumar	B
63	Patel Simran Amin	A
64	Patil Akshata Panditrao	A
65	Patil Dakshayani Mahesh	A
66	Patil Poonam Kishanrao	B
67	Patil Sanjana Balkrushna	A
68	Patole Ramesh Narayan	A
69	Pawar Amol Parasaram	A
70	Pawar Ankita Prataprao	C
71	Pawar Mayuri Mahesh	A
72	Pawara Kapil Gulabsing	A
73	Pol Alisha Ulhas	B
74	Rakh Akshay Gokul	B
75	Ranage Vaishnavi Laxman	A
76	Rasal Rutuja Rahul	A
77	Raulwar Sujata Suresh	A
78	Raut Sagar Savanta	A
79	Rengade Supriya Madhavrao	A
80	Salve Prajwal Mohan	A





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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

81	Sangolkar Vaishnavi Shivaji	A
82	Sangrampatle Aarti Vinayak	A
83	Sayyed Fiza Rajmahamad	B
84	Shaikh Easminara Raja	A
85	Shaikh Junaid Shaikh Habib	B
86	Shaikh Sanobar Miraj	A
87	Shelkande Pavan Namdev	C
88	Shelke Sushant Ramchandra	A
89	Shete Harshada Jagannath	A
90	Shinde Anuja Prabhakar	B
91	Shinde Shivani Kiran	A
92	Shirke Dnyaneshwari Satish	A
93	Suryawanshi Vivek Shantaram	A
94	Sutar Prajakta Satish	A
95	Swant Vasavi Anand	B
96	Vitkar Amit Kalidas	A
97	Wable Pavan Pandurang	A
98	Waghmode Pratik Shamrao	A
99	Ware Shreya Dattatray	A
100	Zunzarrao Manasi Harishchandra	A



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HOD

Swasthritta Dept.

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[Signature]

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Ayurved Medical College Ashta

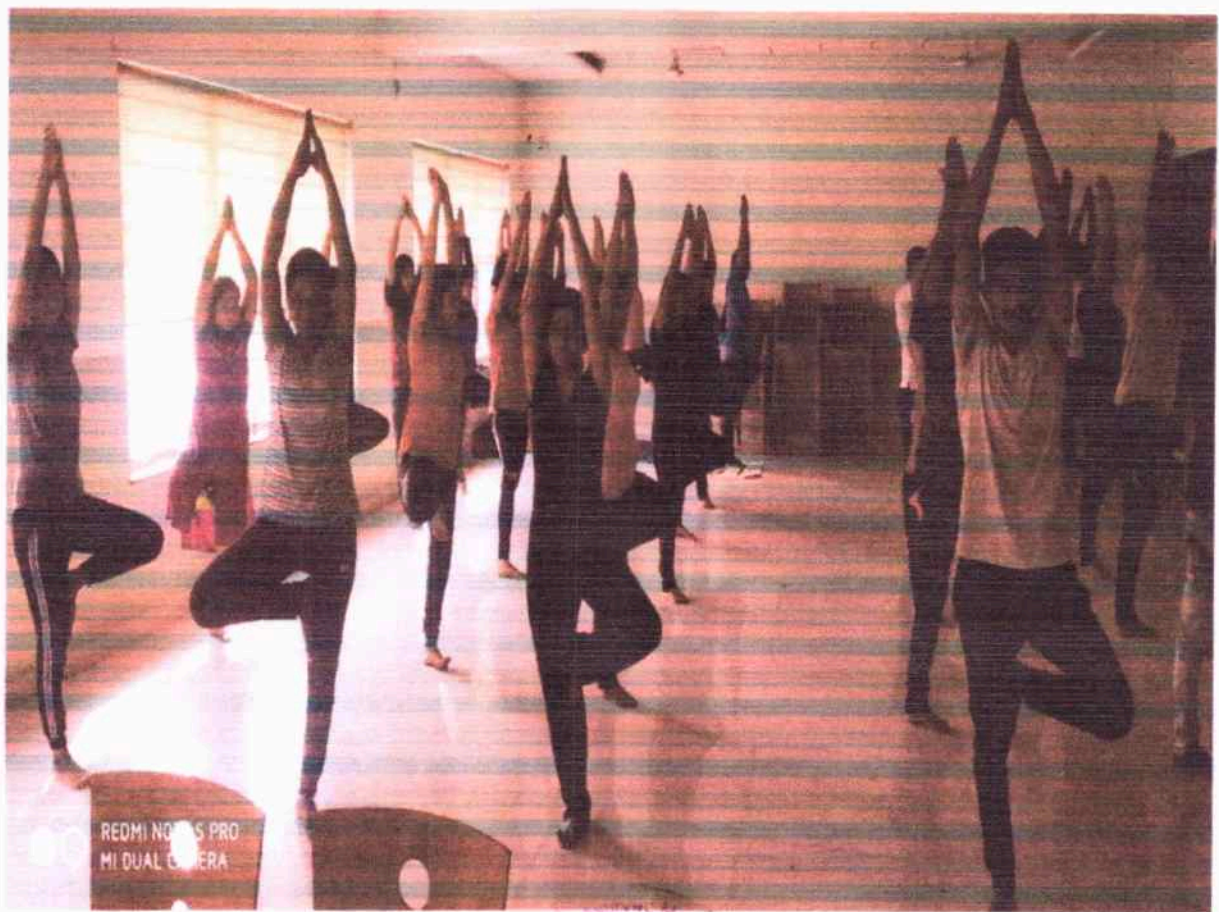
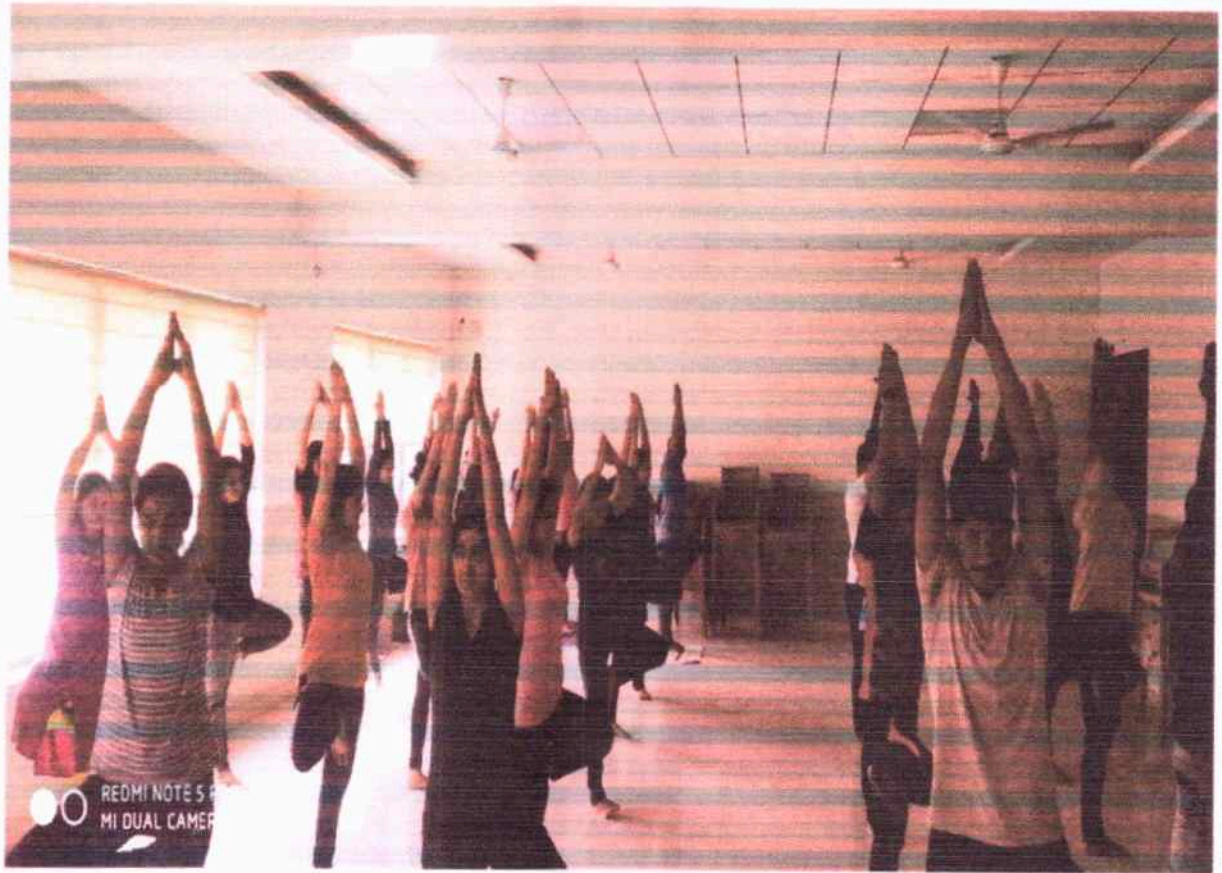
Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

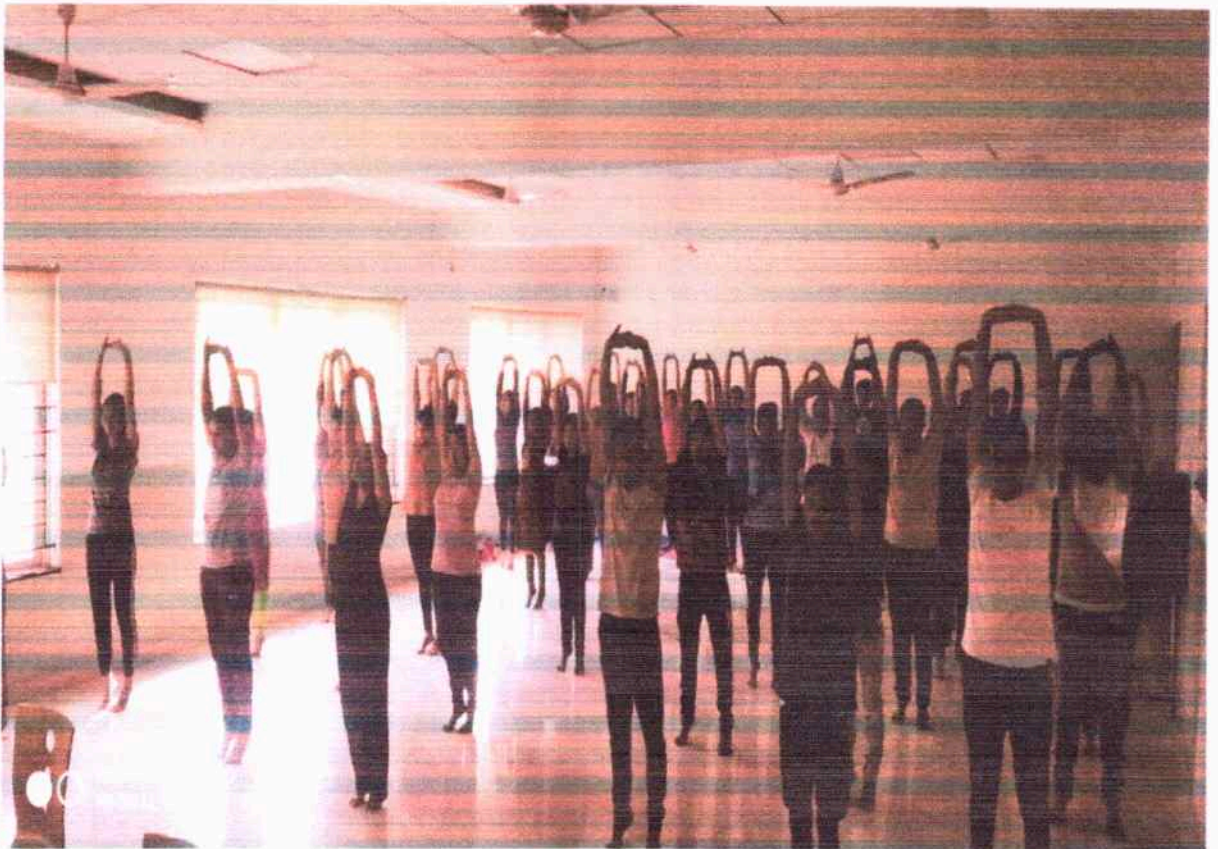
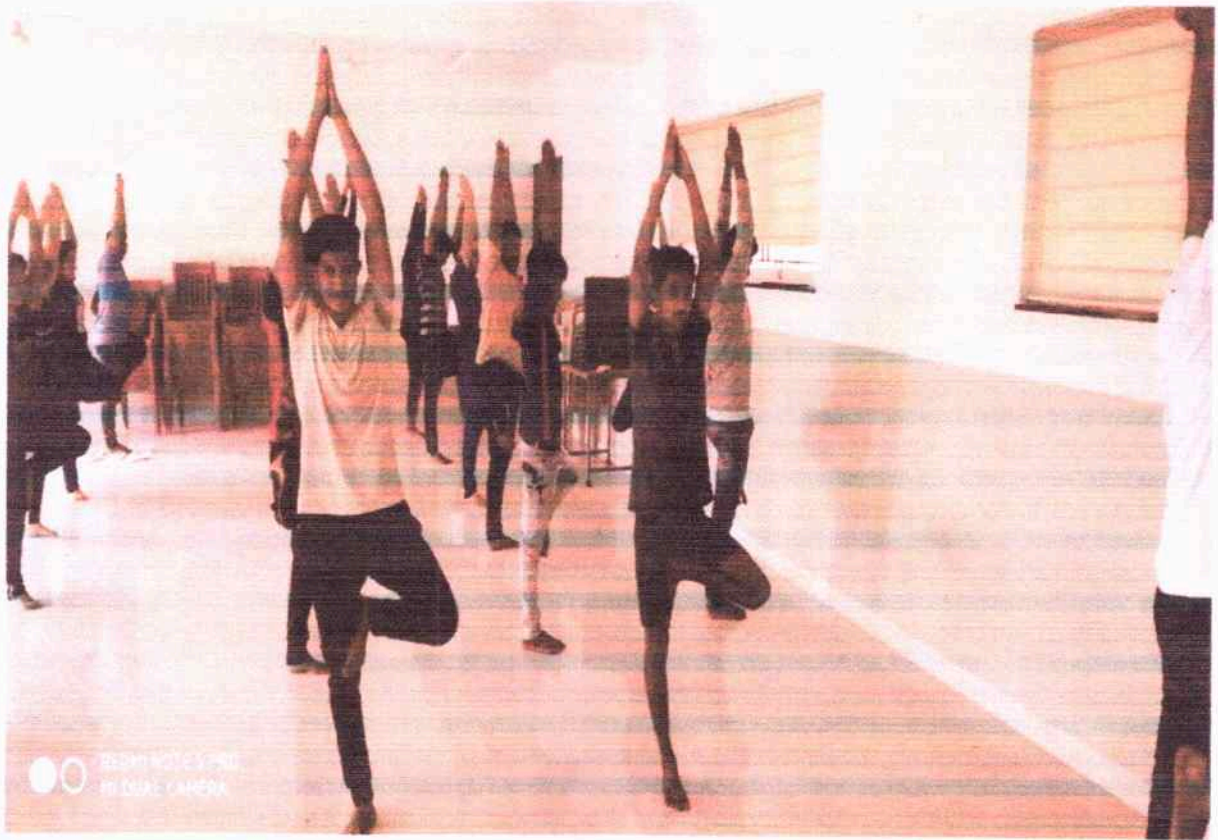
Pavan Yoga Course Result 2020-21

Sr. no.	Name of student	Grade
1	Bhosale Pratiksha Abasaheb	
2	Dhayagude Arati Dattatray	B
3	Gadade Shital Appasaheb	C
4	Jadhav Shruti Sanjay	A
5	Kale Yuvraj Bharat	C
6	Mulla Naziya Shabbir	A
7	Pokale Priyanka Madhukar	B
8	Sawant Ritu Rajesh	A
9	Sawant Shivani Santosh	A
10	Shaikh Aman Hajimalang	C
11	Shinde Vaishnavi Vijay	A
12	Vansale Asawari Madhukar	A
13	Waghmare Shivani Ramchandra	A

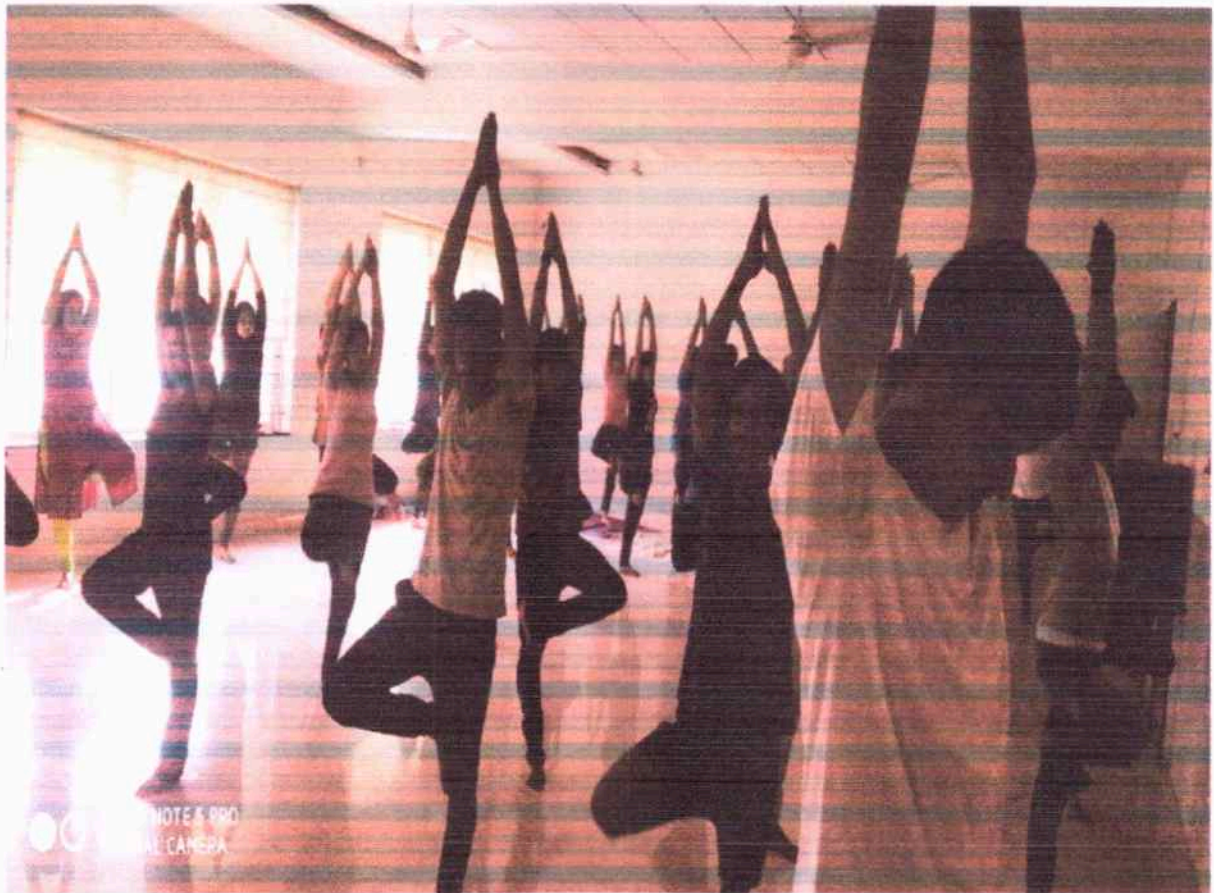
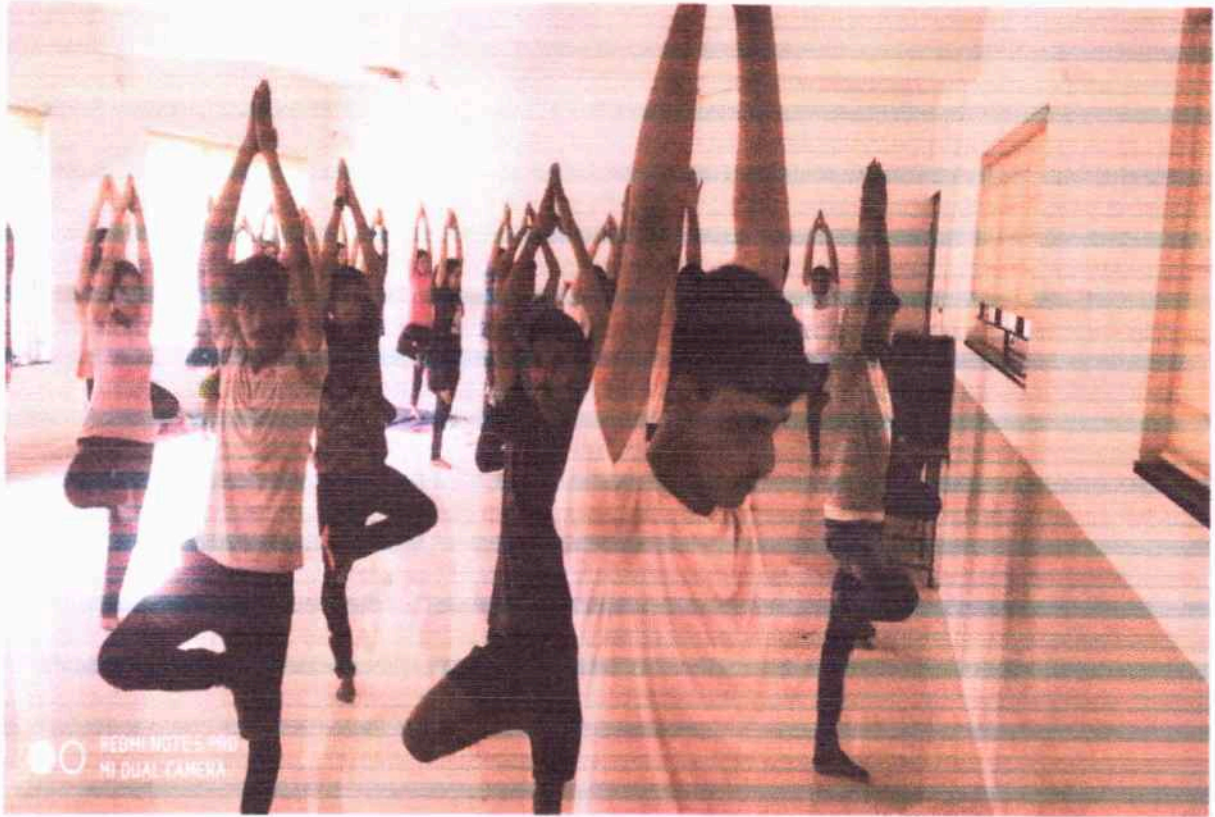


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Ayurved Medical College Ashta




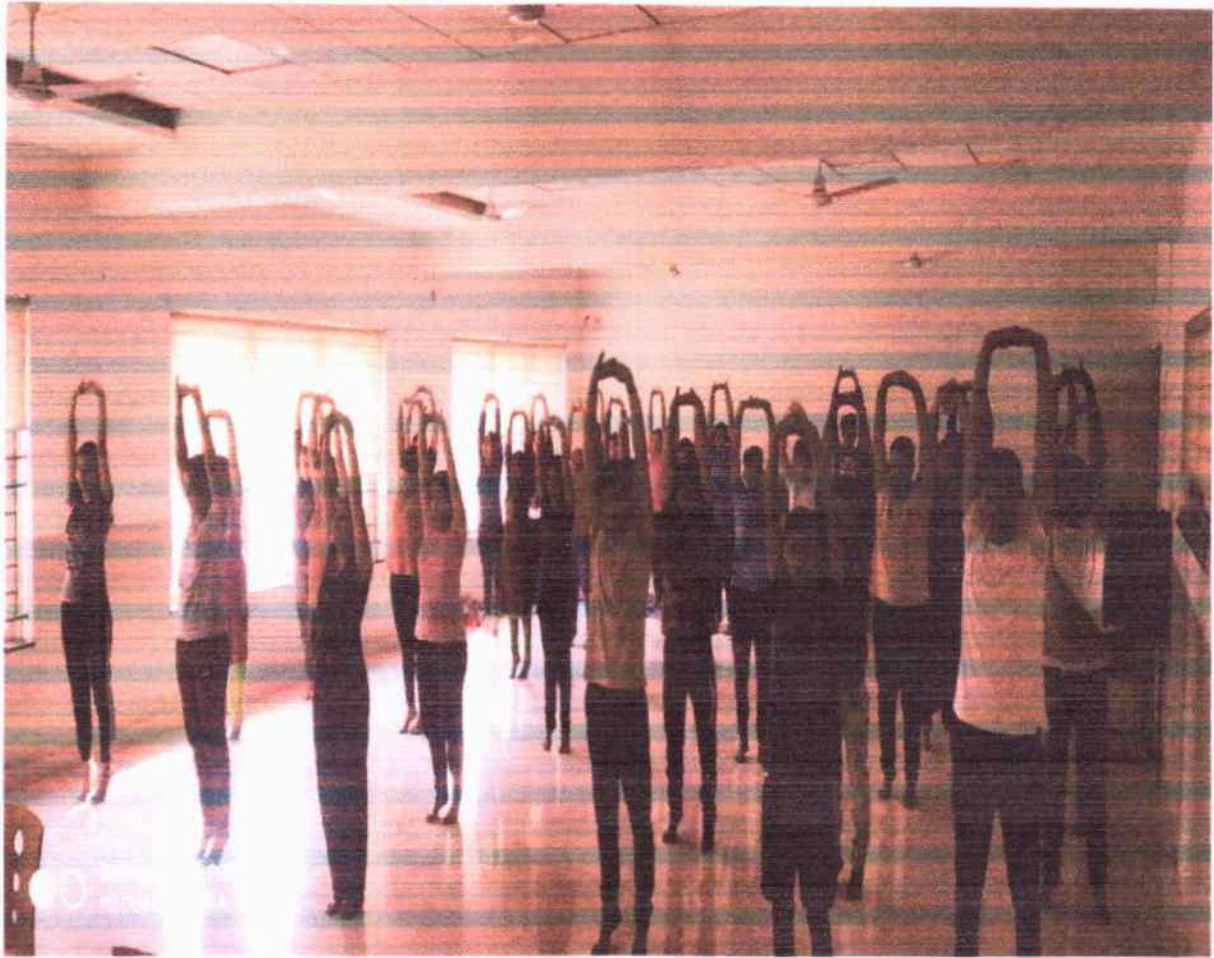


MD / MS
Tal. Vairwa,
Dist. Sonbhadra,
410 301
Hansraj Pathashala, Durgam Cheruvu, Hyderabad





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Sant Dnyaneshwar Shikshan Sanstha, Islampur's

**HON. SHRI. ANNASAHB DANGE AYURVED MEDICAL COLLEGE,
ASHTA**

NAME OF DEPARTMENT:- *Swastha NSS & Yoga* **YEAR:-** 2019-20

EVENT / ACTIVITY REPORT

Title of Event / Activity:- YOGA DAY

Objectives of event / activity:- Activities on yoga day.

Description:-

Sr no	Activities	Particip ant students
1.	On the background of International yoga Day ☐☐ *NSS unit Hon shree Annasaheb Dange ayurvedic medical College ashta. college has organized Facebook live yoga training session Conducted from 18 to 21st June 2020. https://www.facebook.com/nss.adamc.3	50
2.	NSS program officer and volunteers spreading awareness of importance of yoga on Social media through Digital cards and videos made by them by staying at home and following rules of lockdown:	04
3.	Importance of yoga in covid-19	50
4.	Topic: International yoga day celebration- Yoga from home and Yoga with family Time: Jun 21, 2020 07:00 AM	67
5.	Actively students taken part in different competition and own the awards (Achievements)	11

List of documents attached:- (mark if available)

1. Photos of event

[Signature]
Programme Officer,
NSS Cell
A.D.A.M.C., Ashta



[Signature]
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College, Ashta, Tal. Walwa, Dist. Sangli

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College, Ashta, Tal. Walwa, Dist. Sangli.

INTERNATIONAL DAY OF
yoga



BREATHE. STRETCH. STAY HEALTHY.

YOGA DAY



ENJOY FREE YOGA SESSIONS ON
INTERNATIONAL DAY OF YOGA!

JUNE 18-21, 2020

TIME-6.15 - 7.15 AM

YOGA TEACHER, NSS CADET



NSS WING - ADAMC, UGDPG
INSTITUTE AND RESEARCH
CENTER, ASHTA, TAL. WALWA, DIST. -
SANGLI




Programme Officer,
NSS Cell
& D.A.M.C., Ashta




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Shri Annasaheb Danga Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.

7:39



YOGA @ HOME

YogaTrainer - Chandrakant Kambale

23 JUNE TIME: 7-8 AM

zoom ID: 752 0239 4550 P. JGAP

Dr. Shital Patil

NSR WING

ASAMI UDA PE
INSTITUTION RESEARCH
CENTRE ASHTA SANGLI

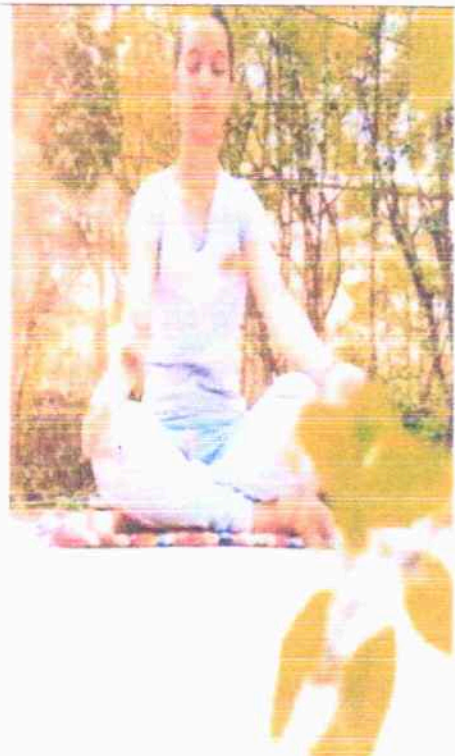
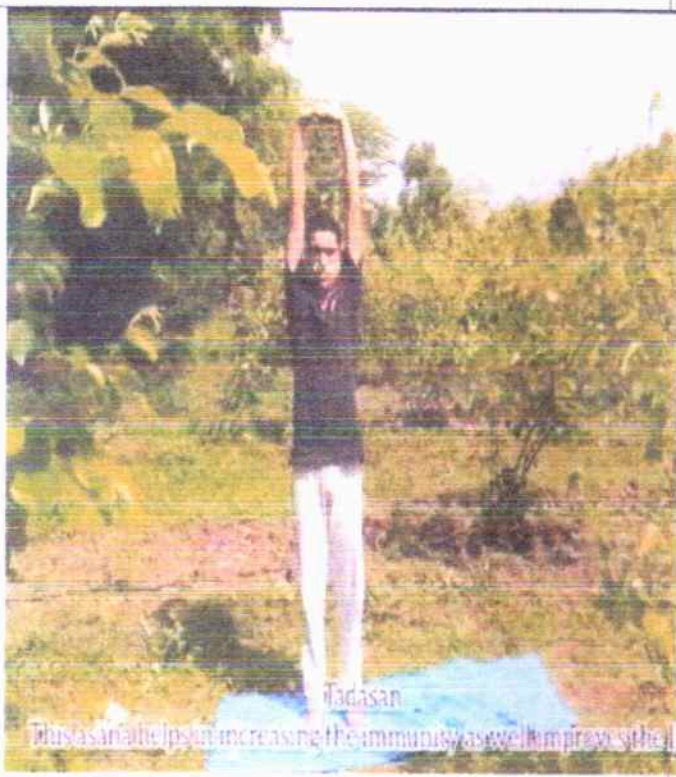
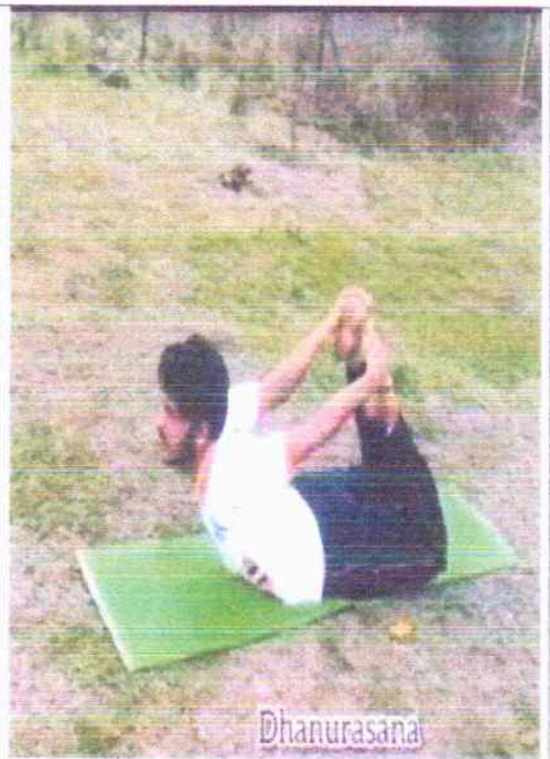
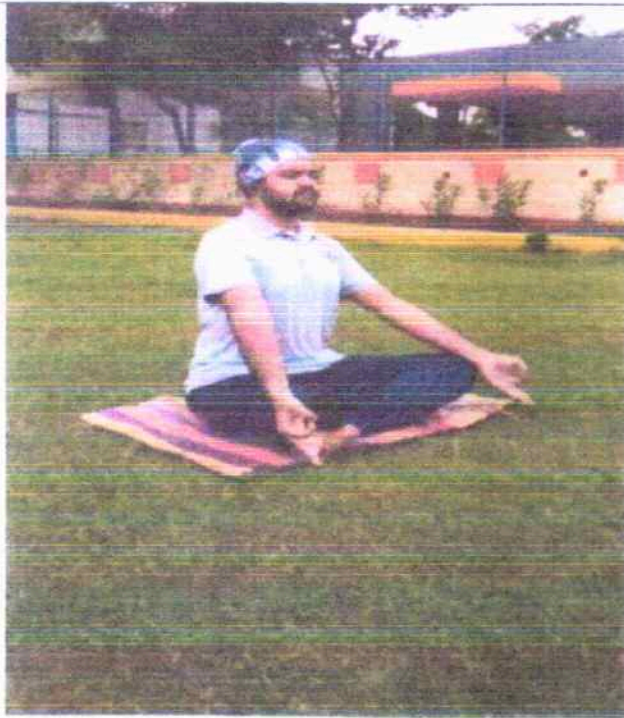
711 1133 7400

Ashwini Lavate

Dr. Vedashri Kalavade

Programme Office
NSS Cell
A.D. & S.C. Ashta





Programme Office
 NSS Cell
 A.D.A.M.C. Ashta



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 College, Ashta, Tal. Walwa, Dist. Sangli.



INTERNATIONAL YOGA DAY
yoga

ON INTERNATIONAL YOGA DAY
WE INVITES YOU TO

YOGA @ HOME

Step on the mat, breathe, and rediscover
your flow.

YogaTrainer - Chandrakant kamble

21 JUNE TIME - 7 - 8 AM



zoom

**ID - 753 0339 4550
P - 2GajAP**



NSS WING

**ADAMC, UG & PG
INSTITUTE, REASERCH
CENTER, ASHTA, SANGLI**



[Signature]
**Programme Officer
NSS Cell
A.D.A.M.C. Ashta**



[Signature]
PRINCIPAL
Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.

7:28 4G LTE



Programme Office
NSS
& DAMC



PRINCIPAL
Government Medical College
Dist. Sangli

HON. SHRI. ANNASAHEB DANGE AYURVED MEDICAL COLLEGE, ASHTA

Online Action Plan of 6th International Yoga Day 2020

Sr.No.	Competition/Events	Date
1	Inauguration	16/06/2020
2	Yoga Workshop for students & Patients	17/06/2020
3	Online Yoga Training	18/06/2020
3	Guest lecture	20/06/2020
4	Poster Presentation competition	20/06/2020
5	Celebration of Yoga Day	21/06/2020

Ashtat



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**Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Naiwa, Dist. Sangli**

Report of 6th International Yoga Day 2020

- 1) Inauguration of Yog Saptah was done on 16/06/2020 at 08:00 a.m. and decided to take daily online Yoga Sessions by our Yoga Teacher Mr. Sushant Ghorpade for 15 days on Zoom app.
- 2) Yoga Workshop for students & Patients was arranged and conducted by Dr. Ashwini Khot on 17/06/2020 online on Zoom app.
- 3) On day 18/06/2020, our college had organized Facebook live Yoga Training Sessions from 18/06/2020 to 21/06/2020.
- 4) On day 20/06/2020 online Guest Lecture was arranged, Very Informative Lecture on Yoga was given by our guest Mr. Chandrakant Kamble, Yoga Expert online on Zoom app.
- 5) On day 20/06/2020, we conducted online competition for Poster Presentation in which 11 students were participated out of that 5 best posters were selected.
- 6) On the International Yoga Day 21/06/2020, we were celebrated Online Yoga Day at 7:00 am on Zoom app. Following events had been performed under guidance of yoga experts on 21/06/2020,
 - i. Yoga preyer
 - ii. Loosening practices
 - iii. Yoga Demonstration of various Asanas
 - iv. Pranayama
 - v. Dhyana
 - vi. Omkar Sadhana

Ashita



Ashita
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College, Ashita, Tal. Narwa, Dist. Sangli

A. Prize Winners of Poster Presentation:

- i. 1st prize - Miss.Jadhav Shruti
- ii. 2nd prize - Miss.Shivani Sawant
- iii. 3rd prize - Miss.Vaishnvi shinde
- iv. 4th prize - Miss. Sawant Ritu
- v. 5th prize - Miss. Dhaygude Aarti



Swasthynata Dept.
Hon. shri. ... b Danga
College Ashta



PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical
College Ashta, Solapur, Dist. Solapur

6th Internatinal Yoga day, 2020

**Posters submitted Online for
poster competition**

Dated -20/06/2020



आंतरराष्ट्रीय योग दिवस

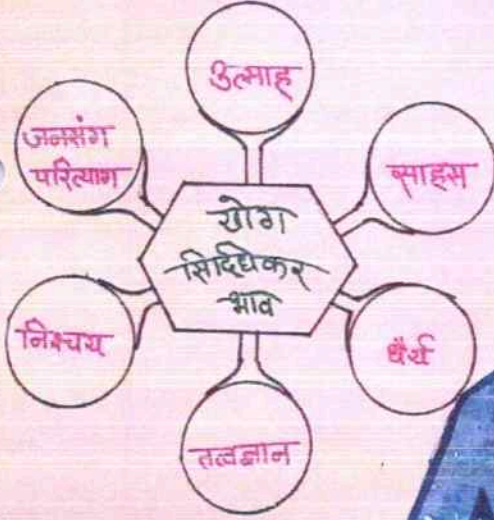
२१ जून २०२०

आयुर्वेद:-

आलोचिद्यमनोऽर्शोभा सन्निकर्षात् प्रवर्तते ।
 सुखदुःखमनारम्भादात्मनये मनसि स्थिरे ॥
 निवर्तते तदुभवं वरित्वं योगजायते ।
 अशरीरस्य योगज्ञातं योगमूढबोधिः ॥

च.सा. १/१६८-१७९

हठयोगा प्रदिपिकाकारानुसार:-



अष्टांग योग



नाम: ...
 ...



INTERNATIONAL

YOGA

DAY 21st JUNE 2020

“युज्यते अनेन इति योगः।”

Yuj means joining It is joining of the Individual self (जीवात्मा) with the Universal self (परमात्मा)

चक्रासन



भुजंगासन



वृक्षासन



ताडासन



पश्चिमोत्तनासन



त्रिकोणासन

“योगः चित्तवृत्ति निरोधः।”

Yoga is a technique of mind control

SHIVANI SAWANT
IIIrd yr BAMS



Scanned with CamScanner

International Yoga Day 21 June 2020



Relaxation

wellbeing

concentration

meditation & focus

Strength

Flexibility

Body
 increases circulation
 Helps in digestion
 helps to remove toxins, improve joints mobility, Better Breathing.

Why YOGA...
Mind
 Reduction of stress
 improve concentration
 helps mind to focus.

Soul
 Encourages Balance, inspires creativity
 Postures & Breathing increases confidence.

Vaishnavi Shinde 3rd 1st batch



योगः कर्मसु कौशल्यम्।

अष्टांग योग

“यमनियमासन प्राणायाम प्रत्याहारः
धारणाध्यान समाधयोऽष्टांगवद्गानिः।”

योग लाभः :-

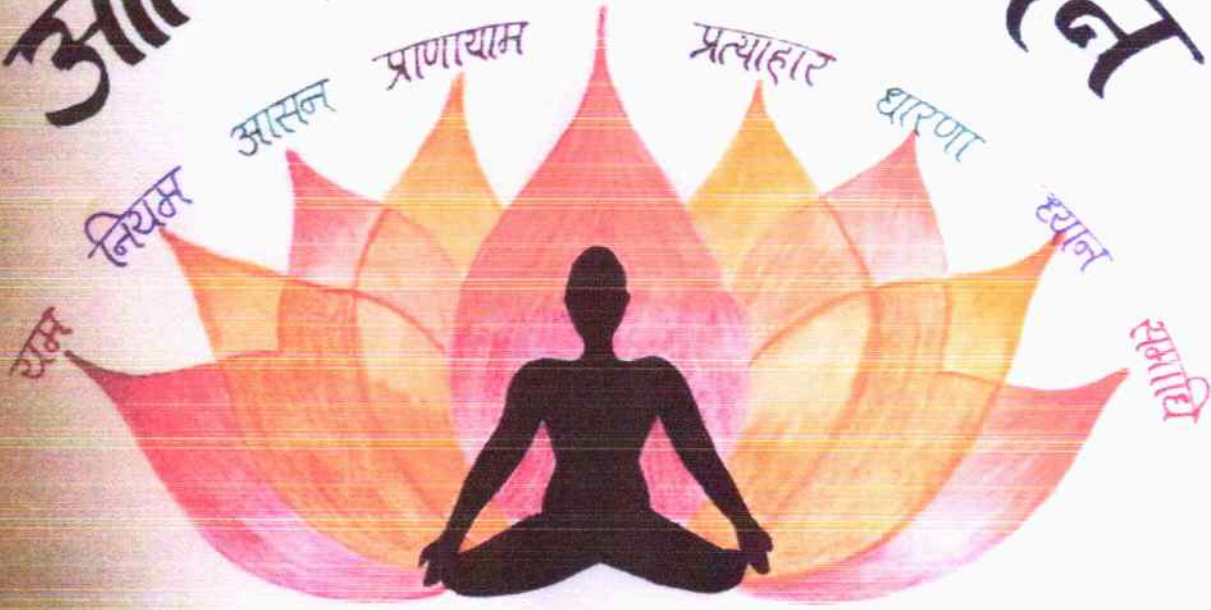
- शरीर स्वर्यै
- चित्तप्रसन्नता
- जाठराग्निवर्धक
- लवचिकता
- स्थैर्यनाशक
- मन स्वास्थ्यकर



Rishi R Sawant
3rd year
BAMS



आंतरराष्ट्रीय योग दिन



योगः
कर्मसु कौशलम्

NAME :- Arati Dattatraya Dhayagude
BAMS 3rd Year



अंतर्राष्ट्रीय योग दिवस



" योगेन चित्तस्य पदेन वाचां
मलं शरीरस्य च वैद्यकेन ।
योऽपरोक्तं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिशान्तोऽस्मि ॥ "

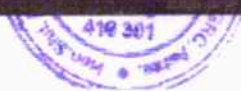
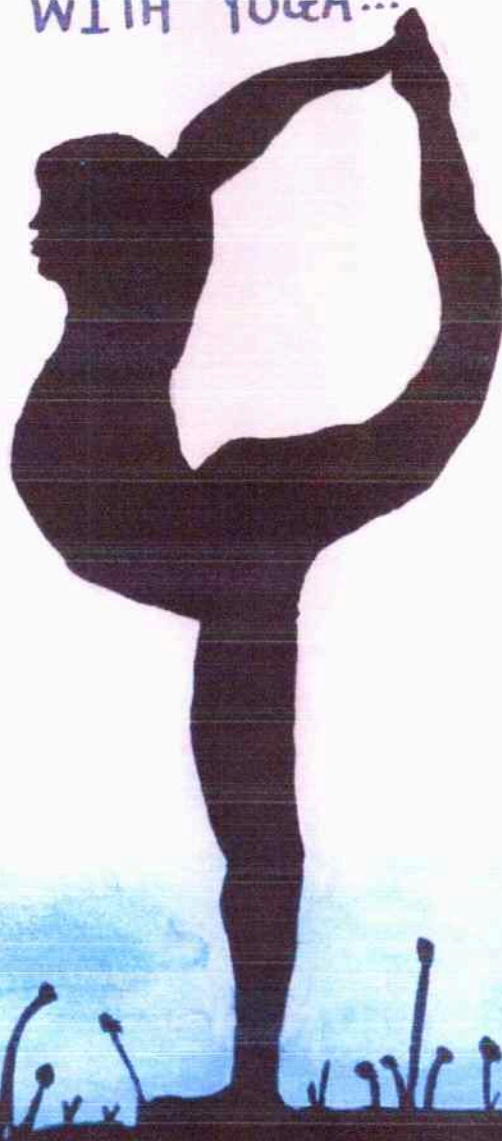


3rd YEAR BAMS

Shivani Ramchandra Highmore

योगः
कर्मसु
कौशलम्।

STAY FIT
WITH YOGA...



Name :- Pratiksha Bhosale.

Roll No:- 07
BAMS 3rd Year

Name :- Bhitai Appasaheb Gadade.



YOGA

- " Yoga is dance between control and surrender "
- " Inhale the future , Exhale the past "
- " Peace begins with a smile "
- " Here and now is where Yoga begin "
- " No matter how old. How sick or out of shape you are
You still can have a new beginning with Yoga "
- " YOGA ADDS YEARS TO YOU LIFE
AND LIFE TO YOUR YEARS "



जागतिक योग दिन

२१ जून २०२०



योग मनुष्य के शरीर,
मन और आत्मा को
उर्जा, ताकत और सौंदर्य
प्रदान करता है।

योग दिवस की शुभकामना।



लाक्ष्मि शर्मा मुल्ला
BAMS 3rd Year

ध्यान म्हणजे
स्वतःच्या मनाला
परत आणणे.



योग असे
जेथे, आरोग्य
वसे तेथे.

२१ जून आंतरराष्ट्रीय योग दिवस - २०२०



युवराज भारत काळे

BAMS III Year

Scanned with CamScanner

History of Yoga.

• Thought to have been in existence for 5000 years.

• Focuses of 8 limbs.

1. Yama - restraint.

2. Niyamas - Purity and observance.

3. Asanas - Steady Poses.

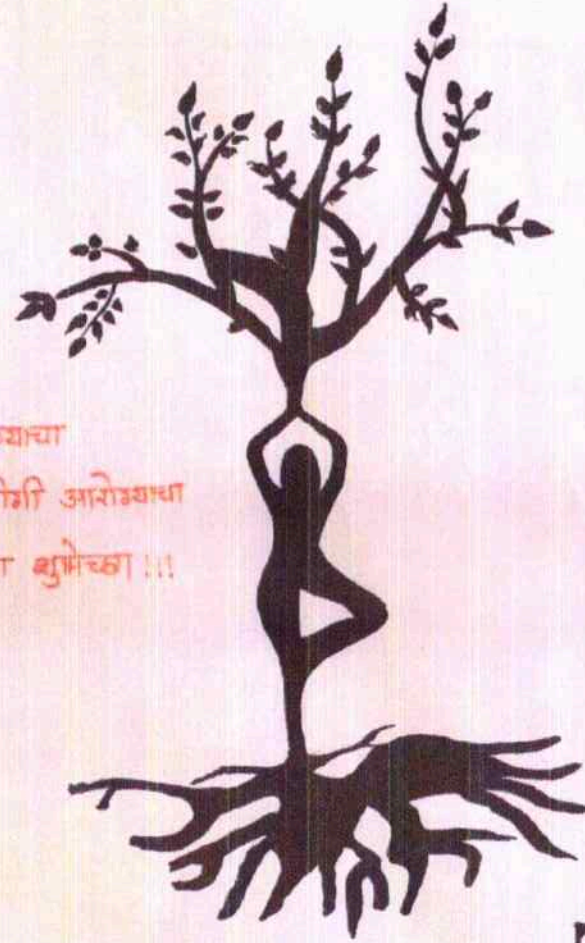
4. Pranayama - control of breath & energy.

5. Pratyahara - preparation for meditation.

6. Dharana - control of the mind.

7. Dhyana - Meditation.

8. Samadhi - The superconscious state.



निर्धारित नियमित योग कक्षाच्या
आजपासून जपा मीस निबोमि आरोग्याचा
आंतरराष्ट्रीय योग दिनाच्या शुभेच्छा!!!

योग
दिनाच्या
शुभेच्छा!!!



आमावरी मधुकर वनसाठे.

3rd year B.A.M.S



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2019-2020

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-02/12/2019 To 07/01/2020 Time:-7:00 am - 8:00am Duration:- 1Hour

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





Sant Dnyaneshwar Shikshan Sanstha's

Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal : Walwa, Dist : Sangli - 416 301

Phone : 02342-241103/241108, Fax - 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ujwala Dabade

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Ashwini Khot

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Harshavardhan Swami

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD

Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta.



PRINCIPAL

Hon. Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2019-20)

Course Code : 3213-V-1

Sr. No.	Student's Name	2/12/19	3/12/19	4/12/19	5/12/19	6/12/19	7/12/19	8/12/19	10/12/19	11/12/19	12/12/19	13/12/19	14/12/19	16/12/19	17/12/19	18/12/19
1	Ajmere Neha Raju	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
2	Babar Rutuja Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Badane Prashant Subhash	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
4	Barge Shivani Rajesh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
5	Bhaldar Sahil Khudbuddin	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhosale Kranti Malharrao	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
7	Bhosale Pooja Arun	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
8	Buchade Amartya Vilas	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
9	Chandanshiv Karan Madhukar	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
10	Choudhari Samiksha Sanjay	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
11	Choure Durga Maroti	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Deokate Manisha Dadasaheb	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
13	Deshmukh Vaishnavi Abhimanyu	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
14	Dhargave Shubham Ramlal	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
15	Gadade Mayuri Maruti	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
16	Galinde Samradni Jagdish	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
17	Gandal Neha Sunil	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P



Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2019-20)

Sr. No.	Student's Name	19/12/19	20/12/19	21/12/19	23/12/19	24/12/19	26/12/19	27/12/19	28/12/19	30/12/19	2/1/20	3/1/20	4/1/20	5/1/20	6/1/20	7/1/20
1	Ajmere Neha Raju	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
2	Babar Rutuja Sanjay	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
3	Badane Prashant Subhash	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
4	Barge Shivani Rajesh	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
5	Bhaladar Sahil Khudbuddin	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
6	Bhosale Kranti Malharrao	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
7	Bhosale Pooja Arun	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
8	Buchade Amartya Vilas	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
9	Chandanshive Karan Madhukar	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
10	Choudhari Samiksha Sanjay	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
11	Choure Durga Maroti	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Deokate Manisha Dadasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
13	Deshmukh Vaishnavi Abhimanyu	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
14	Dhargave Shubham Ramlal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
15	Gadade Mayuri Maruti	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
16	Galinde Samradni Jagdish	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
17	Gandal Neha Sunil	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P



18	Gavandi Anjuman Bhola	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
19	Ghawat Devyani Chhatrapati	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
20	Ghongade Priyanka Bharat	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
21	Godase Rituja Ganesh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
22	Hole Mrunal Sandeep	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
23	Kadam Swarada Santosh	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
24	Kale Shital Devraj	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
25	Kalwari Shrirang Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
26	Kamble Kalyani Arun	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
27	Kamble Nisha Pandurang	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
28	Kanase Amey Arun	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
29	Kandhare Dyaneshwari Parasram	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
30	Kardak Shraddha Shyam	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
31	Ketkar Apurva Vishwanath	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
32	Khadake Prajakta Kailas	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Khavale Sayalee Macchindranath	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
34	Kolhapure Rachana Rajesh	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
35	Kolhe Vaishali Madhukar	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
36	Kore Aniket Babaso	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
37	Kshirsagar Rushabh Deepak	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
38	Labde Krishna R.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A



18	Gavandi Anjuman Bhola	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
19	Ghawat Devyani Chhatrapati	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
20	Ghongade Priyanka Bharat	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
21	Godase Rituja Ganesh	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
22	Hole Mrunal Sandeep	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
23	Kadam Swarada Santosh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
24	Kale Shital Devraj	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
25	Kalwari Shrirang Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
26	Kamble Kalyani Arun	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Kamble Nisha Pandurang	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
28	Kanase Amey Arun	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
29	Kandhare Dyaneshwari Parasram	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
30	Kardak Shraddha Shyam	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
31	Ketkar Apurva Vishwanath	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
32	Khadake Prajakta Kailas	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
33	Khavale Sayalee Macchindranath	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
34	Kolhapure Rachana Rajesh	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
35	Kolhe Vaishali Madhukar	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Kore Aniket Babaso	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
37	Kshirsagar Rushabh Deepak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
38	Labde Krishna R.	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P



39	Lonkar Sanket Nanasahab	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
40	Mahadik Aditi Santosh	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
41	Mahadik Prarthana Durgadas	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
42	Mahajan Aishwarya Mohan	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
43	Mali Kirti Rajkumar	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
44	Mali Rohit Subhash	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
45	Mane Anjali Shankarrao	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
46	Mane Kartiki Devram	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
47	Mayane Vedika Rajendra	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Mengane Rashmi Vijay	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
49	Mhopare Rutuja Tanaji	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
50	Mulla Alisha Gafur	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
51	Mulla Maliha Salim	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
52	Mulla Shahin Dilawar	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
53	NagulPELLI Girija Ganesh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
54	Nagthane Manisha Sambhajirao	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
55	Naik Mrunalini Balasaheb	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
56	Nazirkar Mayuri Vasanttrao	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
57	Nimbalkar Rutuja Uttam	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
58	Pandhare Rushikesh Sundar	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
59	Pangam Priyanka Gurunath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A



39	Lonkar Sanket Nanasaheb	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
40	Mahadik Aditi Santosh	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
41	Mahadik Prarthana Durgadas	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
42	Mahajan Aishwarya Mohan	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
43	Mali Kirti Rajkumar	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
44	Mali Rohit Subhash	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
45	Mane Anjali Shankarrao	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
46	Mane Kartiki Devram	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
47	Mayane Vedika Rajendra	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
48	Mengane Rashmi Vijay	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
49	Mhopare Rutuja Tanaji	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
50	Mulla Alisha Gafur	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
51	Mulla Maliha Salim	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
52	Mulla Shahin Dilawar	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
53	Nagulpelli Girija Ganesh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
54	Nagthane Manisha Sambhajirao	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
55	Naik Mrunalini Balasaheb	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
56	Nazirkar Mayuri Vasantao	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
57	Nimbalkar Rutuja Uttam	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
58	Pandhare Rushikesh Sundar	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
59	Pangam Priyanka Gurunath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



60	Paratkar Sachin Prabhakar	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
61	Patil Harshada Yuvraj	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
62	Patil Mrunal Vijay	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
63	Patil Rajashri Dharmaraj	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
64	Patil Rutuja Ramesh	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
65	Patil Sanyogita Vikas	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
66	Pawar Shital Shamsundar	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
67	Pohare Samyeka Dnyanoba	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
68	Pote Prachi Nandkumar	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
69	Pote Prajakta Yeshwant	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
70	Pote Vaishnavi Arvind	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
71	Pujari Archana Umesh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
72	Raje Shubhada Vikas	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
73	Salunkhe Pallavi Maruti	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
74	Salunkhe Sakshi Ravindra	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
75	Salvi Shamal Manoj	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
76	Sankpal Pooja Balasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
77	Satpute Aparna Raosaheb	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
78	Shaikh Aman Hajimalang	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
79	Shedage Shalaka Ashok	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
80	Sheikh Saheblal Chandpasha	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P



60	Paratkar Sachin Prabhakar	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
61	Patil Harshada Yuvraj	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
62	Patil Mrunal Vijay	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
63	Patil Rajashri Dharmaraj	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
64	Patil Rutuja Ramesh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
65	Patil Sanyogita Vikas	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
66	Pawar Shital Shamsundar	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
67	Pohare Samyeka Dnyanoba	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
68	Pote Prachi Nandkumar	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
69	Pote Prajakta Yeshwant	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
70	Pote Vaishnavi Arvind	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
71	Pujari Archana Umesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
72	Raje Shubhada Vikas	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
73	Salunkhe Pallavi Maruti	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
74	Salunkhe Sakshi Ravindra	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
75	Salvi Shamal Manoj	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
76	Sankpal Pooja Balasaheb	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
77	Satpute Aparna Raosaheb	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
78	Shaikh Aman Hajimalang	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
79	Shedage Shalaka Ashok	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
80	Sheikh Saheblal Chandpasha	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P



81	Shingare Trupti Nanasaheb	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
82	Takawane Mayuri Kailas	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
83	Talvanekar Utakarsha Dinkar	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
84	Terwade Saloni Chandrakant	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
85	Vaishnav Radhika Pramod	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
86	Vibhute Saurabh Vishwanath	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
87	Waghmode Anagha Maruti	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
88	Yadav Kshitija Manohar	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
89	Yadav Pratik Bharat	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P



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Shri Annasaheb Dange Ayurved Medical
College, Ashita, Tal. Waiwa, Dist. Solapur

81	Shingare Trupti Nanasaheb	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
82	Takawane Mayuri Kailas	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
83	Talvanekar Utkarsha Dinkar	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
84	Terwade Saloni Chandrakant	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
85	Vaishnav Radhika Pramod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
86	Vibhute Saurabh Vishwanath	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
87	Waghmode Anagha Maruti	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
88	Yadav Kshitija Manohar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
89	Yadav Pratik Bharat	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P



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HOD

Swasthvirita Dept.
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Ayurved Medical College Ashta

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Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Result 2019-20 [3213-V-1]

Sr. no.	Name of student	Grade
1	Ajmere Neha Raju	B
2	Babar Rutuja Sanjay	B
3	Badane Prashant Subhash	C
4	Barge Shivani Rajesh	B
5	Bhaldar Sahil Khudbuddin	A
6	Bhosale Kranti Malharrao	B
7	Bhosale Pooja Arun	B
8	Buchade Amartya Vilas	B
9	Chandanshive Karan Madhukar	B
10	Choudhari Samiksha Sanjay	A
11	Choure Durga Maroti	B
12	Deokate Manisha Dadasaheb	B
13	Deshmukh Vaishnavi Abhimanyu	B
14	Dhargave Shubham Ramlal	A
15	Gadade Mayuri Maruti	A
16	Galinde Samradni Jagdish	B
17	Gandal Neha Sunil	A
18	Gavandi Anjuman Bhola	A
19	Ghawar Devyani Chhatrapati	B
20	Ghongade Priyanka Bharat	A
21	Godase Rituja Ganesh	B
22	Hole Mrunal Sandeep	C
23	Kadam Swarada Santosh	B
24	Kale Shital Devraj	B
25	Kalwari Shrirang Rajendra	B
26	Kamble Kalyani Arun	B
27	Kamble Nisha Pandurang	A
28	Kanase Amey Arun	B
29	Kandhare Dyaneshwari Parasram	C
30	Kardak Shraddha Shyam	A
31	Ketkar Apurva Vishwanath	A



32	Khadake Prajakta Kailas	B
33	Khavale Sayalee Macchindranath	A
34	Kolhapure Rachana Rajesh	A
35	Kolhe Vaishali Madhukar	A
36	Kore Aniket Babaso	B
37	Kshirsagar Rushabh Deepak	B
38	Labde Krishna Rajebhau	A
39	Lonkar Sanket Nanasaheb	B
40	Mahadik Aditi Santosh	A
41	Mahadik Prarthana Durgadas	B
42	Mahajan Aishwarya Mohan	B
43	Mali Kirti Rajkumar	A
44	Mali Rohit Subhash	B
45	Mane Anjali Shankarrao	A
46	Mane Kartiki Devram	A
47	Mayane Vedika Rajendra	C
48	Mengane Rashmi Vijay	B
49	Mhopare Rutuja Tanaji	A
50	Mulla Alisha Gafur	B
51	Mulla Maliha Salim	A
52	Mulla Shahin Dilawar	B
53	Nagulpelli Girija Ganesh	A
54	Nagthane Manisha Sambhajirao	B
55	Naik Mrunalini Balasaheb	C
56	Nazirkar Mayuri Vasanttrao	A
57	Nimbalkar Rutuja Uttam	B
58	Pandhare Rushikesh Sundar	C
59	Pangam Priyanka Gurunath	B
60	Paratkar Sachin Prabhakar	B
61	Patil Harshada Yuvraj	C
62	Patil Mrunal Vijay	A
63	Patil Rajashri Dharmaraj	A
64	Patil Rutuja Ramesh	B
65	Patil Sanyogita Vikas	B
66	Pawar Shital Shamsundar	A
67	Pohare Samyeka Dnyanoba	B



68	Pote Prachi Nandkumar	B
69	Pote Prajakta Yeshwant	B
70	Pote Vaishnavi Arvind	C
71	Pujari Archana Umesh	C
72	Raje Shubhada Vikas	B
73	Salunkhe Pallavi Maruti	A
74	Salunkhe Sakshi Ravindra	A
75	Salvi Shamal Manoj	B
76	Sankpal Pooja Balasaheb	B
77	Satpute Aparna Raosaheb	C
78	Shaikh Aman Hajimalang	Absent
79	Shedage Shalaka Ashok	B
80	Sheikh Saheblal Chandpasha	B
81	Shingare Trupti Nanasahab	A
82	Takawane Mayuri Kailas	B
83	Talvanekar Utkarsha Dinkar	B
84	Terwade Saloni Chandrakant	B
85	Vaishnav Radhika Pramod	A
86	Vibhute Saurabh Vishwanath	B
87	Waghmode Anagha Maruti	B
88	Yadav Kshitija Manohar	C
89	Yadav Pratik Bharat	A



[Signature]
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Ayurved Medical College

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 College, Vatwa, Tal. Vatwa, Dist. Sangli.



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Phone : 02342-241103/241108, Fax - 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2019-2020

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-03/09/2019 To 11/10/2019 Time:-7:00 am - 8:00am Duration:- 1Hour

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Phone : 02342-241103/241108, Fax - 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ujwala Dabade

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Ashwini Khot

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Harshavardhan Swami

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli.

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2019-20) Course Code :- 3213-V-1

Sr. No.	Student's Name	3/09/19	4/09/19	5/09/19	6/09/19	9/09/19	11/09/19	12/09/19	13/09/19	14/09/19	16/09/19	17/09/19	18/09/19	19/09/19	20/09/19	21/09/19
1	Admane Pranita Prashant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Ambhore Ashwini Bhaurao	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
3	Arage Nayan Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Avhad Vaibhav Topaji	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
5	Bharti Sayli Manoj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Bhise Siddhi Avinash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Bodake Shilpa Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Chede Padmja Jaywant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Chikhalikar Aishwarya Namdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Devkate Shivam Abasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Dhakne Vaishnavi Padmakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
12	Doke Nikita Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Ekatpure Rucha Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Hande Kavita Ashok	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2019-20)

Sr. No.	Student's Name	23/09/19	24/09/19	25/09/19	26/09/19	27/09/19	28/09/19	30/09/19	1/10/19	3/10/19	4/10/19	5/10/19	7/10/19	9/10/19	10/10/19	11/10/19
1	Admane Pranita Prashant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Ambhore Ashwini Bhaurao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Arage Nayan Rajendra	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
4	Avhad Vaibhav Topaji	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
5	Bharti Sayli Manoj	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P
6	Bhise Siddhi Avinash	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
7	Bodake Shilpa Sadashiv	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Chede Padmja Jaywant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Chikhalikar Aishwarya Namdev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Devkate Shivam Abasaheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Dhakne Vaishnavi Padmakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
12	Doke Nikita Rajendra	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
13	Ekatpure Rucha Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Hande Kavita Ashok	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



15	Itkare Shruti Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Joshi Kedar Pradip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Kacchi Tazim Fatema Irfan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	Kadam Supriya Bhaskarrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	Kale Keshav Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	Kale Shubham Pramod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	Karad Mohan Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	Katkar Swaranjali Shashikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
23	Khannade Ruchika Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	Kokare Prajakta Ramdas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	Kurkure Mayuri Ravindra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	Lode Chaitanyaprabha Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	Malwade Saurabh Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	Masal Shubham Manohar	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
29	Maske Sushama Pralhad	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
30	More Shweta Sudhakar	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P



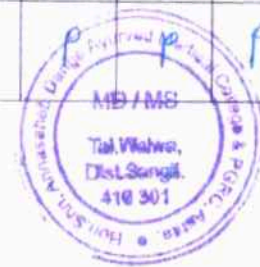
15	Itkare Shruti Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
16	Joshi Kedar Pradip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	Kacchi Tazim Fatema Irfan	P	P	A	P	P	P	P	P	P	P	A	P	P	P	
18	Kadam Supriya Bhaskarrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
19	Kale Keshav Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
20	Kale Shubham Pramod	P	P	P	P	A	P	P	P	P	P	P	P	P	P	
21	Karad Mohan Suresh	P	P	A	P	P	P	A	P	P	P	P	P	P	P	
22	Katkar Swaranjali Shashikant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
23	Khannade Ruchika Sharad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
24	Kokare Prajakta Ramdas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
25	Kurkure Mayuri Ravindra	P	P	P	P	P	A	P	P	P	P	P	P	P	P	
26	Lode Chaitanyaprabha Sanjay	P	P	P	P	P	P	P	P	P	P	A	P	P	P	
27	Malwade Saurabh Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
28	Masal Shubham Manohar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
29	Maske Sushama Pralhad	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
30	More Shweta Sudhakar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



31	Mulla Asiya Salim	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	Nigewan Yasmin Rajak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Padwal Pooja Suryakant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	Parsure Shraddhatai Ashokrao	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P
35	Paripelli Kanchan Narayan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Patel Harun Sikandar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Pathan Saleha Parveen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Patil Gargi Gulab	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Pawar Ankita Shankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
40	Pawar Ritesh Hari	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Pote Surekha Prakash	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Ranjawe Jagdish Parmanad	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Rupnar Shobha Raghunath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Sakat Ankush Vasant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	Sheikh Shahezad Sheikh Ayaz	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
46	Shinde vijay Laxman	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



31	Mulla Asiya Salim	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
32	Nigewan Yasmin Rajak	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	Padwal Pooja Suryakant	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
34	Parsure Shraddhatai Ashokrao	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
35	Paripelli Kanchan Narayan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	Patei Harun Sikandar	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	Pathan Saleha Parveen	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	Patil Gargi Gulab	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	Pawar Ankita Shankar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	Pawar Ritesh Hari	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	Pote Surekha Prakash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	Ranjawe Jagdish Parmanad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	Rupnar Shobha Raghunath	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
44	Sakat Ankush Vasant	P	P	P	P	P	P	P	P	P	P	P	A	P	P	
45	Sheikh Shahezad Sheikh Ayaz	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
46	Shinde vijay Laxman	P	A	P	P	P	P	P	P	P	P	P	A	P	P	



47	Sontakke Vaishnavi Ramvilas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
48	Suradkar Anjali Ashokrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Suryavanshi Aishwarya Hanmant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	Suryawanshi Sneha Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	Ubale Renuka Baburao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
52	Varpe Sandesh Shivaji	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P
53	Vhanmane Manisha Anna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
54	Wadode Pavan Shivilal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
55	Wakde Sakshi Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
56	Yadav Shweta Sanjay	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
57	Naiknaware Swapnil B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
58	Patil Sangram B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
59	Sajagane Suraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



47	Sontakke Vaishnavi Ramvilas	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
48	Suradkar Anjali Ashokrao	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
49	Suryavanshi Aishwarya Hanmant	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
50	Suryawanshi Sneha Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
51	Ubale Renuka Baburao	P	P	P	P	P	P	P	P	P	P	A	P	P	P	
52	Varpe Sandesh Shivaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
53	Vhanmane Manisha Anna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
54	Wadode Pavan Shivilal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
55	Wakde Sakshi Vishnu	P	P	P	P	P	P	P	P	P	P	P	P	P	A	
56	Yadav Shweta Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
57	Naiknaware Swapnil B	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
58	Patil Sangram B	P	P	P	P	P	P	P	P	P	P	A	P	P	P	
59	Sajagane Suraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	




 HOD
 Swasthriti Dept.
 Hon. Shri. Annasaheb Dange
 Ayurved Medical College Ashta


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Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Result 2019-20 (3213-V-1)

Sr. no.	Name of student	Grade
1	Admane Pranita Prashant	A
2	Ambhore Ashwini Bhaurao	B
3	Arage Nayan Rajendra	B
4	Avhad Vaibhav Topaji	C
5	Bharti Sayli Manoj	B
6	Bhise Siddhi Avinash	B
7	Bodake Shilpa Sadashiv	A
8	Chede Padmja Jaywant	A
9	Chikhalikar Aishwarya Namdev	C
10	Devkate Shivam Abasaheb	C
11	Dhakne Vaishnavi Padmakar	B
12	Doke Nikita Rajendra	B
13	Ekatpure Rucha Vishnu	B
14	Hande Kavita Ashok	C
15	Itkare Shruti Sanjay	C
16	Joshi Kedar Pradip	A
17	Kacchi Tazim Fatema Irfan	B
18	Kadam Supriya Bhaskarrao	C
19	Kale Keshav Vijay	C
20	Kale Shubham Pramod	B
21	Karad Mohan Suresh	B
22	Katkar Swaranjali Shashikant	C
23	Khannade Ruchika Sharad	C
24	Kokare Prajakta Ramdas	C
25	Kurkure Mayuri Ravindra	A
26	Lode Chaitanyaprabha Sanjay	B
27	Malwade Saurabh Prakash	B
28	Masal Shubham Manohar	C
29	Maske Sushama Pralhad	C
30	More Shweta Sudhakar	B
31	Mulla Asiya Salim	B



32	Nigewan Yasmin Rajak	C
33	Padwal Pooja Suryakant	C
34	Parsure Shraddhatai Ashokrao	C
35	Paripelli Kanchan Narayan	B
36	Patel Harun Sikandar	B
37	Pathan Saleha Parveen	B
38	Patil Gargi Gulab	B
39	Pawar Ankita Shankar	C
40	Pawar Ritesh Hari	C
41	Pote Surekha Prakash	C
42	Ranjawe Jagdish Parmanad	C
43	Rupnar Shobha Raghunath	B
44	Sakat Ankush Vasant	B
45	Sheikh Shahezad Sheikh Ayaz	B
46	Shinde vijay Laxman	C
47	Sontakke Vaishnavi Ramvilas	C
48	Suradkar Anjali Ashokrao	C
49	Suryavanshi Aishwarya Hanmant	A
50	Suryawanshi Sneha Suresh	B
51	Ubale Renuka Baburao	A
52	Varpe Sandesh Shivaji	B
53	Vhanmane Manisha Anna	B
54	Wadode Pavan Shivrul	A
55	Wakde Sakshi Vishnu	C
56	Yadav Shweta Sanjay	C
57	Naiknaware Swapnil B	C
58	Patil Sangram B	B
59	Sajagane Suraj	C





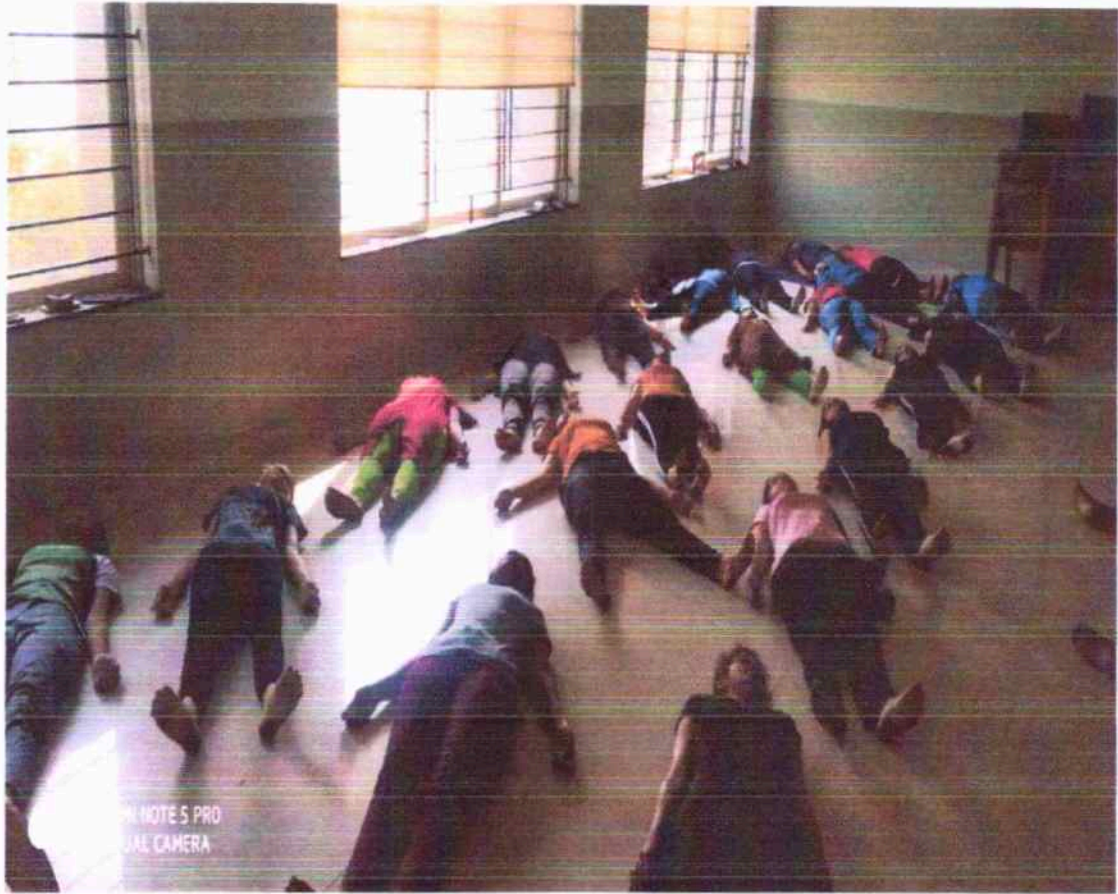
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[Handwritten Signature]
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Shri Annasapathi Darga Ayurved Medical
College & Hospital, Tilak Vasthali, Dist. Sangli.



Ref.No.ADAMC/1038/2019.

Date:-26/06/2019.

प्रति,

मा. परिक्षेत्र समन्वयक, पुणे परिक्षेत्र,

आंतरराष्ट्रीय योग दिन २०१९,

आयुष संचालनालय,

महाराष्ट्र राज्य, मुंबई.

विषय:- दि. २१ जून २०१९ आंतरराष्ट्रीय योग दिन साजरा केलेबाबतचा अहवाल सादर करणेबाबत...

संदर्भ:- संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई यांचे पत्र जा.क्र.आसंमु/ आंतरराष्ट्रीय/योग दिन/२१ जून/२०१९/आयु.२/५६५२-६४ दि.१०.०६. २०१९.

महोदय,

उपरोक्त संदर्भाय विषयास अनुसरून दि. २१ जून २०१९ रोजी आंतरराष्ट्रीय योग दिनानिमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालिलप्रमाणे सादर करित आहोत.

महाविद्यालयाचे नांव:- मा.श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय, आष्टा, ता. वाळवा, जि. सांगली.

अ. नं.	कार्यक्रम	दिनांक	तपशिल	छायाचित्र क.
१	साप्ताहिक योग प्रात्यक्षिक अभ्यास	१४.०६ २०१९	सरासरी सहभाग संख्या ६०	०१
२	निबंध लेखन स्पर्धा	१९.०६ २०१९	सरासरी स्पर्धक संख्या ४० विजेता क्र. १. परमजा चेडे २. सौरभ माळवडे ३. निकिता डांगे ४. ऐश्वर्या सुर्यवशी	०२
३	योग टिंडी	२१.०६ २०१९	सरासरी सहभाग संख्या १२०	०३.०४



४	व्याख्यान क्र. ०१ वक्ता— श्री. मोहन जगताप	१४.०६. २०१९	विषय:— योग व प्रात्याक्षिक मार्गदर्शन सरासरी सहभाग संख्या ६०	०५
	व्याख्यान क्र. ०२ वक्ता— डॉ. नितिन ताटपुजे	१५.०६. २०१९	विषय:— रूग्णालय कर्मचारींना योग चिकित्सा उपयोग व मार्गदर्शन सरासरी सहभाग संख्या २५	०६
	व्याख्यान क्र. ०३ वक्ते— कु. सोनल पाटील, कु. स्नेहा टकले	१६.०६. २०१९	विषय:— योग व्याख्यान व प्रात्यक्षिके, रूग्ण व नातलग. सरासरी सहभाग संख्या २२	०७
	व्याख्यान क्र. ०४ वक्ते— डॉ. अलकनंदा कुलकर्णी	१७.०६. २०१९	विषय:— योग व्याख्यान व प्रात्यक्षिके, गर्भवती महिला सरासरी सहभाग संख्या १५	०८
	व्याख्यान क्र. ०५ वक्ते— श्री विजय शेटे	१८.०६. २०१९	विषय:— योगीक शुध्दीक्रिया सरासरी सहभाग संख्या ६५	०९
	व्याख्यान क्र. ०६ वक्ते— डॉ. सायली पाटील, श्री. गोविंद पाटील	२०.०६. २०१९	विषय:— शिथिलीकरण व ध्यानधारणा, हार्टफुलनेस इन्स्टीटयुट सरासरी सहभाग संख्या ६५	१०
५	आंतरराष्ट्रीय योग दिन सामुहिक योग अभ्यास	२१.०६. २०१९	सरासरी सहभाग संख्या २४०	११

कळावे,



आपला विश्वासू

Aspenka
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Shri. Anandaram Dange Ayurved Medical
College, Asha, Tal. Walwa, Dist. Sangli

19/06/2019- ESSAY WRITING COMPITION. ARRANGED BY SWATHVRITTA DEPARTMENT



2





9



14/06/2019- LECTURE ON BASIC CONCEPT OF YOGVIDNYAN.

-MR. MOHAN JAGATAP, SANGLI

5



Latitude: 16.942058
Longitude: 74.41611
Accuracy: 34.4m
Time: 14-06-2019 14:26
Note: yog saptaha.



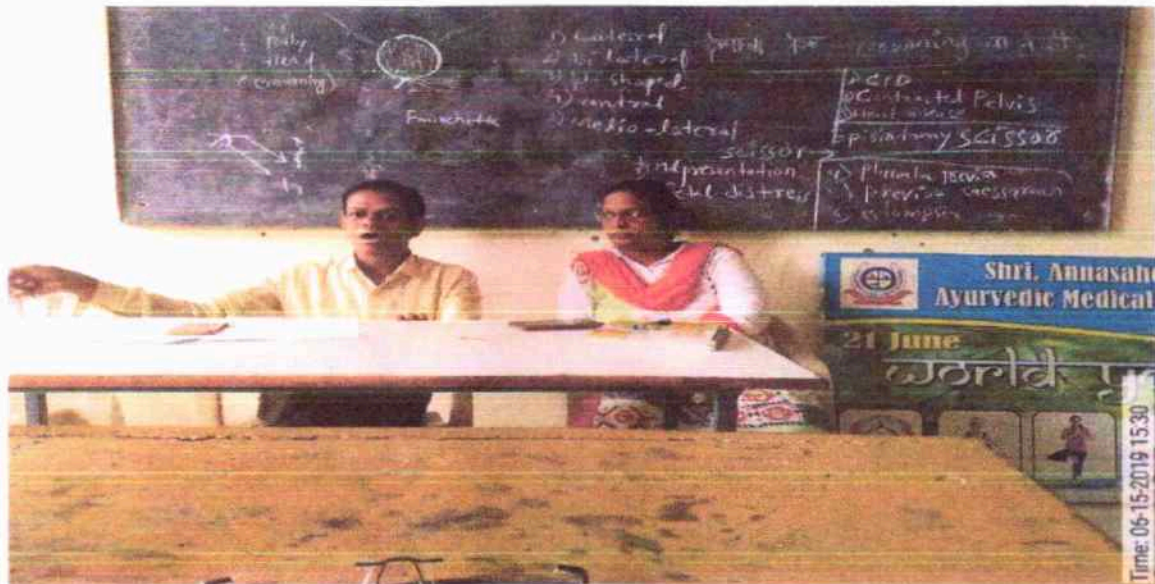
Latitude: 16.942058
Longitude: 74.41611
Accuracy: 45.6m
Time: 14-06-2019 14:37
Note: yog saptaha.



15/06/2019- LECTURE ON APPLICATION OF YOGA THERAPIES TO THE HOSPITAL STAFF

-DR. NITIN TATPUJE

8



16/06/2019- LECTURE AND DEMONSTRATION OF YOGA TO HOSPITAL PATIENTS AND THEIR RELATIVES.

SONAL PATIL AND SNEHA TAKALE

7



17/06/2019- LECTURE AND DEMONSTRATION OF YOGA
-DR. ALAKNANDA KULKARNI

8



18/06/2019- LECTURE AND DEMONSTRATION ON YOGIC SUDDHI KRIYA
MR. VIJAY SHETE, KOLHAPUR

9



20/06/2019- LECTURE ON RELAXATION TECHNIQUE AND DEMONSTRATION OF MEDITATION

DR. SAYALI PATIL AND MR. GOVIND PATIL, HEARTFULNESS INSTITUTE, KOLHAPUR

10



21/06/2019- INTERNATIONAL YOGA DAY CELEBRATION AT SPORTS COMPLEX, SHRI. ANNASHEB DANGE EDUCATIONAL COMPLEX, ASHTA.



21/06/2019- INTERNATIONAL YOGA DAY CELEBRATION AT SPORTS COMPLEX,
SHRI. ANNASHEB DANGE EDUCATIONAL COMPLEX, ASHTA.

11



21/06/2019 YOG PROMOTION RALLEY ARRANGED BY SWATHVRITTA
DEPARTMENT

3



योगविद्यया व व्याख्यान व प्रात्यक्षिक मार्गदर्शन

प्रमुख्याङ्ग :- श्री. मोहन जगताप सर.

Attendance of Students.		
Name	Roll no	Sign
1) Pavan Shivaji Aradade	54	<u>Bowdite</u>
2) Harun Sikandar Patel	36	<u>gaur</u>
3) Ritesh Harsi Pawar	40	<u>Rampr</u>
4) Saamabh Prakash Aradade	27	<u>Aradades P.</u>
5) Kedar Pradip Joshi	16	
6) Anubh Vasant Sakat	44	<u>Uday</u>
7) Shubham Pramod Kale	20	<u>Sakat</u>
8) Vaibhav T. Avhad	4	<u>Vaibhav</u>
9) Shubham Masal	28	<u>Masal</u>
10) Shahzad Sheikh	45	<u>Sheikh</u>
11) Sandesh Vaape	62	<u>Vaape</u>
12) Mohan S Kasad	21	
13) Pranita Admane	01	<u>Admane</u>
14) Ruchika S. Chhonnade	23	<u>Ruchhonnade</u>
15) Pappela Kanchan Natayan	35	<u>Kanchan</u>
16) Ankita Shankar Pawar	39	<u>Ankita</u>
17) Ashwini Bhaukari Ambhase	02	<u>Ashwini</u>
18) Tarun S. Karkar	17	
19) Anvika Yadav	56	<u>Anvika</u>
20) Patel Ganga C.	38	<u>Patel</u>
21) Maske Sushama P.	29	<u>SP Maske</u>
22) Pathan Saleha R. Khan	37	<u>Sekhad</u>
23) Kadam Supriya B.	18	<u>Supriya</u>
24) Sontakke Vajrmani R.	47	<u>Vajr</u>
25) Karkar Swarnajali S.	22	<u>Swarnajali</u>
26) Kokare Prayata Ramdas	24	<u>Kokare</u>
27] Rucha Vishnu Ekalpure.	13	<u>Rucha</u>
28] Parsure S. A.	34	<u>Parsure</u>
29) Mulla Asiyas Salim	31	<u>Mulla</u>
30) Nikita Rajendra Dote	12	<u>Nikita</u>
31] Salehi Vishnu Wakde	55	<u>Salehi</u>



32) Nigaman Yasmin	32	Nigaman
33) Manisha Vhanmane.	33	Manmane
34) Padmja chede	08	Padmja
35) Siddhi Avinash Bhise	06	Bhise
36) Gayk Manoj Bharti	05	Gayk
37) Kavita Ashok Ramde	11	Ramde
38) Anjali Sureshkar	48	Ashe
39) Pichoya XXXXXXXXXX Suryavanshi	49	Suryavanshi
40) Jagdish Ranjwa	42	Ranjwa
41) Rupnar Shobha Raghunath	43	Rupnar
42) Nayan Rajendra Arage	03	Arage
43) shilpa S. Bodake	07	Bodake
44) Mayuri R. Parkane	25	Parkane
45) Sneha S. Suryavanshi	50	Suryavanshi
46) Shweta S. More	30	More
47) Renuka B. Ubale	51	Ubale
48) Dhakne Vriishnavi P.	11	Dhakne
49) padwal Pooja S.	33	Pooja
50) pote surekha P.	41	Surekha



18/12
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SANT DNYANESHWAR SHIKSHAN SANSTHA'S

HON. SHRI. ANNASAHEB DANGE AYURVED MEDICAL COLLEGE, ASHTA.

Attendance for International Yoga Day ,21st June 2019

Sr.No.	Name of the Person	Sign
01	Padmaja Jaywant chode	Padmaja
02	Aishwarya H. Suryavanshi	Aishwarya
03	Anjali Ashok sunadkar	Anjali
04	Biddhi Anantash shise	Bhise
05	Nayari Rajendra Arage	Arage
06	Ashwini B. Ambhore	Ambhore
07	Pansure Shradhatai A.	Pansure
08	Pratibha Sushama Pralhad	Pr. pratibha
09	Kadarni Supriya B.	Kadarni
10	Parul Gauri G.	Parul
11	Yadav Shweta S.	Yadav
12	Kanchi Tanu	Kanchi
13	Asiya mulla	Asiya
14	Katkoru satrajit	Katkoru
15	Rucha Wade Ekfure	Rucha
16	Nikha Dore	Nikha
17	Pranika Admane	Pranika
18	Jasmin Nitewan	Jasmin
19	poornima Karkre	Poornima
20	Rachika Khannade	Rachika
21	Wakde salohi	Wakde
22	Ankita Padarni	Ankita
23	Kanchan Porepalli	Kanchan
24	Keshav kale	Keshav
25	Hareun Patel	Hareun
26	Sandesh Varpe	Sandesh
27	Shinale Vijay Laxman	Shinale
28	Saurabh Malwade	Saurabh
29	Jagdish Panyur	Jagdish
30	Shubham kale	Shubham
31	Kedar Joshi	Kedar
32	Mohan Karad	Mohan
33	Ritesh Pawar	Ritesh
34	Shahara Shahik	Shahara
35	Ankush Sakat	Ankush
36	Pavan wadode	Pavan
37	Sayli Manoj Bharti	Sayli
38	Chikhalika Aishwarya Namdev	Chikhalika
39	Shruti Sanjay Itkar	Shruti
40	Vaibhav Avhad	Vaibhav
41	Masari Shubham	Shubham



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41)	Babar Pallavi H.	Patil
42)	Chougule pranali P.	Patil
43)	Gupta Dhvani S.	Patil
44)		Patil
45)		Patil
46)	Patil Ankita V.	Patil
47)	Patil Prayakta	Patil
48)	Ligade Pragati A.	Patil
49)	Jadhav Swapnali B.	Patil
50)	Derkar Shwetali G.	Patil
51)	Ghanjare Vishakha V.	Patil
52)	Kumare Ananta R.	Patil
53)	Bhosale Bhagashri	Patil
54)	Patil shweta	Patil
55)	Pawar Namsata	Patil
56)	Malbade shubhangi	Patil
57)	Phulle shreyas	Patil
58)	Mahind swapali D.	Patil
59)	Jadhav Anuja A.	Patil
60)	Chougule porshina P.	Patil
61)	Samleti Chandani Marathe	Patil
62)	Bhosale Shubham S.	Patil
63)	Eot swamy S.	Patil
64)	Crackwad Sumit D.	Patil
65)	Bobade Rohan S.	Patil
66)	Ekhande Arney Rajendra Farty	Patil
67)	Dr. Deshmukh Dhananjay Diliprao	Patil
68)	Dr. Vitthal D. Patil	Patil
69)	Dr. Tatpwe N.B.	Patil
70)	Dr. Rajdatta Vijay Desai	Patil
71)	Dr. Ashwin R. Patil	Patil
72)	Dr. Rajashri Bharat	Patil
73)	Mr. Thorat S.A.	Patil
74)	Vd. Sameer I. Jamadar	Patil
75)	Vd. S. R. Patil	Patil
76)	Dr. P.A. Bude	Patil
77)	Mr. Yuvraj Shivaji Patil	Patil
78)	Vd. Dhananjay Patil	Patil
79)	Akshay Chougule	Patil
80)	Dr. Shradha Sandip Shelke	Patil
81)	Dr. Sanjay Kundlikar	Patil
82)	Dr. Srushti S. Kundlikar	Patil
83)	Prasad Bagane	Patil
84)	Indrajit Nanavare	Patil
85)	Pooja Mali	Patil
86)	Vaibhav Kumbhar	Patil



87.	chougule Arungh.	
88.	Kavita R. Mali	
89.	Dr. Ashok G. Wali	
90.	Dr. Anusadha Patil	
91.	Dr. Anjali Upadhye	
92.	Dr. Shetal S. Patil	
93.	Dr. Dattatraya Sampat Nikam	
94.	Vd. Archana S. Wadkar	
95.	Vd. Alakananda Kamalkar	
96.	Dr. Vijay D. Patil	
97.	Dr. Jayant Mangalulkar	
98.	Vd. Shankar Kumbhar	
99.	Vd. Akshata Mali	
100.	Dr. Hema Kale	
101.	Dr. Prasad P. Kanap	
102.	Dr. Sunil V. Charan	
103.	Dr. Ashwini A. Khat	
104.	Mr. Radhvardhan S. Shinde	
105.	Dr. Subhas H. Rajmane	
106.	Mr. Masuti M. Patil	
107.	Dr. Asha A. Kore	
108.	Apate Vinay	
109.	Munja Rangire	
110.	Ashutosh Arge	
111.	Adul Madhura	
112.	Vipul Patil.	
113.	Bhosale Supriya	
114.	Manish Gaikwad.	
115.	Ganesh Patil.	
116.	Pravin Masal	

21/06/19
 Programme Officer,
 NSS Cell
 A.D.A.M.C., Ashra



PRINCIPAL

Shri Annasahb Danga Ayurved Medical
 College, Ashra, Tal. Waiwa, Dist. Sangli

दि. 10/06/2019

आपल्या महाविद्यालयातील सर्व विद्यार्थ्यांना कळविणेत येते की; स्वस्थवृत्त विभागामार्फत योग सप्ताहाचे आयोजन करण्यात येत असून याचे वेळापत्रक पुढीलप्रमाणे आहे =

- १) दि. 14/06/2019 - श्री. मोहन जगतापसर यांचे योगविषयक व्याख्यान व प्रात्यक्षिक मार्गदर्शन.
- २) दि. 15/06/2019 - वें. ताटपुजेसरांचे ऋणालक्षीन कर्मविषयांसाठी योगविषयक व्याख्यान व प्रश्नोत्तर मंजूषा.
- ३) दि. 17/06/2019 - निबंध लेखन स्पर्धा.
- ४) दि. 18/06/2019 - श्री. विजयशेटेसर, भा. यो. वि. शा. कोल्हापूर, यांचे योगविषयक व्याख्यान व प्रत्यक्ष-कृती मार्गदर्शन.
- ५) दि. 19/06/2019 - योगप्रचारार्थ रॅली.
- ६) दि. 20/06/2019 - हार्टिफ्लोस इन्स्टिट्यूट मार्फत ध्यानधारणा विषयक माहिती व्याख्यान.
- ७) दि. 21/06/2019 - आंतरराष्ट्रीय-योग दिवस सोबटा, स्पोर्ट्स कॉम्प्लेक्स.

तरी वरीलप्रमाणे योगसप्ताह साजरा करून सर्व विद्यार्थ्यांनी सहभागी होऊन याचा लाभ घेवता हे विनंती.

कडवे.

प्रपाठक
डा. उज्वला देवड



विभागप्रमुख
डा. नितीन ताटपुजे
HOD

Swasthvrta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College, Ashta.

प्रधान
PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli

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Sant Dnyaneshwar Shikshan Sanstha's
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A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2018-19

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Pavan Yoga Course

Organized by the Department –Dept. of Swasthavritta & Yoga

Date:-01/08/2018 To 07/09/2018 Time:-7:00 am - 8:00am Duration:- 1Hour

Venue:- Auditorium Hall , Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Yoga practical of BAMS Students

Objectives of event / activity:-

Student able to use professional conduct during the practice of Yoga Therapy in Everyday Life.

Event / Activity report:-

Description:-

The Structure of this course contains 30 hours of learning, daily one hour with help of this course we want Students will able to demonstrate proficiency at the poses covered in class (at a basic level), increase their dynamic flexibility, apply forces and exert themselves using rarely used muscle groups and perform proper breathing techniques .

In this course we have included group activities so that students so that students will perform each difficult yoga pose to the greatest extent of their ability and use professional conduct during the practice of Yoga Therapy.





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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ujwala Dabade

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Ashwini Khot

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Harshavardhan Swami

(Yoga Teacher, Dept. of Swasthavritta & Yoga)

HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta

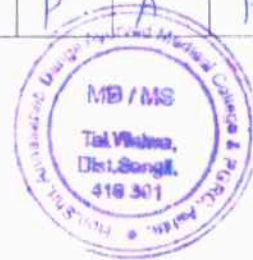


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Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2018-19) Course Code : 3213-V-1

Sr. No.	Student's Name	1/05/18	2/05/18	3/05/18	4/05/18	6/05/18	7/05/18	8/05/18	9/05/18	10/05/18	11/05/18	13/05/18	14/05/18	16/05/18	18/05/18	20/05/18
1	Chougule Pournima Pandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Dhaygude Aniket Ashok	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P
3	Ekhande Amey	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Ghodake Swapnil Khanderaya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Jadhav Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Koli Shivraj Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Lade Aditya Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Malgave Mitali Dhaval	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Mane Kranti Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Saravade Pradnya Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Sarolkar Shubham Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Shaha Vaibhav Gulabchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Rajiya Allauddin Tamboli	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Shraddha Lahurao Tandale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Vidhate Suraj Ganapat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Walekar Sangram Pradeep	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P



Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Student Attendance (2018-19)

Sr. No.	Student's Name	21/09/18	23/09/18	24/09/18	25/09/18	27/09/18	28/09/18	29/09/18	30/09/18	31/09/18	1/10/18	3/10/18	4/10/18	5/10/18	6/10/18	07/10/18
1	Chougule Pournima Pandu	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	Dhaygude Aniket Ashok	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	Ekhande Amey	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	Ghodake Swapnil Khanderaya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Jadhav Sanket Sanjay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	Koli Shivraj Suresh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	Lade Aditya Rajkumar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	Malgave Mitali Dhaval	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9	Mane Kranti Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	Saravade Pradnya Mahadev	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	Sarolkar Shubham Dattatray	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	Shaha Vaibhav Gulabchand	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	Rajiya Allauddin Tamboli	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	Shraddha Lahurao Tandale	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	Vidhate Suraj Ganapat	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	Walekar Sangram Pradeep	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P



(Signature)
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Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Pavan Yoga Course Result 2018-19 (323-V-1)

Sr. no.	Name of student	Grade
1	CHOUGULE POURNIMA PANDURANG	B
2	DHAYGUDE ANIKET ASHOK	B
3	EKHANDE AMEY	A
4	GHODAKE SWAPNIL KHANDERAYA	B
5	JADHAV SANKET SANJAY	B
6	KOLI SHIVRAJ SURESH	B
7	LADE ADITYA RAJKUMAR	B
8	MALGAVE MITALI DHAVAL	B
9	MANE KRANTI DATTATRAY	C
10	SARAVADE PRADNYA MAHADEV	A
11	SAROLKAR SHUBHAM DATTATRAY	B
12	SHAHA VAIBHAV GULABCHAND	C
13	RAJIYA ALLAUDDIN TAMBOLI	B
14	SHRADDHA LAHURAO TANDALE	B
15	VIDHATE SURAJ GANAPAT	C
16	WALEKAR SANGRAM PRADEEP	C



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HOD

**Swasthvirita Dept.
Hon.shri. Annasaheb Dange
Ayurved Medical College Ashta**

[Handwritten Signature]
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Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

PAVAN YOGA COURSE, 2018-19





Sant Dnyaneshwar Shikshan Sanstha's
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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

PAWAN YOGA COURSE





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adame@gmail.com

PAVAN YOGA COURSE



Hon. Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli.



ADAMC

संत ज्ञानेश्वर शिक्षण संस्थेचे,

मा. श्री. अण्णासाहेब डांगे आयुर्वेद वैद्यक महाविद्यालय,
पदव्युत्तर विभाग व संशोधन केंद्र, आष्टा.

ता. वाळवा, जि. सांगली. पिन-४१६ ३०१. फोन : ०२३४२ - २४१११०३, २४१४०८

(भारतीय केंद्रीय चिकित्सा परिषद दिल्ली मान्यताप्राप्त व महाराष्ट्र आरोग्य विज्ञान विद्यापीठ नाशिक संलग्नित)

Sant Dnyaneswar Shikshan Sanstha's

Hon. Shri. Annasaheb Dange Ayurved Medical College, Post Graduate & Research Centre, Ashta.

District. Sangli, Maharashtra, India 416 301 Ph. 02342- 241108, 241103 Fax-02342-241110

Ref. No. ADAMC / Yoga/783/2018

Date: 22/06/2018

To,
The Hon. Director,
Student Welfare Department,
Maharashtra University Health Sciences,
Nashik.

Sub : International Yoga Day report.

Sir,

As per the direction of your Students Welfare Department, our Swasthavritta & Yoga Department, Hon. Shri. Annasaheb Dange Ayurved Medical College arranged 4th International Yoga Day very organized way. We have invited one eminent Mr. Nivrutti N. Handal Yoga Expert, Kolhapur as Chief Guest. We have also invited Staff & Students of other Institutions and organized very nicely.

Now we are sending you mail with Reports & Photographs for your ready reference .

Thanking You.

Copy to:-

1. AYUSH, Govt. of India
2. C.C.I.M. , New Delhi
3. N.S.S. Regional Office, Pune
4. Registrar, MUHS Nashik
5. University Grant Commission.



Yours Sincerely,

PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli



HON. SHRI. ANNASHEB DANGE AYURVED MEDICAL COLLEGE, ASHTA

Action Plan of Yoga Saptah 2017- 2018

Sr.No.	Competition/Events	Date	Venue
1	Inauguration of Yog Saptah	14/06/18	Auditorium hall
2	Essay Writting	15/06/18	2 nd Yr Classroom
3	Poster Presentation	18/06/18	Auditorium hall
4	Yoga Rally	19/06/18	Ganghinagar, Ashta
5	Yoga Workshop for students & Patients	20/06/18	Auditorium hall
6	Celebration of Yoga Day	21/06/18	Sports Complex




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Report of Yoga Saptah 2017- 2018

- 1) Inauguration of Yog Saptah was done on 14/06/18 at 10:00 a.m. in our college auditorium hall.
- 2) Essay writing competition was held on 15/06/18 in 2nd Yr Classroom, out of 8 participants 3 best essays was selected.
- 3) On day 18/06/18 Poster Presentation was conducted in our college auditorium hall, 10 students was participated out of that 3 best was selected.
- 4) Yoga Rally was conducted on 19/06/18 by our college Students and Teachers in Ganghinagar, Ashta.
- 5) Yoga Workshop for students & Patients was arranged on 20/06/18 . in our college auditorium hall.
- 6) On the International Yoga Day 21/06/18 the huge mob gathered at our college sports complex at 7:00 am .

Following events have been performed under guidance of yoga experts,

- i. Yoga preyer
- ii. Loosening practices
- iii. Yoga Demonstration of various Asanas
- iv. Pranayama
- v. Dhyana
- vi. Omkar Sadhana

After Yoga Demo Felicitation of Prize winner have been held in our college by Principal Vd. Pramod Budruk sir.



Prize Winners:

A. Best Essay Writing :

- i. 1st prize – Miss. Pournima Chougule
- ii. 2nd prize – Miss. Tamboli Raziya
- iii. 3rd prize – Miss. Mitali Malgave

B. Best Poster Presentation:

- i. 1st prize – Miss. Sneha Takale
- ii. 2nd prize – Miss. Varsha Kale
- iii. 3rd prize – Miss. Komal shelake

C. Best Yoga Practice:

- i. Pradnya Sarvade

Topics for Essay writing

- 1) Yoga For Holistic Health
- 2) Benefits of Yoga and Pranayama for Health
- 3) Role of Yogasanas in Physical health
- 4) Importance of Pranayama in Depression

Very Informative Lecture on Yoga was given by our chief guest Mr. Maruti N. Handal, Yoga Expert , Ex. Principal of B.T. College, Kolhapur.

Yoga dance was performed by our college students of 4th BAMS.

At last, program was over by Pasayadan .





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Yoga Workshop for students & Patients




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RALLY FOR YOGA AWARENESS



A handwritten signature in blue ink, appearing to be "A.S.D.", written over the printed name of the Principal.

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Shri. Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Waiwa, Dist. Sangli

4th International Yoga Day, 2018



A handwritten signature in blue ink.

PRINCIPAL

Shri. Annasaheb Dange Ayurved Medical College, Ashta, Tal. Waiwa, Dist. Sangli

4th International Yoga Day, 2018



A handwritten signature in blue ink, appearing to be "A.S.", written over a blue line.

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College, Ashta, Tal. Waiwra, Dist. Sangli

4th International Yoga Day, 2018



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College, Ashita, Tal. Wakra, Dist. Sangli

Guest Lecture By Yoga Expert Mr. Maruti N. Handal on Yoda Day




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Poster Presentation & Essay competition winner



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Brief Report of International Day of Yoga Conducted on 21 June 2018

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

Name of the College: Hon. Shri. Annasaheb Dange Ayurved Medical college, Ashta, Sangli

Region: - Mumbai/ Pune/ Uttar Maharashtra/ Vidarbha/ Marathwada

1. Morning Yoga demo (7:00 am to 8:00 am) was conducted: - Yes/No Yes
2. Number of participants in the morning demo: 157
3. Name of Yoga teacher who conducted the morning demo: Mr. Chandrakant Kamble
4. Name of the Asanas and Pranayama conducted during the morning demo:-
 - a) Vajrasana, Ardhaushtrasana, Makarasana
 - b) Tadasana, Padahasthasana, Trikonasana
 - c) Anulom-Vilom Pranayama, Shalbhajana
 - d) Ushtrasana, Suryanamskar, Kapalabhati Pranayama
5. Name of the best participant in the Morning Yoga Session: Miss. Pradnya Sonvade
6. Was the Participant Felicitated :- Yes/No Yes
7. Whether Yoga exhibition was conducted at College :- Yes/No Yes
8. Whether banners/ poster were displayed in campus of awareness of yoga :- Yes/No Yes
9. Whether essay competition was conducted:- Yes/No Yes
10. Number of prize winning participants: 7
11. Topics of the essay given: 1) Yoga for Holistic Health, 2) Role of Yoga in Physical Health, 3) Benefits of Yoga & Pranayama for Health
12. Name of the prize Winners & topics of the essay: 4) Importance of Pranayama in Depression
13. Any other Activity conducted for awareness of yoga: 1) Miss. Mitall, 2) Miss. Rajiya, 3) Miss. Pournima
14. Relevant photographs of Morning Demo of action taken report & other photographs of the day :- Yes/No Yes
15. Soft copy of photographs & report sent by email :- Yes/No Yes

College Co-ordinator :-

Name Dr. Ashwini A. Khot

Signature [Signature]

Designation Lecturer, Swasthritta Dept.

Email id & Phone khotmdaya@gmail.com

8275592053

Programme Office
NSS Cell
ADAMC Ashta

Incharge of Institutes :-

Name Dr. Pramod Budruk

Signature [Signature]

Designation Principal, ADAMC Ashta

Email id & Phone Pramodbudruk@rediffmail

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BRIEF REPORT ON INTERNATIONAL YOGA DAY- 21st JUNE, 2018

Report of College/School level Programme:


No of Colleges/ Schools who have Observed International Yoga Day (PI Specify total No only)	Nature of activities conducted at by the Colleges/ Schools such as Yoga Training, Yoga Camp/ workshop, Exhibition, Competition, Film Show (PI Specify)	No of Participants/NSS Volunteers /PO/Officials				Nature of the Guest / Resource Person invited for Yoga Day Prog at college/ School level Programme (Please specify NGO/ Yoga Expert etc)
		Male NSS Volunteers	Female NSS Volunteers	NSS PO/ Officials/ employee/ Staff	Total	
one	Poster Exhibition Rally Essay Competition Yoga Demo Guest lecture	10	16	NSS PO- 1 Teachin g staff- 55 Non teaching staff-25	107	Mr.Nivrutti N. Handal Yoga Expert, Kolhapur

(Please enclosed 3-4 selected action photographs for college level event)



University NSS Programme Coordinator




Principal
PRINCIPAL

Shri. Annasaheb Darge Ayurved Medica.
College, Ashta, Tal. Waiwa, Dist. Sangli