



YOGA SANGAM PATRA

This is to certify that

M/s Dhanvantari Homoeopathic Medical College Nashik

organized Yoga Sangam event to mark the International Day of Yoga on 21st June 2025.

The event was organized

at Dhanvantari Campus and had the participation of 150 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.



Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June 2025
New Delhi



Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL & RESEARCH CENTRE

Accredited by NAAC with 'B' Grade

Recognised by – Govt. of Maharashtra & NCH, New Delhi & Affiliated to – MUHS, Nashik

Website: dhanvantaribhms.org | E-mail: dhanvantaricollege@yahoo.com | Reg. No. F-3116



Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

NOTICE

11th International Yoga Day 2025 Yoga For one Earth, One Health Yoga Program Schedule

Date & Day	Time	Program	Teacher	Activity	Student Year	Helpers
13th June (Friday)	9:00 - 11:00	Yog Unplugged	Dr. Yogini Mahajan Mam	Yoga Video	IVth year	Vaishnavi Bilwal, Anushka, Rati
14th June (Saturday)	12:30 - 1:30	Yoga Connect	Dr. Snehal Kapnis Mam	Poster & Rangoli Photos	Ist year	Devesh & Rushikesh
16th June (Monday)	9:00 - 10:00	Yog Prabhav	Dr. Shweta Mam	Tree Meditation	IVth year	Anuja, Vaishnavi Bilehal
16th June (Monday)		Yoga Mahotsav @ Kumbh	Dr. Shweta Mam	Meditation Session Pranayam	IInd year	Akanksha, Ritesh, Omkar
17th June (Tuesday)	9:00 - 11:00	Harit Parva	Dr.M.A. Patil Mam, Dr. Prapti Mam	Environmental Awareness (Park Cleaning)	IVth year	Omkar Vishal
18th June (Wednesday)	9:00 - 11:00	Yog Samvesh	Dr. Sharma Mam	Mental Health Seminar	Ist Year & IVth year	Aachal & Gaurav
19th June (Thursday)	9:00 - 10:00	Yog Bandh Yoga Mahotsav @ Kumbh	Bhatkar Mam, Dr. Shweta Mam	Pair Yoga, Chanting Meditation	IInd year	Mandira & Mayuri
20th June (Friday)	9:00 - 12:00	Sam Yoga, Yoga Park	Dr. Sangeeta Jadhav Mam, Dr. Martin Sir	Visit	IInd year	Rishabh, Pallavi, Omkar,
21st June (Saturday)	6:30 - 7:45 am	Yog Sangam	Dr. Poonam Mam, Bhairavi Mam		IVth year	Ayush, Avinash

Yoga Co-ordinator

Dr. Poonam Hiray

H.O.D.

Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



Principal
PRINCIPAL

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik



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Date: 18/06/2025

PROGRAM REPORT OF YOGA SANGAM 2025

TITLE OF PROGRAM	YOGA SANGAM 2025
OBJECTIVE OF PROGRAM	1. Spreading Awareness about Yoga's Benefits 2. Strengthening the Role of Yoga in Sustainable Development 3. Empowerment Through Yoga 4. Exploration of Yoga's Role in Personal and Global Transformation
DATE OF PROGRAM	21/06/2025
VENUE	Shubhlaxmi Hall, Trimurti Chowk, Cidco, Nashik
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTOR MALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Rupali Deoghare And Dr. Rupesh Marda
STUDENT COUNCIL MEMBER	Mr. Darshan Vasave – IV BHMS & Mr. Ayush Chavan - II BHMS
REPORT PREPARED BY	Dr. Rupali Deoghare
PHOTOGRAPHS /VIDEO AVAILABLE	YES

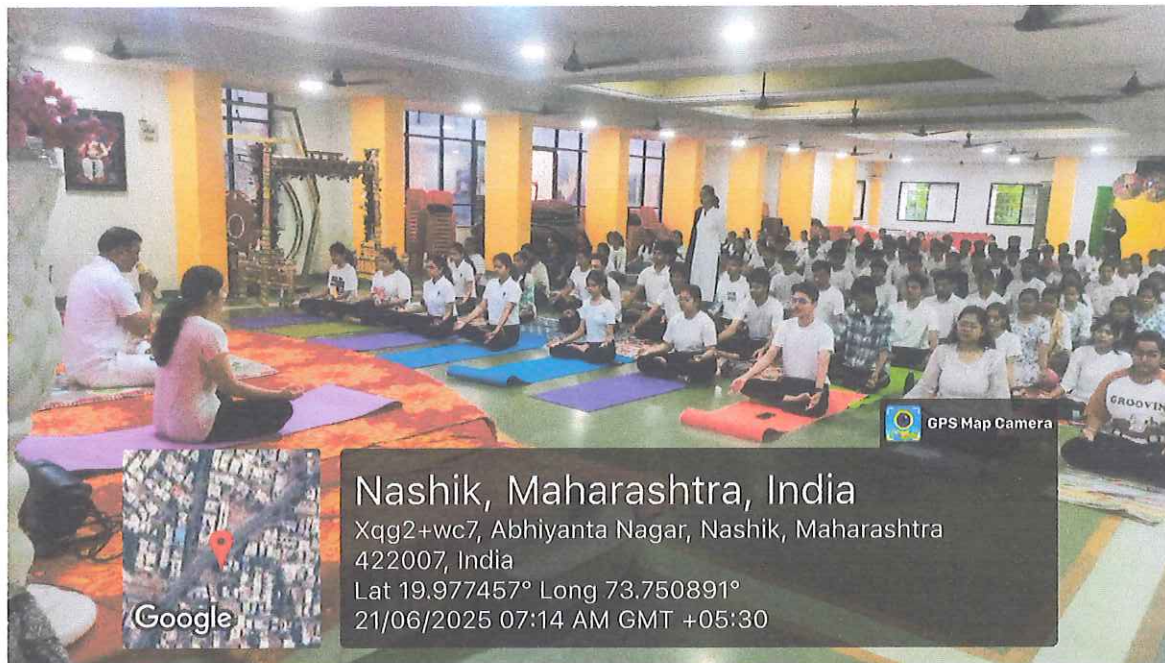

Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

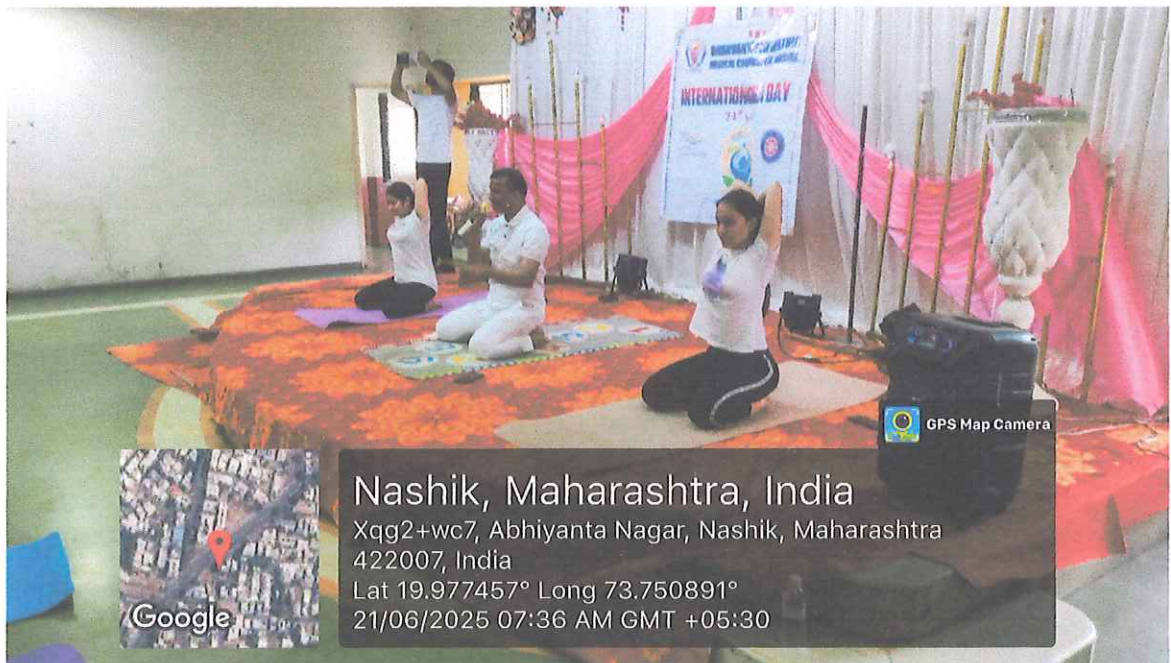
H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik

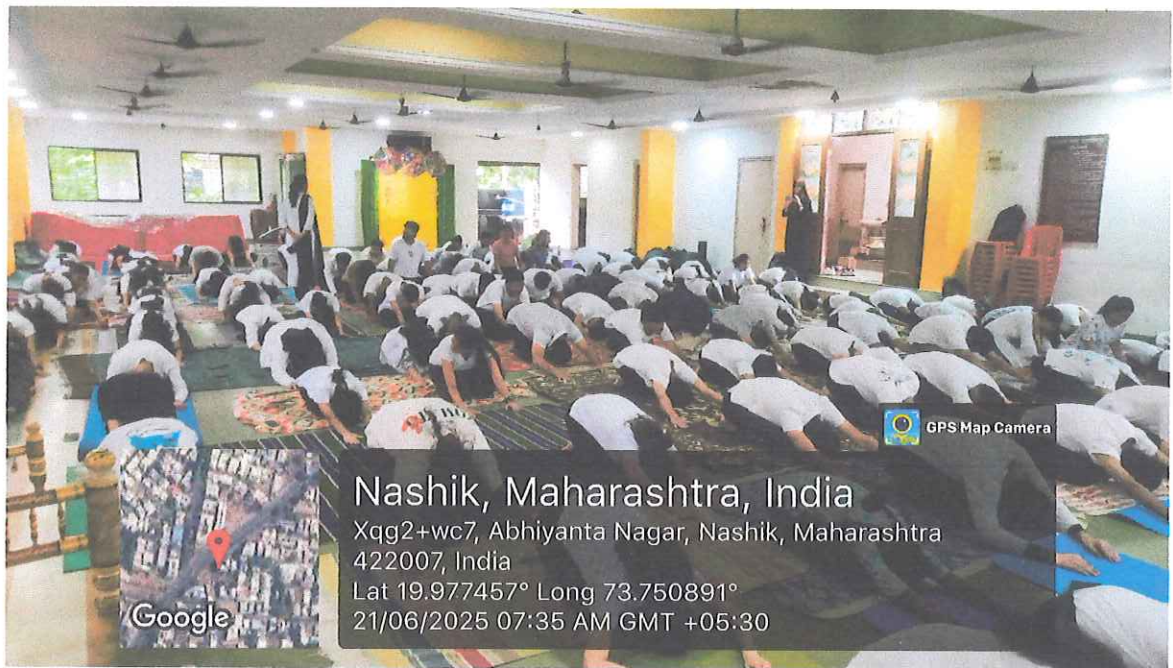



Dr. Umesh Nagarkar
Principal
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik

SOME GLIMPSES OF YOGA SANGAM 2025







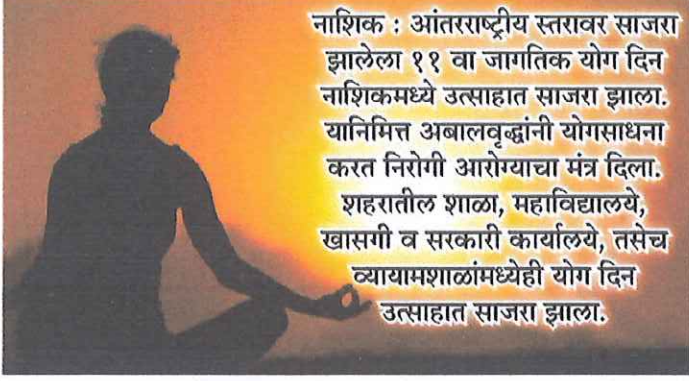


धन्वंतरी मेडिकल कॉलेजमध्ये योग दिन

सिडको : धन्वंतरी होमिओपॅथिक मेडिकल कॉलेज, आंतरराष्ट्रीय योग दिन साजरा करण्यात आला. कार्यक्रमाचे आयोजन महाविद्यालयातील डॉ. पूनम हिरे यांच्या मार्गदर्शनाखाली करण्यात आले. कार्यक्रमाची सुरुवात महाविद्यालयाचे योग शिक्षक संतोष शेवाळे यांच्या भाषणाने झाली. योग शिक्षिका भैरवी माळी यांच्या नेतृत्वाखाली उपस्थित शिक्षक,

विद्यार्थी आणि कर्मचारी यांना विविध योगासने, प्राणायाम आणि ध्यानधारणा शिकवण्यात आली. योग दिनानिमित्त योगाचे शारीरिक, मानसिक आणि आध्यात्मिक लाभ यावरही मार्गदर्शन करण्यात आले. याप्रसंगी संस्थेच्या संस्थापक अध्यक्षा सरोज धुमणे, सचिव जयंत धुमणे, खजिनदार मनीषा बागुल, प्राचार्य डॉ. उमेश नगरकर उपस्थित होते. (ता.प्र.)

योगसाधनेतून निरोगी आरोग्याचा मंत्र!



नाशिक : आंतरराष्ट्रीय स्तरावर साजरा झालेला ११ वा जागतिक योग दिन नाशिकमध्ये उत्साहात साजरा झाला. यानिमित्त अबालवृद्धांनी योगसाधना करत निरोगी आरोग्याचा मंत्र दिला. शहरातील शाळा, महाविद्यालये, खासगी व सरकारी कार्यालये, तसेच व्यायामशाळांमध्येही योग दिन उत्साहात साजरा झाला.

नूतन मराठी शाळा

क्रांतिवीर वसंतराव नारायणराव नाईक शिक्षण प्रसारक संस्था संचालित नूतन मराठी प्राथमिक शाळेत योगगुरू शोभना नागपुरे यांनी सर्व विद्यार्थी व शिक्षकांना अष्टांग योग, प्रार्थना, विविध योगासने, सूर्यनमस्कार व आनापान आदी माहिती सांगून प्रात्यक्षिके करून घेतली. मुख्याध्यापिका सरला सानप यांनी शोभना नागपुरे यांचा सत्कार केला. जयश्री पाटील यांनी



परिचय करून दिला. सीमा सानप यांनी कार्यक्रमाचे सूत्रसंचालन केले, तर ज्योती फड यांनी आभार मानले. कार्यक्रम यशस्वी करण्यासाठी लक्ष्मण सानप, दीपक बोडके, चाळू बगर, लक्ष्मण पोथिंगे, दत्तात्रय विंचू, प्रवीण इप्पर, कल्पना कुंवर, सोनाली भोसले, कावेरी भंवर आदींनी परिश्रम घेतले.

उन्नती विद्यालय



पंचवटीतील उन्नती विद्यालयात भारतीय योग संस्थान इंदिरानगर येथील उपप्रमुख अरुण कुलकर्णी यांच्या मार्गदर्शनाखाली मधुकर वाणी, कांतीलाल कदम, मंगला रहाणे, आशा बर्वे यांनी योग प्रात्यक्षिके सादर केली. प्रमुख पाहुणे म्हणून शालेय समिती अध्यक्ष बापूसाहेब शिर्कर, विक्रम खैरनार माध्यमिक

विभागाचे मुख्याध्यापक किशोर राणे, प्राथमिक विद्यालयाचे मुख्याध्यापक नंदलाल धांडे, पर्यवेक्षक रमेश महाले, जगदीश पूरकर, जितेंद्र चिंचोरे, अनिल येवले, संकेत शिरोळे, महेंद्र पवार, पवन कुटे, दीपाली कुलकर्णी, रवींद्र कोठावडे, अश्विनी अहिरे आदी उपस्थित होते. संदीप सोनजे यांनी सूत्रसंचालन केले.

धन्वंतरी होमिओपॅथी कॉलेज

धन्वंतरी होमिओपॅथिक मेडिकल कॉलेजमध्ये डॉ. पूनम हिरे यांच्या मार्गदर्शनाखाली कार्यक्रमाचे आयोजन करण्यात आले. योग शिक्षक संतोष शेवाळे योगदिनाची माहिती सांगितली. तसेच योग शिक्षिका भैरवी माळी यांच्या नेतृत्वाखाली उपस्थित शिक्षक, विद्यार्थी आणि कर्मचारी यांना विविध योगासने, प्राणायाम आणि ध्यानधारणा शिकवण्यात आली. योगाचे शारीरिक, मानसिक आणि आध्यात्मिक लाभ यावरही मार्गदर्शन करण्यात आले. याप्रसंगी संस्थेच्या संस्थापक अध्यक्ष सरोज धुमणे, सचिव जयंत धुमणे, खजिनदार मनीषा बागल, प्राचार्य डॉ. उमेश नगरकर, तसेच सर्व शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थी उपस्थित होते.



पुरुषोत्तम इंग्लिश स्कूल

पुरुषोत्तम इंग्लिश स्कूलमध्ये जागतिक योगदिन साजरा करण्यात आला. यावेळी शाळा समिती अध्यक्ष रावसाहेब गायधनी, प्राचार्य उमाकांत वाकलकर, उपमुख्याध्यापक संजय पाटील, पर्यवेक्षक हेमंत देशपांडे, माजी विद्यार्थी योगेश निसाळ आदी उपस्थित होते.

प्रास्ताविक प्राचार्य उमाकांत वाकलकर यांनी केले. पाहुण्यांचा परिचय प्रफुल्ल कुलकर्णी यांनी करून दिला. यानंतर पतंजली योगविद्या धामचे भारतीय चव्हाण, विजय सोनार, भाविका मिश्रा, संगीता परदेशी, विद्यार्थी व शिक्षक यांचेकडून योगासने

प्रात्यक्षिक सादर करून घेतले. योगासने प्रात्यक्षिक झाल्यानंतर कार्यक्रमाचे अध्यक्ष रावसाहेब गायधनी यांनी आपल्या आयुष्यातील योगाचे महत्त्व विषय केले. योग दिन प्रमुख प्रफुल्ल कुलकर्णी, क्रीडा शिक्षक माणिक भोये यांनी आभार मानले.



ब्रह्मकुमारी संस्था

मनुष्याने केवळ एका दिवसापुरता योग दिन साजरा करता कामा नये, यासाठी रोजच्या जीवनशैलीत योगाचा अंगीकार केला पाहिजे, असे प्रतिपादन ब्रह्मकुमारी संस्थेच्या वासंती दीदी यांनी केले.

ठवकर डोम येथे झालेल्या म्युझिकल योग वर्गावेळी त्या बोलत होत्या. याप्रसंगी प्रमुख पाहुणे म्हणून आ. सीमा हिरे, आ.

देवयानी फरांदे, सीमा निगळ, प्रतिभा पवार, अलका अहिरे, अरुण काळे, स्वाती भामरे, राष्ट्रपती पुरस्कारप्राप्त निवृत्त पोलिस अधिकारी माणिक गायकर, माधवी सूर्यवंशी आदी व्यासपीठावर उपस्थित होते. अशोका हॉस्पिटलचे रेडिओलॉजिस्ट डॉ. राजेश जावळे यांनी ब्रह्मकुमारी संस्थेच्या राजयोगा मेडिटेशनचे प्राचीन व वैज्ञानिक महत्त्व स्पष्ट

केले. म्युझिकल योगाचे प्रणेतें डॉ. उज्ज्वल कापडणीस व डॉ. मनीषा कापडणीस यांनी सर्वांकडून योगा करून घेतला. ब्रह्मकुमारी पूनमदीदी यांनी कार्यक्रमाचे सूत्रसंचालन केले. ब्रह्मकुमारी वीणादीदी, नीतादीदी, उज्ज्वलादीदी, मंगलदीदी, कावेरीदीदी आदींनी पाहुण्यांचे स्वागत केले. नीतादीदी यांनी आभार मानले.

स्थानिक स्वराज्य संस्था, पंचवटी

पंचवटी : अखिल भारतीय स्थानिक स्वराज्य संस्थेच्या वतीने जागतिक योग साजरा करण्यात आला. यानिमित्ताने आयोजित शिबिरात विद्यार्थ्यांनी योग प्रात्यक्षिके करत योगाचे महत्त्व समजून घेतले.

मृण्मयी कुलकर्णी यांनी विविध आसन करून घेत उपस्थितांना मार्गदर्शन केले. निरोगी आरोग्यासाठी प्रत्येकाने नियमित योगा करण्याचे आवाहन त्यांनी केले. कार्यक्रम मास विभागीय संचालक जीवन सोनवणे, उपसंचालक दिलीप मेनकर, प्राचार्य के. एम. सोनवणे, आसावरी दातार, अक्षदा आहरे, रुपाली व्यवहारे आदी उपस्थित होते.



भोंसला मिलिटरी स्कूल

सेंट्रल हिंदू मिलिटरी एज्युकेशन सोसायटी संचालित भोंसला मिलिटरी स्कूलमध्ये योग दिन उत्साहात साजरा करण्यात आला. योग म्हणजे मन, शरीर आणि बुद्धी यांना प्राबल्य प्रदान करते, असे प्रतिपादन मीनल शिंपी यांनी केले. योग शिक्षिका रोहिणी मोरे, पूनम दवारे, प्रतीक्षा चव्हाण, उज्वला पवार, पौर्णिमा आवेंकर यांनी विविध आसने करून दाखवली. याप्रसंगी शालेय समितीचे अध्यक्ष आनंद देशपांडे, समावेशक कर्नल संदीप पुरी (नि), प्राचार्य मेजर विक्रान्त कावळे, विभाग प्रमुख सुनीता हाडपे, स्वाती शिंदे, मुख्य प्रशिक्षण अधिकारी कॅप्टन जितेंद्रकुमार उपस्थित होते. गितांजली जोशी यांनी आभार मानले.



Kssmm's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL & RESEARCH CENTER

Dhanvantari Campus, Opp. Abhiyanta Nagar, Kamatwade, Cidco, Nashik - 422008. Ph. (0253) 2377103

STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025

BHMS - I / II / III / IV

Name of Lecturer: Yoga Day Subject: Yoga Theory / Practical / ClinicalDate: 21/6/25 Day: Saturday Time: _____ Capacity of Class: _____ Present 40 Absent: 10

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ab	18	Sandhya ^{Sukhvi} Kandale	35	Ab
2	Obaidullah Bele	19	Sakshi Kandi Kandi	36	Samiksha Ratole Tutale
3	Varshel Baile Bele	20	Chaitanya Kedari Jedari	37	Tanvi Sahane Sahane
4	Rutuja Bele Rutuja	21	Ab	38	Sahil Sakat Sahil
5	Pooan Bhat Bhat	22	Avinash Khetode Khetode	39	Prachisalve Salve
6	Prajakta borde Borde	23	Gitanjali Kundhar Okte	40	Shubh ^{Snehal} Sawant Arkan
7	Shriram Chavan Shriram	24	Divya More More	41	Ab
8	Shweta Chavan Chavan	25	Ab	42	Riya Solse Risalse
9	Mayuri Devand Devand Mawand	26	Payal Padwal Padwal	43	Lina Sonawane Sonawane
10	Tanishka Thamde	27	Jayesh Rajas Raj	44	Utpreksha Suroadkar Uroadkar
11	Varad Dhawle Dhawle	28	Ab	45	Rushikesh Tagore Tagore
12	Priyanka Gophane Gophane	29	Tejaswini Pardeshi Pardeshi	46	Thakur Pandey Okale
13	Ab	30	Ab	47	Devash Vispute Devash
14	Shweta Halore Halore	31	Mitali Patil Patil	48	Bhagyesh Wagh Wagh
15	Mandira Hivale Hivale	32	Neha Patil Patil	49	Saurabh Yadav Saurabh
16	Ab	33	Sam Samriddhi Patil	50	Snehal Yewale Yewale
17	Rushikesh Jode Jode	34	Sanika Pandkar Sanik	51	Poonam Padule Padule

52

Ab

Name of Chapter: _____ Method of Teaching: _____

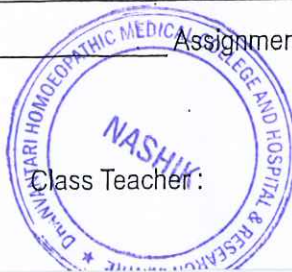
Topic Taken: _____

Assignment Given: _____

Signature of Lecturer: _____

Class Teacher: _____

Principal: _____



PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Kssmm's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL & RESEARCH CENTER

Dhanvantari Campus, Opp. Abhiyanta Nagar, Kamatwade, Cidco, Nashik - 422008. Ph. (0253) 2377103

STUDENT ATTENDANCE SHEET

Academic Year: IV

BHMS - I / II / III / IV

Name of Lecturer: Dr. Manisha Patil Subject: Yoga Theory / Practical / Clinical

Date: 21/04/25 Day: Saturday Time: 6.30-8.00 AM Capacity of Class: 67 Present 34 Absent: 03

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ayesh Ansan Ayesh	18	AB	35	Sammudhi Spati
2	Edha Ansuvi Ansuvi	19	Achul Sai	36	Gurug Prapatti Gurug
3	Roshani Bangara AB	20	AKANKSHA Jaiswar	37	Arimah swurane
4	AB	21	AKASHY Jaiswar	38	AB
5	Atharva Bhosale	22	AB	39	Chanchal Sanap
6	AB	23	Scimel Khan	40	Rutay Sapte al. Suro
7	Vaishnavi Bilwal	24	Anagha Kharche	41	Nishba Alishan
8	Rag Borge	25	Samal Khan	42	Pritam Pritam
9	Shreyas Dixit	26	Vaishnavi Lot	43	Rajendra Shinde
10	Prerna Dongre	27	AB	44	AB
11	Gaikwad Nikita	28	Mohin Mansuri	45	AB
12	Ritika Gatal	29	Ibrahim Momin	46	Rajashri Suryawansi
13	Sachin Gupta	30	AB	47	Dr. Parshan Vasude
14	Simran Gupta	31	Utkarsh Narsale	48	-
15	Vaishnavi Harshakar	32	Anjali Puri	49	A
16	Kamlesh Jadhav	33	Anushka Patil	50	
17	Gaurav Jaykar	34	Kunal Patil	51	

Name of Chapter: _____ Method of Teaching: _____

Topic Taken: _____

Assignment Given: _____

Signature of Lecturer: Dr. Manisha Patil
Yoga coordinator



Class Teacher

Principal:
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Smt. Saroj R. Dhumane – Founder Chairman
Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date : 20/06/2025

Subject: Celebration of International Yoga Day on 21th June 2025

Dear Students & faculty members,

This is to inform all students & faculty members that International Yoga Day will be celebrated in our institution on 21st June 2025 (Saturday) at time 6:00 am in the venue – Shubhlaxmi Hall, Opp. Divya Addlab, Trimurti Chowk, Cidco Nashik

The event will include a guided yoga session, demonstrations, and awareness talks about the benefits of yoga for a healthy lifestyle.

Instructions for Students:

All students & faculty members must report 15 minutes before the session in proper yoga costume.

Dress Code:

Girls – White T-shirt and black leggings or track pants

Boys – White T-shirt and black track pants

Bring your own yoga mat and water bottle.

Participation is mandatory for all students. Attendance will be recorded by Class Teachers & Any Absentee will be liable for Punishment

Let's come together and embrace the spirit of wellness and inner peace through yoga.

Yoga Co-ordinator

Dr. Poonam Hisay

H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



(Dr. Umesh B. Nagarkar)

Principal

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik



Smt. Saroj R. Dhumane – Founder Chairman
Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date: 19/06/2025

NOTICE

Subject : Regarding Yoga Park 2025

We are informing that the Yoga Park will be conducted tomorrow. The event details are as follows :-

- Event : Yoga Camp Date : 20th June 2025 Time : 9.00am to 3.00pm
- Venue : Zila Parishad Prathamik Shala Trambak Vidya Mandir Belgaon Dhaga, Nashik
- Participants : Pallavi Ghodke, Aditi Bhosale, Omkar Savalkar, Rishabh Yadav, Mahesh Lande (2nd BHMS students) and Dr. Sangita Jadhav (SMO)
- The program will include :
 1. All the volunteers will present detailed information about Yoga
 2. First we will demonstrate the warm up yoga to all the students and they would follow our instructions.
 3. After all this we will do the Pranayama and various Yogasanas



Dr. Umesh Nagarkar
Principal

PRINCIPAL

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748


Date: 19/06/2025

PROGRAM REPORT OF YOGA PARK 2025

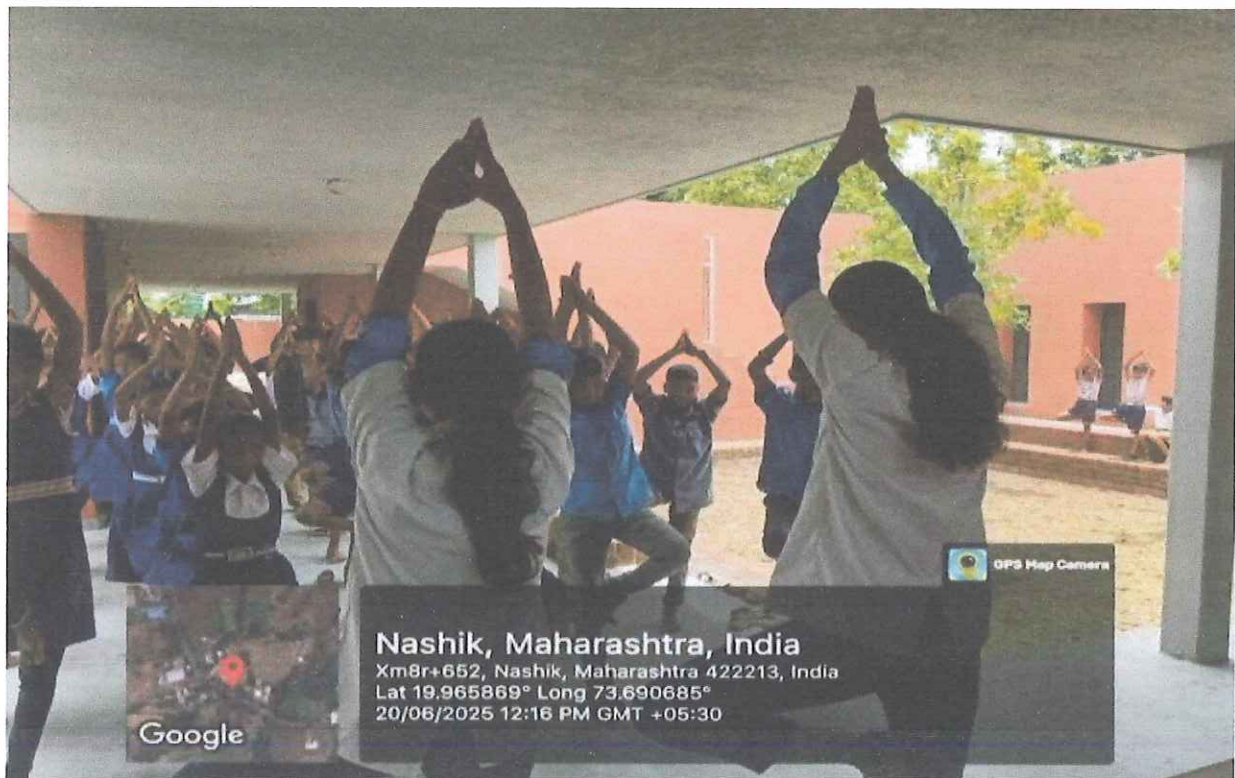
Title of Program	Yoga Park 2025
Objective of Program	<ul style="list-style-type: none">• To promote awareness about the importance of yoga for A Healthy Lifestyle.• To provide a dedicated space for daily yoga practice In A Natural Setting.• To reduce academic and emotional stress through Mind fulness and Physical Exercise.• To foster a sense of community through group Activities And Health Initiatives
Date of Program	20/06/2025
Venue	Zila Parishad Prathamik Shala Trambak Vidya Mandir Belgaon Dhaga, Nashik
Organised by	Dhanvantari Homoeopathic Medical College and Hospital & Research Centre, Nashik
Program Approved by Dean / HOD	Dr. Umesh B. Nagarkar
Program In-charge	Dr. Poonam Hiray HOD Physiology Dept.
Supporting Staff	Dr. Saneeta Jadhav (SMO)
Student Council Member	Mr. Omkar Savalkar & Mr. Mahesh Lande 2 nd BHMS
Report Prepared by	Dr. Sanhita Sharma


Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)




Dr. Umesh B. Nagarkar
Principal
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik

SOME GLIMPSES OF YOGA PARK 2025





To,
Dhanwantari Homoeopathic
Medical college, Nashik.

Date = 20th June 2025

Sub =

जिल्हा परिषद प्राथमिक शाळा
त्र्यंबक विद्यामंदिर
ता. जि. नाशिक.

भाज भाग्यो धन्वंतरी होमिओपॅथिक मेडिकल कॉलेजचे
मॅडम व विद्यार्थी सर्व भाज दिनांक 20/06/25 रोजी जि. प प्रा शाळा
त्र्यंबक विद्यामंदिर खेळगाव गा या शाळेत येऊन मुलांची आरोग्य
तपासणी केली त्याच प्रमाणे सर्व विद्यार्थ्यांना आरोग्याबाबत
सांगितले, व त्याच प्रमाणे भाषण भाजारी पदु नये यासाठी
काय करावे याची माहिती दिली त्याच प्रमाणे भाजारी विद्यार्थ्यांना
औषध अपचार केला त्याच प्रमाणे पल्लवी घोडके, अदिती मोसले,
मोंकार सावळकर, ऋषभ यादव, मेहेश लोंडे ह्या विद्यार्थ्यांनी
शेगभक्ष्यास करून दाखवला.

सोफत आरोग्य तपासणीसाठी डॉ. संगीता जाधव (5700),
डॉ. अर्चना यादव, डॉ. सुकु सुशिमिता, डॉ. भव्य यांनी परिसर
घेतले. या शिबिरात भाजारी मुलांना सोफत औषध उपचार
करण्यात आले.

आमचे शिबिर यशस्वी करण्यात सर्व शिक्षकांचे योग्य
असे सहकार्य लाभले.

जिल्हा परिषद प्राथमिक
शाळा त्र्यंबक विद्यामंदिर
ता. जि. नाशिक
धन्यवाद !

श्रीमती, कलावती छगन खैरनाथ



Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date: 16/06/2025

PROGRAM REPORT OF YOGA PRABHAV 2025

Title Of Program	YOGA PRABHAV2025
Objective Of Program	<ol style="list-style-type: none">1. Connecting with nature, grounding energy, and promoting inner calm.2. Students are asked to close their eyes and take deep breaths.3. Focus is on calming the mind and becoming aware of the present moment.4. Focus is on developing gratitude toward nature and enhancing mindfulness.
Date Of Program	16/06/2025
Venue	Garden, Kamatwade Gao
Organised By	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
Program Approved By Dean/ Hod	Dr. Umesh B. Nagarkar
Program In Charge	Dr. Poonam Hiray H.O.D. Physiology dept.
Yoga Instructor Female	Ms. Bhairavi Mali
Yoga Instructor Male	Mr. Santosh N. Shewale
Supporting Staff	Dr. Sanhita Sharma And Dr. Rupesh Marda
Student Council Member	Anushka patil and Vaishnavi Bilwal -IV year
Guest Speaker And Yoga Therapist	Dr Shweta Salunke
About The Guest Speaker	Dr Shweta Salunke M.D (Hom.) Homoeopathic Consultant Meditation Master Assistant Professor Organon (Dhanvantari HMC & H, Nashik) Practising Classical Homeopathy Since 20 Years Associated with Pyramid Spiritual Society Meditation Associated with Life Research University, Hyderabad.
Report Prepared By	Dr. Sanhita Sharma
Photographs /Video Available	YES https://youtube.com/shorts/A04FSzehHHQ?si=I_7updHRzlKOC8vo

Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

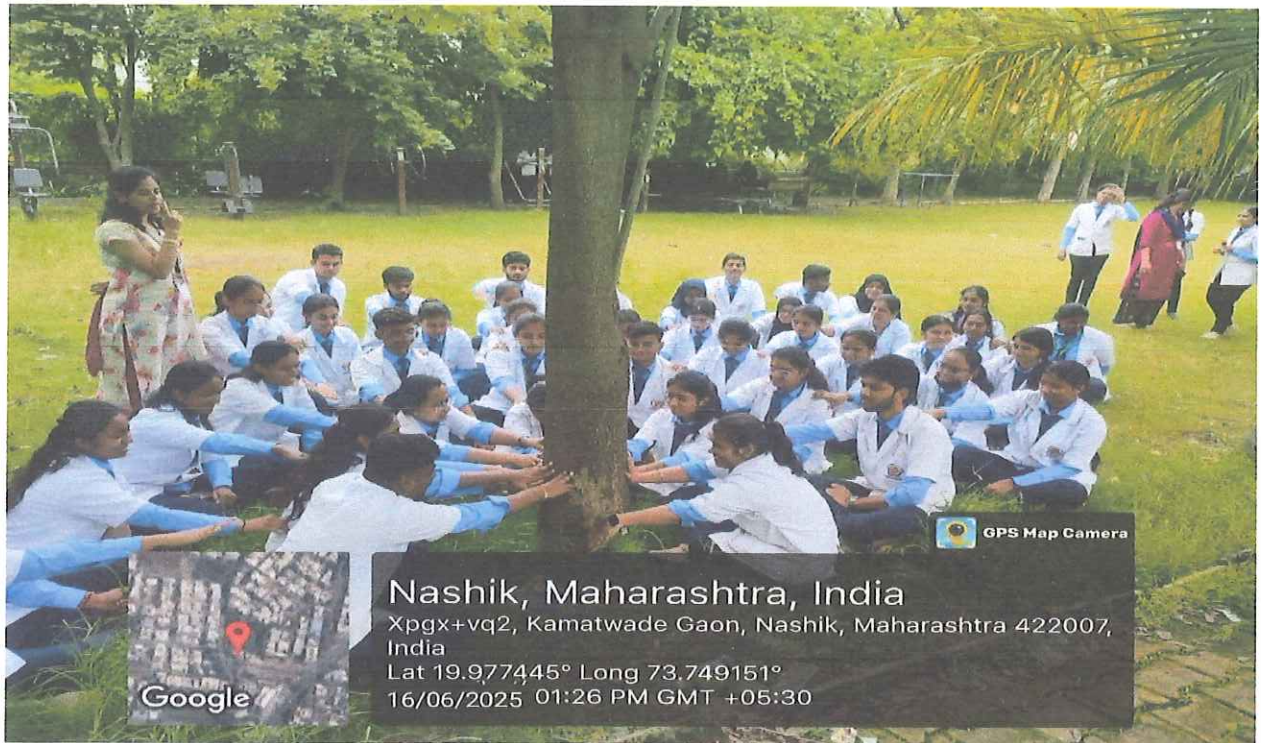
H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



Dr. Umesh B. Nagarkar
Principal
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik

SOME GLIMPSES OF YOGA PRABHAV 2025

PHOTOS:



International YOGA day event - 2025

Event - YOGA PRABHAV



Kssmm's

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Dhanvantari Campus, Opp. Abhiyanta Nagar, Kamatwade, Cidco, Nashik - 422008. Ph. (0253) 2377103

STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025

BHMS - I / II / III (IV)

Name of Lecturer : _____ Subject: _____ Theory / Practical / Clinical

Date: 16/6/25 Day: Saturday Time: 9-10am Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ayesha Anjan	18	Shradha Jagtap	35	Sureshchhi Padi
2	Zohra Ansari	19	Achal Jain	36	Gurjeet Prapari
3	Roshini Bhatia	20	Akanksha Jaiswal	37	Gurjeet Prapari
4	Mangsi Bhatia	21		38	
5	Ashwini Bhosale	22		39	Chanchal Bhatia
6	Rutuja Bhosale	23		40	Rutuja Sapkal
7	Vaishnavi Bilwat	24	Anagha Kharche	41	
8		25	Komal Kolhe	42	Pritam Shelar
9		26	Vaishnavi Lad	43	
10	Prema Dongre	27		44	
11	Milica Gaurav	28		45	Sakshi Sonawane
12		29	Ibrahim Momin	46	Rajshree Suryawanshi
13		30	Ujjwal Mittal	47	
14	Geeta Sonawane	31	Utkarsha Narsale	48	
15	Vaishnavi Khatkar	32	Ajale Pasi	49	Nitima Padi
16	Komali Jadhav	33	Anushka Padi	50	
17	Gaurav Jagtap	34		51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : _____

YOGA PRABHAV EVENT

Assignment Given : _____

PRINCIPAL

Dhanvantari Homoeopathic Medical College and Hospital & Research Centre

Signature of Lecturer : _____

Class Teacher : _____

Principal : _____



International YOGA day event - 2025

Event - YOGA Protocol.



Kssmm's

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Dhanvantari Campus, Opp. Abhiyanta Nagar, Kamatwade, Cidco, Nashik - 422008. Ph. (0253) 2377103

STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025 BHMS (I) / II / III / IV

Name of Lecturer: Tree Meditation Subject: _____ Theory / Practical / Clinical

Date: 16/6/25 Day: Saturday Time: 9-10 am Capacity of Class: 52 Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Muzim Ansari	18	Suhani Khandagale	35	Kaneez Qadri
2	Abhishek Kumar	19	Sakshida Kandi	36	Samaksha Rautole
3	Varsha Bode	20	Chaitanya Kedar	37	Tanni Sahare
4	Rutuja Bele	21	Ravika Khan	38	Sahil Sakat
5	Kiran Bhat	22	Aurash Khetade	39	Prachi Salve
6	Prajakta Borde	23	Gitanjali Khandagale	40	Sneha Sawant
7		24	Priya Khandagale	41	SHWETA SAYED
8	Shweta Chavan	25	Mukta Misal	42	Riya Solse
9	Mayuri Davand	26	Payal Padwal	43	Lina Sonawane
10	Tanishka Damdhare	27	Jayesh Pagaz	44	Utpreksha Suradkar
11	Vasudha Dhanekar	28	Disha Pandey	45	Rushikesh Tawpore
12	Priyanka Gopchar	29	Tejaswini Purdeshi	46	Pankaj Thakur
13		30	Aisha Pathan	47	Devesh Viskute
14	Shweta Halare	31	Mitali Patil	48	Bhagesh Waghmare
15	Manelise Hirale	32	Neha Patil	49	Saurabh Yadav
16	SHIVPRASAD HIWARDE	33	Sammadhi Patil	50	Sneha Yewale
17		34	Sanika Pundkar	51	

52 Dr. Narayana Jyoti

Name of Chapter: _____ Method of Teaching: _____

Topic Taken: Tree Meditation

YOGA PROTOCOL EVENT

Assignment Given: _____

PRINCIPAL

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik

Signature of Lecturer: _____

Class Teacher: _____



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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date: 14/06/2025

NOTICE

Subject: Seminar on Yoga Prabhav

All attendees are informed that the Yoga Protocol will be conducted tomorrow.

The event details are as follows:

- Event: Yoga Prabhav
- Date: 16th June 2025
- Time: 9:00 AM to 10:00 PM
- Venue: Garden, Kamatwade Gao
- Participants: Students (1st and 4th BHMS) and Faculty Members
- Guest Speaker: **Dr. Shweta Salunke**

The program will include:

1. A Special Address by Dr. Shweta Salunke :
 - Prayer / Centering: Sit comfortably and recite a calming mantra or observe the breath.
2. Visualize roots growing from your spine or feet into the Earth.
3. Feel the length of the spine like a sturdy tree trunk.
4. Focus on natural breathing
5. Shanti Path: "Om Shanti Shanti Shanti"

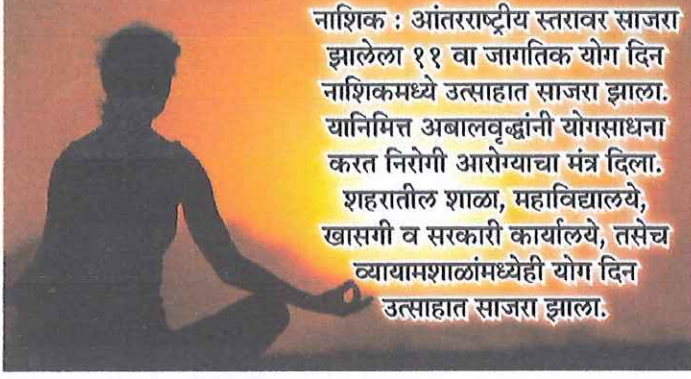
Attendance is mandatory for all students.




Dr. Umesh Nagarkar
Principal

PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik

योगसाधनेतून निरोगी आरोग्याचा मंत्र!



नाशिक : आंतरराष्ट्रीय स्तरावर साजरा झालेला ११ वा जागतिक योग दिन नाशिकमध्ये उत्साहात साजरा झाला. यानिमित्त अबालवृद्धांनी योगसाधना करत निरोगी आरोग्याचा मंत्र दिला. शहरातील शाळा, महाविद्यालये, खासगी व सरकारी कार्यालये, तसेच व्यायामशाळांमध्येही योग दिन उत्साहात साजरा झाला.

नूतन मराठी शाळा

क्रांतिवीर वसंतराव नारायणराव नाईक शिक्षण प्रसारक संस्था संचालित नूतन मराठी प्राथमिक शाळेत योगगुरू शोभना नागपुरे यांनी सर्व विद्यार्थी व शिक्षकांना अष्टांग योग, प्रार्थना, विविध योगासने, सूर्यनमस्कार व आनापान आदी माहिती सांगून प्रात्यक्षिके करून घेतली. मुख्याध्यापिका सरला सानप यांनी शोभना नागपुरे यांचा सत्कार केला. जयश्री पाटील यांनी



परिचय करून दिला. सीमा सानप यांनी कार्यक्रमाचे सूत्रसंचालन केले, तर ज्योती फड यांनी आभार मानले. कार्यक्रम यशस्वी करण्यासाठी लक्ष्मण सानप, दीपक बोडके, वाळू बगर, लक्ष्मण पोथिंगे, दत्तात्रय विंचू, प्रवीण इप्पर, कल्पना कुंवर, सोनाली भोसले, कावेरी भंवर आदींनी परिश्रम घेतले.

उन्नती विद्यालय



पंचवटीतील उन्नती विद्यालयात भारतीय योग संस्थान इंदिरानगर येथील उपप्रमुख अरुण कुलकर्णी यांच्या मार्गदर्शनाखाली मधुकर वाणी, कांतीलाल कदम, मंगला रहाणे, आशा बर्वे यांनी योग प्रात्यक्षिके सादर केली. प्रमुख पाहुणे म्हणून शालेय समिती अध्यक्ष बापूसाहेब शिनकर, चिक्कम खैरनार माध्यमिक

विभागाचे मुख्याध्यापक किशोर राणे, प्राथमिक विद्यालयाचे मुख्याध्यापक नंदलाल धांडे, पर्यवेक्षक रमेश महाले, जगदीश पूरकर, जितेंद्र चिंचोरे, अनिल येवले, संकेत शिरोळे, महेंद्र पवार, पवन कुटे, दीपाली कुलकर्णी, रवींद्र कोठावडे, अश्विनी अहिरे आदी उपस्थित होते. संदीप सोनजे यांनी सूत्रसंचालन केले.

धन्वंतरी होमिओपॅथी कॉलेज

धन्वंतरी होमिओपॅथिक मेडिकल कॉलेजमध्ये डॉ. पूनम हिरे यांच्या मार्गदर्शनाखाली कार्यक्रमाचे आयोजन करण्यात आले. योग शिक्षक संतोष शेवाळे योगदिनाची माहिती सांगितली. तसेच योग शिक्षिका भैरवी माळी यांच्या नेतृत्वाखाली उपस्थित शिक्षक, विद्यार्थी आणि कर्मचारी यांना विविध योगासने, प्राणायाम आणि ध्यानधारणा शिकवण्यात आली. योगाचे शारीरिक, मानसिक आणि आध्यात्मिक लाभ यावरही मार्गदर्शन करण्यात आले. याप्रसंगी संस्थेच्या संस्थापक अध्यक्षा सरोज धुमणे, सचिव जयंत धुमणे, खजिनदार मनीषा बागूल, प्राचार्य डॉ. उमेश नमरकर, तसेच सर्व शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थी उपस्थित होते.



पुरुषोत्तम इंग्लिश स्कूल

पुरुषोत्तम इंग्लिश स्कूलमध्ये जागतिक योगदिन साजरा करण्यात आला. यावेळी शाळा समिती अध्यक्ष रावसाहेब गायधनी, प्राचार्य उमाकांत वाकलकर, उपमुख्याध्यापक संजय पाटील, पर्यवेक्षक हेमंत देशपांडे, माजी विद्यार्थी योगेश निसाळ आदी उपस्थित होते.

प्रास्ताविक प्राचार्य उमाकांत वाकलकर यांनी केले. पाहुण्यांचा परिचय प्रफुल्ल कुलकर्णी यांनी करून दिला. यानंतर पतंजली योगविद्या धामचे भारती चव्हाण, विजय सोनार, भाविका मिश्रा, संगीता परदेशी, विद्यार्थी व शिक्षक यांचेकडून योगासने

प्रात्यक्षिक सादर करून घेतले. योगासने प्रात्यक्षिक झाल्यानंतर कार्यक्रमाचे अध्यक्ष रावसाहेब गायधनी यांनी आपल्या आयुष्यातील योगाचे महत्व विषय केले. योग दिन प्रमुख प्रफुल्ल कुलकर्णी, क्रीडा शिक्षक माणिक भोये यांनी आभार मानले.



ब्रह्मकुमारी संस्था

मुन्युने केवळ एका दिवसापुरता योग दिन साजरा करता कामा नये, यासाठी रोजच्या जीवनशैलीत योगाचा अंगीकार केला पाहिजे, असे प्रतिपादन ब्रह्मकुमारी संस्थेच्या वासंती दीदी यांनी केले.

ठवकर डोम येथे झालेल्या म्युझिकल योग वर्गावेळी त्या बोलत होत्या. याप्रसंगी प्रमुख पाहुणे म्हणून आ. सीमा हिरे, आ.

देवयानी फरांदे, सीमा निगळ, प्रतिभा पवार, अलका अहिरे, अरुण काळे, स्वाती भार्गे, राष्ट्रपती पुरस्कारप्राप्त निवृत्त पोलिस अधिकारी माणिक गावकर, माधवी सूर्यवंशी आदी व्यासपीठावर उपस्थित होते. अशोक हॉस्पिटलचे रेडिओलॉजिस्ट डॉ. राजेश जावळे यांनी ब्रह्मकुमारी संस्थेच्या राजयोगा मेडिटेशनचे प्राचीन व वैज्ञानिक महत्त्व स्पष्ट

केले. म्युझिकल योगाचे प्रणेत डॉ. उज्ज्वल कापडणीस व डॉ. मनीषा कापडणीस यांनी सर्वांकडून योगा करून घेतला. ब्रह्मकुमारी पूनमदीदी यांनी कार्यक्रमाचे सूत्रसंचालन केले. ब्रह्मकुमारी वीणादीदी, नीतादीदी, उज्ज्वलादीदी, मंगलदीदी, कावेरीदीदी आदींनी पाहुण्यांचे स्वागत केले. नीतादीदी यांनी आभार मानले.

स्थानिक स्वराज्य संस्था, पंचवटी

पंचवटी : अखिल भारतीय स्थानिक स्वराज्य संस्थेच्या वतीने जागतिक योग साजरा करण्यात आला. यानिमित्ताने आयोजित शिबिरात विद्यार्थ्यांनी योग प्रात्यक्षिके करत योगाचे महत्त्व समजून घेतले.

मृण्मयी कुलकर्णी यांनी विविध आसन करून घेत उपस्थितांना मार्गदर्शन केले. निरोगी आरोग्यासाठी प्रत्येकाने नियमित योगा करण्याचे आवाहन त्यांनी केले. कार्यक्रम मास विभागीय संचालक जीवन सोनवणे, उपसंचालक दिलीप मेनकर, प्राचार्य के. एम. सोनवणे, आसावरी दातार, अक्षय आहरे, रुपाली व्यवहारे आदी उपस्थित होते.



भोंसला मिलिटरी स्कूल

सेंट्रल हिंदू मिलिटरी एज्युकेशन सोसायटी संचालित भोंसला मिलिटरी स्कूलमध्ये योग दिन उत्साहात साजरा करण्यात आला. योग म्हणजे मन, शरीर आणि बुद्धी यांना प्राबल्य प्रदान करते, असे प्रतिपादन मीनल शिंगी यांनी केले. योग शिक्षिका रोहिणी मोरे, पूनम दवारे, प्रतीक्षा चव्हाण, उज्वला पवार, पोर्णिमा आवेंकर यांनी विविध आसने करून दाखवली. याप्रसंगी शालेय समितीचे अध्यक्ष आनंद देशपांडे, समादेशक कर्नल संदीप पुरी (नि), प्राचार्य मेजर विक्रांत कावळे, विभाग प्रमुख सुनीता हाडगे, स्वाती शिंदे, मुख्य प्रशिक्षण अधिकारी कॅप्टन जितेंद्रकुमार उपस्थित होते. गितांजली जोशी यांनी आभार मानले.



Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

NOTICE

11th International Yoga Day 2025 Yoga For one Earth, One Health Yoga Program Schedule

Date & Day	Time	Program	Teacher	Activity	Student Year	Helpers
13th June (Friday)	9:00 - 11:00	Yog Unplugged	Dr. Yogini Mahajan Mam	Yoga Video	IVth year	Vaishnavi Bilwal, Anushka, Rati
14th June (Saturday)	12:30 - 1:30	Yoga Connect	Dr. Snehal Kapnis Mam	Poster & Rangoli Photos	Ist year	Devesh & Rushikesh
16th June (Monday)	9:00 - 10:00	Yog Prabhav	Dr. Shweta Mam	Tree Meditation	IVth year	Anuja, Vaishnavi Bilehal
16th June (Monday)		Yoga Mahotsav @ Kumbh	Dr. Shweta Mam	Meditation Session Pranayam	IInd year	Akanksha, Ritesh, Omkar
17th June (Tuesday)	9:00 - 11:00	Harit Parva	Dr.M.A. Patil Mam, Dr. Prapti Mam	Environm ental Awareness (Park Cleaning)	IVth year	Omkar Vishal
18th June (Wednesday)	9:00 - 11:00	Yog Samvesh	Dr. Sharma Mam	Mental Health Seminar	Ist Year & IVth year	Aachal & Gaurav
19th June (Thursday)	9:00 - 10:00	Yog Bandh Yoga Mahotsav @ Kumbh	Bhatkar Mam, Dr. Shweta Mam	Pair Yoga, Chanting Meditation	IInd year	Mandira & Mayuri
20th June (Friday)	9:00 - 12:00	Sam Yoga, Yoga Park	Dr. Sangeeta Jadhav Mam, Dr. Martin Sir	Visit	IInd year	Rishabh, Pallavi, Omkar,
21st June (Saturday)	6:30 - 7:45 am	Yog Sangam	Dr. Poonam Mam, Bhairavi Mam		IVth year	Ayush, Avinash

Yoga Co-ordinator

Dr. Poonam Hiray

H.O.D.

Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



Principal

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik



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Date: 06/06/2025

NOTICE FOR YOGA UNPLUGGED

Subject: Yoga themed cultural performances.

All attendees are informed that the Yoga unplugged will be conducted on Friday 13 June 2025. The event details are as follows:

- **Event:** Yoga unplugged
- **Activity:** Yoga themed cultural performances
- **Date:** 13th June 2025
- **Time:** 9:00 AM to 11:00 AM
- **Venue:** College Campus
- **Participants:** Students of I & IV BHMS
- **Yoga Instructor female:** Ms Bhairavi Mali
- **Yoga Instructor male:** Mr. Santosh N. Shewale

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The program will include:

- The performances will be a blend of traditional yoga asanas and modern adaptations.

Demonstrations of asanas such as

- Surya Namaskar,
- Vrikshasana, Natarajasana ,
- Adhomukh Svanasana ,
- Navasana,
- Ustrasana, etc.

Fusion of yoga with elements of dance and rhythmic breathing exercises.

Attendance is mandatory for all students.



Dr. Umesh Nagarkar
Principal
PRINCIPAL

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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Date: 14/06/2025

PROGRAM REPORT OF YOGASUNPLUGGED 2025

TITLE OF PROGRAM	YOGA UNPLUGGED 2025
OBJECTIVE OF PROGRAM	<ul style="list-style-type: none">• The Yoga Fusion event under the <i>Yoga Unplugged</i> theme was successfully conducted, emphasizing the integration of traditional and modern yoga practices.• The session aimed to promote physical, mental, and emotional well-being through a combination of classical yoga and contemporary fitness routines.• Participants engaged in group activities focusing on mindfulness and Stress-relief techniques with Fusion of yoga with elements of dance and rhythmic breathing exercises.
DATE OF PROGRAM	13/06/2025
VENUE	College campus
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTORMALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Yogini S Mahajan, Assistant Prof. FMT Dept.
STUDENT COUNCIL MEMBER	Anushka Patil and Vaishnavi Bilwal { IV BHMS }
REPORT PREPARED BY	Dr. Yogini S Mahajan, Assistant Prof. FMT Dept.
PHOTOGRAPHS /VIDEO AVAILABLE Link	YES https://youtu.be/zwlqxv7ODwI?si=--lo0csd6mBMUVjt https://youtu.be/fVhetkROzCs?si=24HQXp77C5BLzyoR

Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)



Dr. Umesh Nagarkar
Principal
PRINCIPAL
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Nashik

International Yoga day event 2025-

Event - YOGA UNPLUGGED



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STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025 BHMS - I / II / III / IV

Name of Lecturer : _____ Subject: _____ Theory / Practical / Clinical

Date: 13/6/25 Day: Friday Time: 9-11am Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	<u>Hazim Hanagi</u>	18	<u>Suhani Kandage</u>	35	<u>Kaneez gadri Kaneez</u>
2	<u>Abaydunah Dule</u>	19	<u>Sakshi Kandj</u>	36	<u>Samiksha Roatole</u>
3	<u>Varsha Bole</u>	20	<u>Chaitanya Kedari</u>	37	<u>Tanvi Sahare</u>
4	<u>Rutuja Bole Rutuja</u>	21	<u>Khan Rahila</u>	38	<u>Sahil Sakat</u>
5	<u>Kiran Bhatt</u>	22	<u>Avinash Khedade</u>	39	<u>Prachi Salve</u>
6	<u>Prajakta borde</u>	23	<u>Girirajali Kulkarni</u>	40	<u>Snehal Sawant</u>
7		24		41	<u>SHWEZA SAYED</u>
8	<u>Shweta chavan</u>	25	<u>Mukta Misal</u>	42	<u>Riya Golse</u>
9	<u>Mayuri Savane</u>	26	<u>Payal R. P. P. P.</u>	43	<u>Lina sonawane</u>
10	<u>Tanishka Dhamdhar</u>	27	<u>Jayesh Pagar</u>	44	<u>Utpaksha Suradkar</u>
11	<u>Varad Phawle</u>	28	<u>Priya Pandey</u>	45	<u>RUSHIKESH TAGPARE</u>
12	<u>Priyanka Gophane</u>	29	<u>Tejaswini Pordeshi</u>	46	<u>Thalcar Pankaj</u>
13		30	<u>Aisha Pathan</u>	47	<u>Devash vispute</u>
14	<u>Shweta Halore</u>	31	<u>Mitali Patil</u>	48	<u>Bhagyesh Wagh</u>
15	<u>Mandirel Hiwale</u>	32	<u>Neha Patil</u>	49	<u>Saurabh Yadav</u>
16	<u>SHIVPRASAD HIWARDE</u>	33	<u>Samruddhi Patil</u>	50	<u>Snehal Yewale</u>
17		34	<u>Sanika Pundlik</u>	51	

52 Jyoti Narayane

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : YOGA UNPLUGGED EVENT

Assignment Given : _____

Signature of Lecturer : _____

Class Teacher : _____

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International YOGA Day Event 2025

YOGA UNPLUGGED



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STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025

BHMS - I / II / III / (IV)

Name of Lecturer : _____ Subject: _____ Theory / Practical / Clinical

Date: 13/6/25 Day: Friday Time: 9-11am Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ayesha Anjari	18	Shraddha Jagtap	35	Sannadhi Patil
2	Zohd Anjari	19	Achal Jain	36	Gurjya Prapathi
3	Roshani Zanjale	20	Akash Jain	37	Avinash Salunke
4	Mansi Mankar	21	Akshay Tejwade	38	
5	Ashwini Bhosale	22		39	Chandha Sanap
6	Rutuja Bhosale	23		40	Rutuja Sapkal
7	Maishnavi Bilwal	24	Anagha Kherche	41	
8	Tejas Borge	25	Komal Kolhe	42	Pratim Shelar
9	Shraddha Dixit	26	Vaishnavi Jadhav	43	
10	Prerna Dongare	27		44	
11	Gurkesh Nikita	28		45	Sakshi Sonawane
12	Gurav Rishi	29	Abraham Momin	46	Rajshree Suryawanshi
13	Sachin Gupta	30	Atul Mulla	47	
14	Simran Gupta	31	Utkarsh Narsale	48	
15	Vaishnavi Hattak	32	Angai Pasi	49	Nilima Patil
16	Jadhav Kamlesh	33	Anushka Patil	50	
17	Gaurav Jagtap	34		51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : _____

YOGA UNPLUGGED EVENT

Assignment Given : _____

Signature of Lecturer : _____

Class Teacher : _____

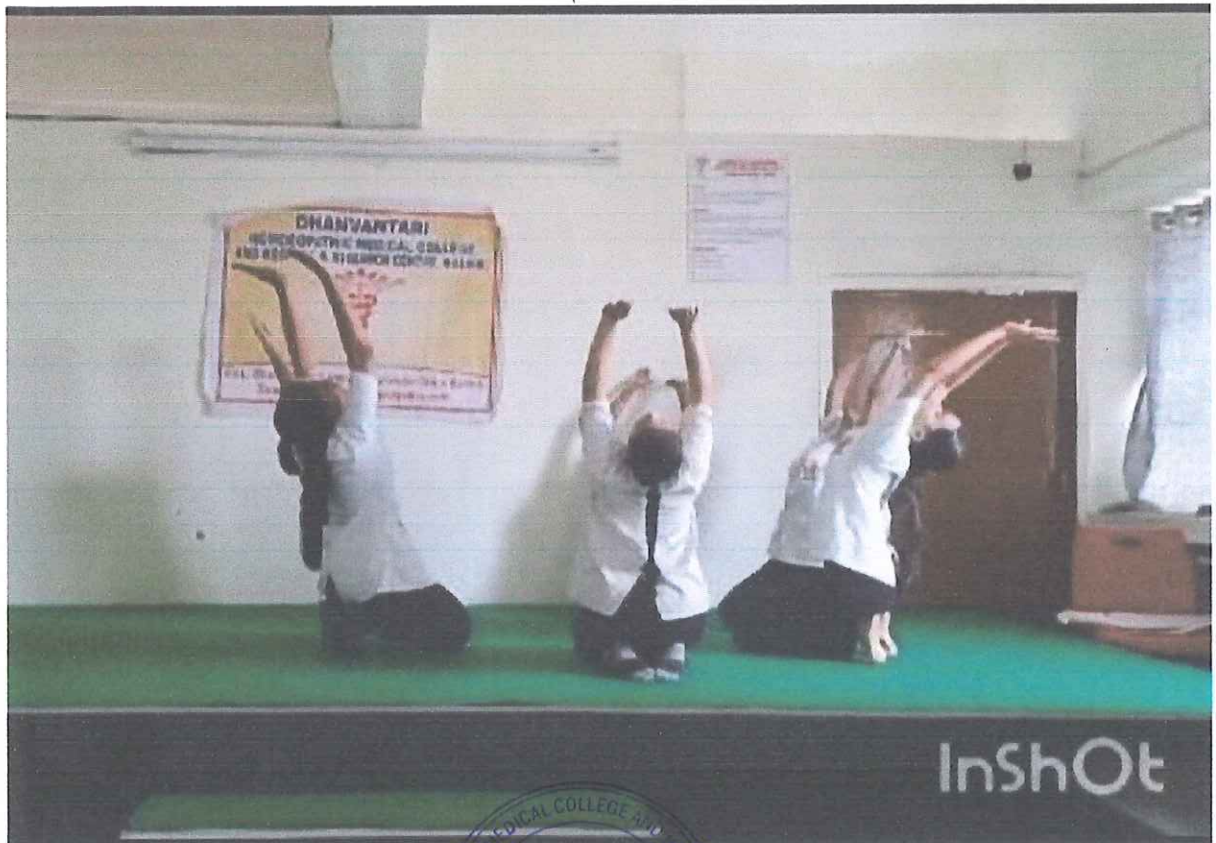
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SOME GLIMPSES OF YOGA UNPLUGGED 2025

Date: 13/06/2025









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Date: 16/06/2025

PROGRAM REPORT OF YOGA CONNECT 2025

TITLE OF PROGRAM	YOGA CONNECT 2025
OBJECTIVE OF PROGRAM	<ul style="list-style-type: none">• Promote Yoga Awareness Through Art Use creative expression to visually communicate the principles, benefits, and significance of yoga in daily life.• Encourage Youth Engagement Inspire students and young participants to connect with yoga through interactive, artistic activities that go beyond physical practice.• Foster Cultural Appreciation Blend traditional Indian art forms like Rangoli with modern themes of wellness and mindfulness to celebrate heritage and promote yoga's roots.• Enhance Creativity and Expression Provide a platform for individuals to express their interpretation of yoga's impact on body, mind, and spirit through visual arts.
DATE OF PROGRAM	14/06/2025
VENUE	Seminar hall
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
PROGRAM CO- ORDINATOR	Dr. Snehal Sanjiv Kapadnis (Assi Prof Repertory Dept)
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTOR MALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Sanhita Sharma And Dr. Rupesh Marda
STUDENT COUNCIL MEMBER	Mr. Rushikesh Jade, Mr. Sonar Devesh- I BHMS
REPORT PREPARED BY	Dr. Snehal Sanjiv Kapadnis (Assi Prof Repertory Dept)
PHOTOGRAPHS /VIDEO AVAILABLE	YES

Dr. Poonam Hiray
Program Co-ordinator
(Committee Member)

H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



Dr. Umesh Nagarkar
Principal (Yoga)
PRINCIPAL
Dhanvantari Homoeopathic Medical College
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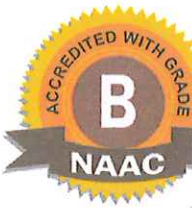
Smt. Saroj R. Dhumane – Founder Chairman

Kalpataru Samajseva Mitra Mandal's

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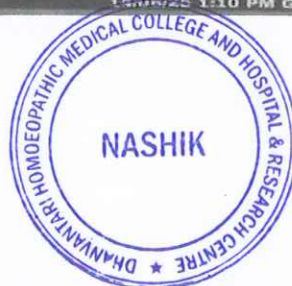
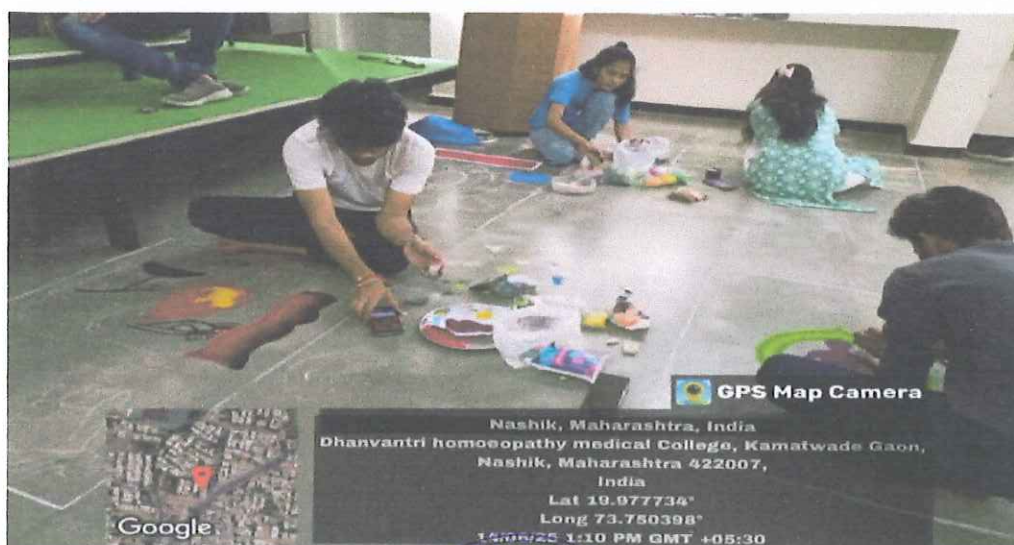
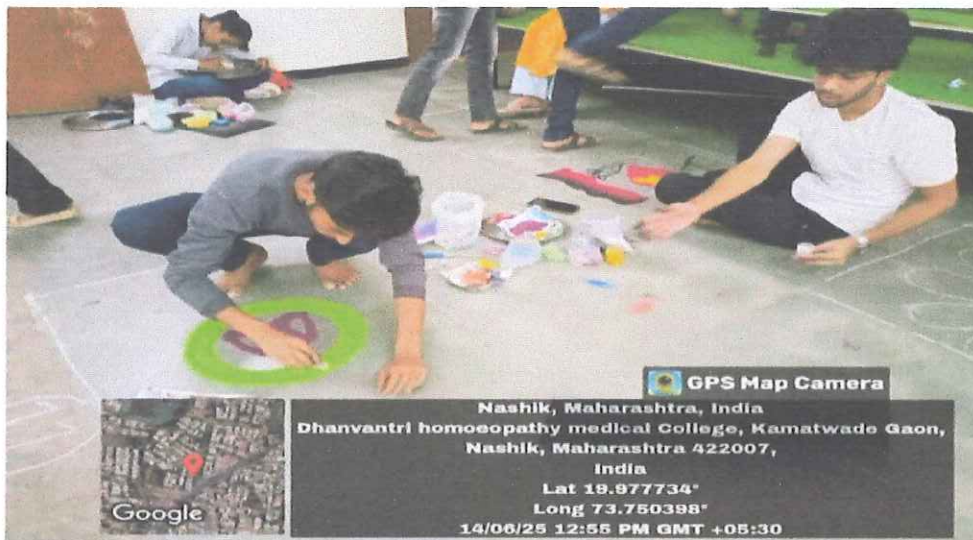
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SOME GLIMPSES OF YOGA CONNECT 2025 RANGOLI MAKING COMPETITION





Smt. Saroj R. Dhumane – Founder Chairman

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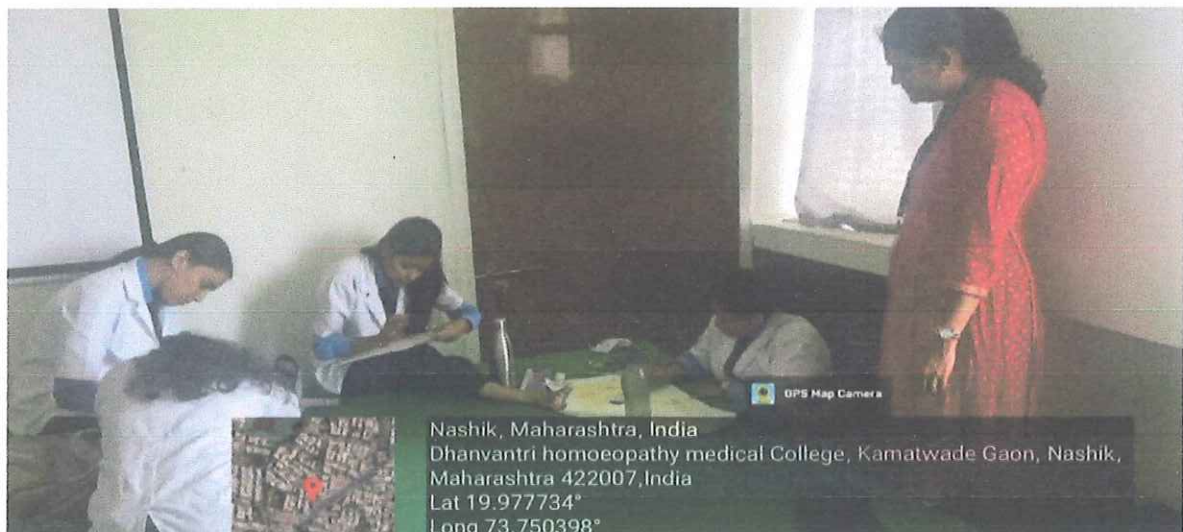
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SOME GLIMPSES OF YOGA CONNECT 2025

POSTER MAKING COMPETITION





Smt. Saroj R. Dhumane – Founder Chairman
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NOTICE

Yoga Connect – Rangoli & Poster Making Competition

(For I to IV Year BHMS Students)

All BHMS students (First to Fourth Year) are hereby informed that a **Rangoli and Poster Making Competition** will be organized under the event "**Yoga Connect**" as part of the upcoming Yoga Day celebrations.

Date: Saturday, 14th June 2025

Time: 12:30 PM to 1:30 PM

Venue: Seminar Hall

Theme: Yoga and Mental Health

This is a great opportunity to showcase your creativity while promoting the importance of yoga in maintaining mental well-being. Students are encouraged to participate enthusiastically.

Program In-charge:

Dr. Snehal Sanjiv Kapadnis (Assistant Prof. Repertory Department)

All interested students are requested to be present on time and bring necessary materials for the competition

Principal

Dr. Umesh Nagarkar

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PROGRAM REPORT

Title of Program	YOGA CONNECT (ACTIVITY RANGOLI AND POSTER MAKING COMPETITION)
Objective of Program	To promote awareness and understanding of yoga's physical, mental, and spiritual benefits among participants through creative engagement. The Rangoli and Poster Making competitions aim to encourage artistic expression while fostering a deeper connection with the philosophy of yoga, enhancing community participation and spreading positivity.
Date of Program	14/06/2025
Venue	Seminar Hall
Photograph available	Yes
Nature of Photo Submission (Soft/Hard)	Soft/Hard copy




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Date: 16/06/2025

PROGRAM REPORT OF YOGA PRABHAV 2025

Title Of Program	YOGA PRABHAV2025
Objective Of Program	<ol style="list-style-type: none">1. Connecting with nature, grounding energy, and promoting inner calm.2. Students are asked to close their eyes and take deep breaths.3. Focus is on calming the mind and becoming aware of the present moment.4. Focus is on developing gratitude toward nature and enhancing mindfulness.
Date Of Program	16/06/2025
Venue	Garden, Kamatwade Gao
Organised By	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
Program Approved By Dean/ Hod	Dr. Umesh B. Nagarkar
Program In Charge	Dr. Poonam Hiray H.O.D. Physiology dept.
Yoga Instructor Female	Ms. Bhairavi Mali
Yoga Instructor Male	Mr. Santosh N. Shewale
Supporting Staff	Dr. Sanhita Sharma And Dr. Rupesh Marda
Student Council Member	Anushka patil and Vaishnavi Bilwal -IV year
Guest Speaker And Yoga Therapist	Dr Shweta Salunke
About The Guest Speaker	Dr Shweta Salunke M.D (Hom.) Homoeopathic Consultant Meditation Master Assistant Professor Organon (Dhanvantari HMC & H, Nashik) Practising Classical Homeopathy Since 20 Years Associated with Pyramid Spiritual Society Meditation Associated with Life Research University, Hyderabad.
Report Prepared By	Dr. Sanhita Sharma
Photographs /Video Available	YES https://youtube.com/shorts/A04FSzehHHQ?si=I_7updHRzlKOC8vo

Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

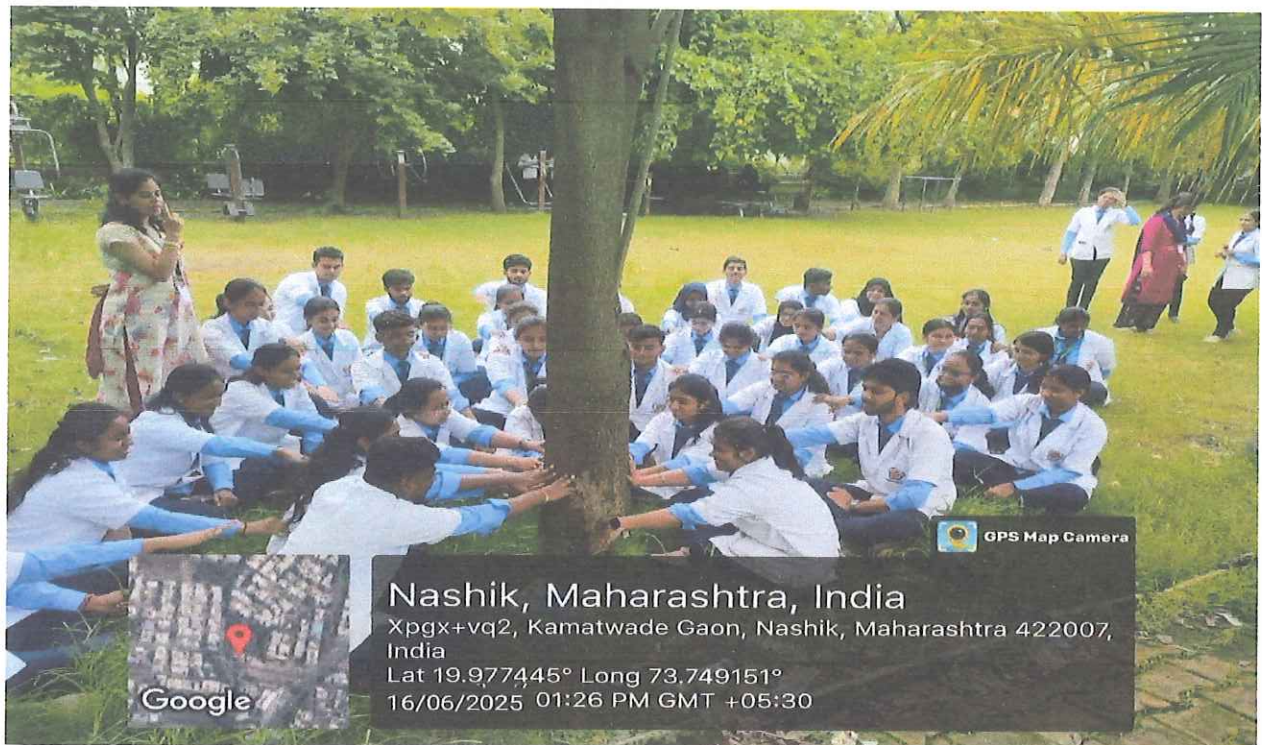
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Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik



Dr. Umesh B. Nagarkar
Principal
PRINCIPAL
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SOME GLIMPSES OF YOGA PRABHAV 2025

PHOTOS:



International YOGA day event - 2025

Event - YOGA PRABHAV



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STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025

BHMS - I / II / III (IV)

Name of Lecturer : _____ Subject: _____ Theory / Practical / Clinical

Date: 16/6/25 Day: Saturday Time: 9-10am Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ayesha Anjan	18	Shradha Jagtap	35	Somnudehi Patil
2	Zoha Ansari	19	Achal Jain	36	Gunya Pragasari
3	Roshani Ranjara	20	Akanksha Jaiswal	37	
4	Mangsi Barte	21		38	
5	Ashwini Bhosale	22		39	Chanchal Bhosale
6	Rutuja Bhosale	23		40	Rutuja Sapkal
7	Vaishnavi Bihwal	24	Anasha Kharche	41	
8		25	Komal Kolhe	42	Pritam Shelar
9		26	Vaishnavi Lad	43	
10	Poorna Dongre	27		44	
11	Nikita Gaurwal	28		45	Sakshi Sonawale
12		29	Ibrahim Momin	46	Rajshri Suryawanshi
13		30	Ujjwala Wadga	47	
14	Geeta Simran	31	Utkarsha Marsale	48	
15	Vaishnavi Harraikar	32	Anjali Patil	49	Natima Patil
16	Komali Jadhav	33	Anushka Patil	50	
17	Gaurav Jagtap	34		51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : _____

YOGA PRABHAV EVENT

Assignment Given : _____

PRINCIPAL

Dhanvantari Homoeopathic Medical College and Hospital & Research Centre

Signature of Lecturer : _____

Class Teacher : _____

Principal : _____



International YOGA day event - 2025

Event - YOGA Protocol.



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STUDENT ATTENDANCE SHEET

Academic Year: 2024 - 2025

BHMS (I) / II / III / IV

Name of Lecturer : Tree Meditation Subject: _____ Theory / Practical / Clinical

Date: 16/6/25 Day: Saturday Time: 9-10 am Capacity of Class: 52 Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Hazim Ansari	18	Suhani Khande	35	Kaneez Qadri
2	Aradhana Jadhav	19	Sakshita Kandi	36	Samaksha Rautole
3	Varsha Bode	20	Chaitanya Kedar	37	Tanni Sahare
4	Rutuja Bele	21	Rohita Khan	38	Sahil Sakat
5	Kiran Bhate	22	Aurush Khetade	39	Prachi Salve
6	Prajakta Borde	23	Smita Jali	40	Snehal Sawant
7		24	Divya Rohale	41	SHWETA SAYED
8	Shweta Chavan	25	Mukta Misal	42	Riya Solse
9	Mayuri Davand	26	Payal Padwal	43	Lina Sonawane
10	Tanishka Damdhare	27	Jayesh Pagad	44	Utpreksha Suradkar
11	Vasudha Dhanekar	28	Diha Pandey	45	Rushikesh Tawpore
12	Priyanka Dhanekar	29	Tejaswini Purdeshi	46	Pankaj Thakur
13		30	Aisha Pathan	47	Devesh Viskute
14	Shweta Halare	31	Mitali Patil	48	Bhagesh Waghmare
15	Mandira Hirale	32	Neha Patil	49	Saurabh Yadav
16	SHIVPRASAD HIWARDE	33	Sammatahi Patil	50	Snehal Yewale
17		34	Sanika Pundkar	51	

52 Total Students Present

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : Tree Meditation

YOGA PROTOCOL EVENT

Assignment Given : _____

Signature of Lecturer : _____

Class Teacher : _____



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Date: 14/06/2025

NOTICE

Subject: Seminar on Yoga Prabhav

All attendees are informed that the Yoga Protocol will be conducted tomorrow.

The event details are as follows:


- Event: Yoga Prabhav
- Date: 16th June 2025
- Time: 9:00 AM to 10:00 PM
- Venue: Garden, Kamatwade Gao
- Participants: Students (1st and 4th BHMS) and Faculty Members
- Guest Speaker: **Dr. Shweta Salunke**

The program will include:

1. A Special Address by Dr. Shweta Salunke :
 - Prayer / Centering: Sit comfortably and recite a calming mantra or observe the breath.
2. Visualize roots growing from your spine or feet into the Earth.
3. Feel the length of the spine like a sturdy tree trunk.
4. Focus on natural breathing
5. Shanti Path: "Om Shanti Shanti Shanti"

Attendance is mandatory for all students.




Dr. Umesh Nagarkar
Principal
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Date: 18/06/2025

PROGRAM REPORT OF YOGA SAMAVESH 2025

TITLE OF PROGRAM	TREE PLANTATION 2025 HARIT YOGA
OBJECTIVE OF PROGRAM	To promote environmental sustainability and wellness through a combined initiative of yoga and tree plantation, fostering a holistic approach to individual and community well-being while contributing to a greener future. Connect Yoga with nature: Emphasize the connection between yoga, nature & we'll being
DATE OF PROGRAM	18/06/2025
VENUE	Garden
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTOR MALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Manisha Patil and Dr. Prapti Kalda
STUDENT COUNCIL MEMBER	Achal Jain and Gaurav Jagtap (IV BHMS)
GUEST SPEAKER AND YOGA THERAPIST	--
ABOUT THE GUEST SPEAKER	--
REPORT PREPARED BY	Dr. Sanhita Sharma
PHOTOGRAPHS /VIDEO AVAILABLE	YES


Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik




Dr. Umesh Nagarkar
Principal

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SOME GLIMPSES OF TREE PLANTATION 2025







International Yoga day event - 2025

Event - Harit Yoga



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STUDENT ATTENDANCE SHEET

Academic Year: 2025-26

BHMS - I / II / III / IV

Name of Lecturer : _____ Subject: _____ Theory / Practical / Clinical

Date: 18.06.25 Day: Wednesday Time: 9 to 10 Capacity of Class: _____ Present _____ Absent: _____

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ayisha Ansari	18	Shraddha Jagtap	35	Saumathi Patil
2	Zohra Ansari	19	Achal Jain	36	Gurpreet Singh
3	Rashmi Bhatnagar	20	Atanksha Taiswar	37	Anshu Salunkhe
4	Mangal Bhatnagar	21	Akshay Jaiswal	38	
5	Ashwini Bhosale	22	Kelav Rutija	39	Chauhan Annap
6	Ruhga Bhosale	23	Saima Khan	40	Rutuja Sapkal
7	Vaishnavi Bhatnagar	24	Kharcho Anaghe	41	
8		25	Komal Kolhe	42	Pratim Shelar
9	Shreyansh Dikar	26	Vaishnavi Lad	43	
10	Prerna Dongare	27		44	
11	Nikita Gulkar	28	Munshi Mohan	45	Sakshi Sonawane
12		29	Prachi Mohan	46	Rajshree Sunjivanshi
13	Sachin Gupta	30	Alfiya Mulla	47	
14	Smita Gupta	31	Utkarsha Narsale	48	
15	Vaishnavi Hazare	32	Anjali Pasi	49	Nirmita Patil
16	Jadhav Karanish	33	Anushka Patil	50	
17	Gaurav Jagtap	34		51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : _____

Assignment Given : _____

Signature of Lecturer : _____

Class Teacher : _____



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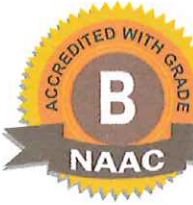
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NOTICE

Date: 17th June 2025

Subject: Tree plantation

All attendees are informed that the Tree plantation will be conducted tomorrow. The event details are as follows:

- Event: Tree plantation
- Date: 18th June 2025
- Time: 9:00 AM to 11:00 AM
- Venue: Garden
- Participants: Students (4th BHMS) and Faculty Members

The program will include:

1. Tree plantation.
2. connecting with nature

Attendance is mandatory for all students.



Dr. Umesh Nagarkar
Principal

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Date: 18/06/2025

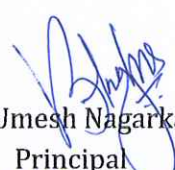
PROGRAM REPORT OF YOGA SAMAVESH 2025

TITLE OF PROGRAM	YOGA SAMAVESH 2025
OBJECTIVE OF PROGRAM	<ul style="list-style-type: none">• Yoga Samavesh aims to ensure that yoga is accessible to all, regardless of age, ability, or background.• It focuses on providing specialized yoga programs that cater to the unique needs of different groups, making yoga practices more inclusive and beneficial for everyone.• It encourages the adoption of yoga for therapeutic and preventive healthcare purposes.
DATE OF PROGRAM	18/06/2025
VENUE	Seminar hall
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTOR MALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Sanhita Sharma And Dr. Rupesh Marda
STUDENT COUNCIL MEMBER	Mr. Omkar Savalkar & Mr. Mahesh Lande -- II BHMS
GUEST SPEAKER AND YOGA THERAPIST	Dr. Shalaka Shinde
ABOUT THE GUEST SPEAKER	BAMS, Fellowship in Panchkarma 2001 Fellowship in Yoga Therapy 2015 from MUHS Experience of 29 years of medical practice with complete guidance of diet, Yoga and meditation Faculty of Shree Adiyog college and research center Kavi Kulguru Kalidas university Nagpur
REPORT PREPARED BY	Dr. Sanhita Sharma
PHOTOGRAPHS /VIDEO AVAILABLE	YES


Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

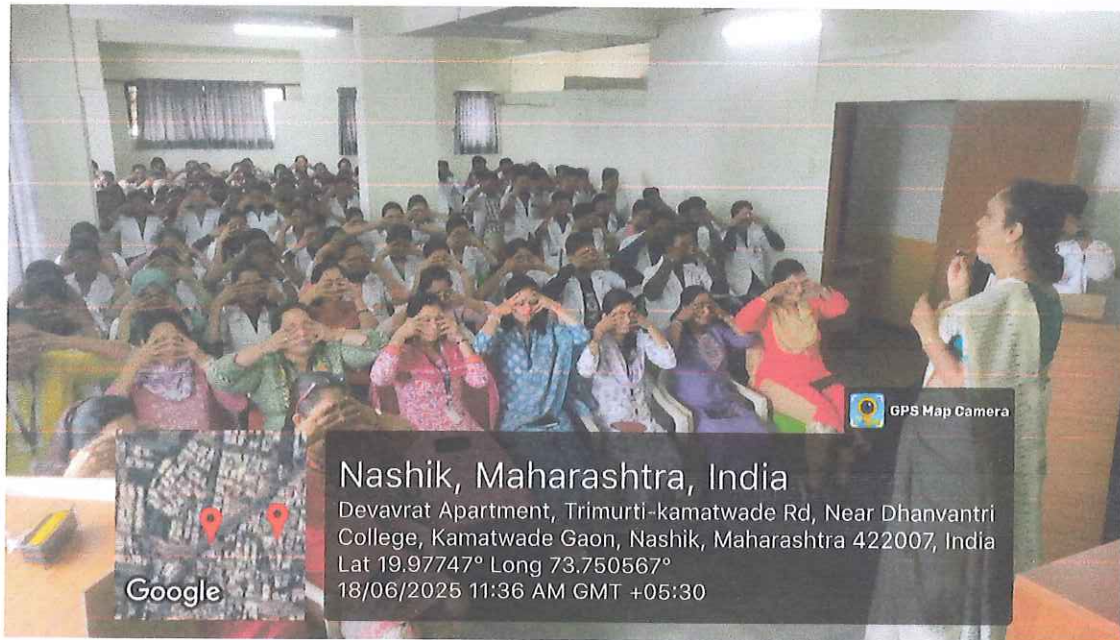
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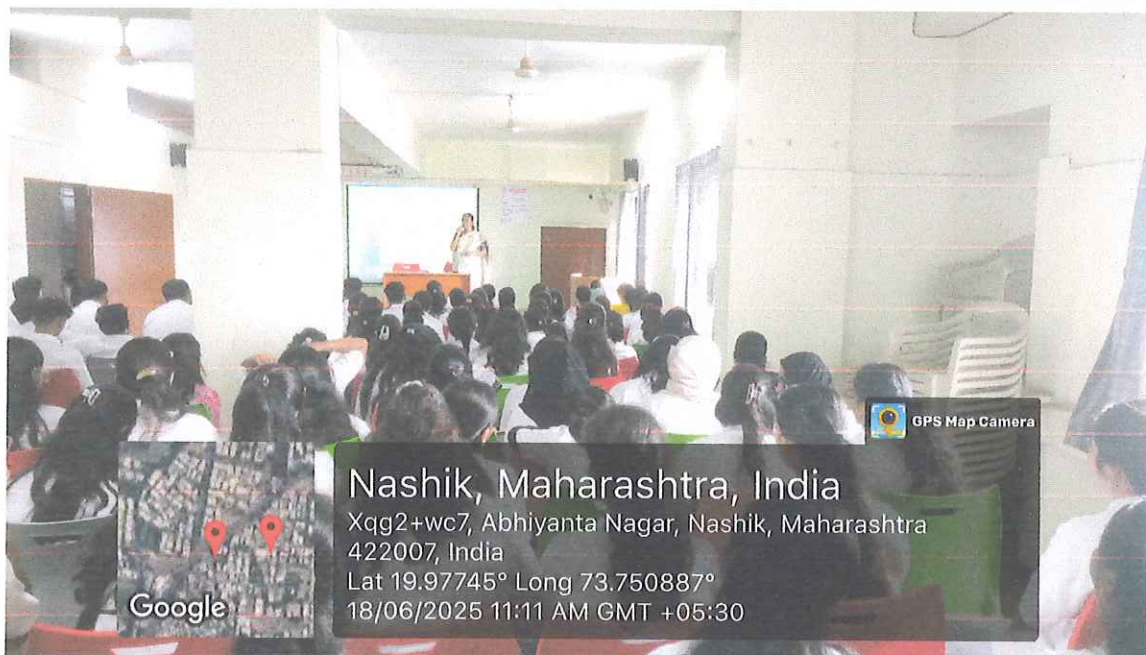

Dr. Umesh Nagarkar
Principal

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SOME GLIMPSES OF YOGA SAMAVESH 2025



SOME GLIMPSES OF YOGA SAMAVESH 2025





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STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025 BHMS - I / II / III / IV

Name of Lecturer: Dr. Shalini Shinde Subject: YOGA SAMAVESH Theory / Practical / Clinical

Date: 18/06/25 Day: Wed Time: 10am-12pm Capacity of Class: 46 Present 29 Absent: 17

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	<u>Aysha Anwar</u>	18	<u>AB</u>	35	<u>AB</u>
2	<u>AB</u>	19	<u>Achal Jain</u>	36	<u>Gurja prajapati</u>
3	<u>Roshani Banjara</u>	20	<u>Akanksha Jaiswar</u>	37	<u>Avanish Salunke</u>
4	<u>AB</u>	21	<u>Akshay Jesurkar</u>	38	<u>AB</u>
5	<u>Athanas Bhosale</u>	22	<u>Rutuja Kadus</u>	39	<u>AB</u>
6	<u>Rutuja Bhosale</u>	23	<u>AB</u>	40	<u>Rutuja Sapkal</u>
7	<u>Vaishnavi Bilwal</u>	24	<u>Anagha Kharche</u>	41	<u>AB</u>
8	<u>Tejas Borge</u>	25	<u>Komal Kollu</u>	42	<u>Pantam Shela</u>
9	<u>SRDyash Dixit</u>	26	<u>Vaishnavi Kad</u>	43	<u>AB</u>
10	<u>Prerona Dongre</u>	27	<u>AB</u>	44	<u>AB</u>
11	<u>Nikity Guikwad</u>	28	<u>AB</u>	45	<u>AB</u>
12	<u>AB</u>	29	<u>Ibrahim Mani</u>	46	<u>Rajshree Suryawanshi</u>
13	<u>Simran Gupta</u>	30	<u>AB</u>	47	
14	<u>Simran Gupta</u>	31	<u>Narsale Utkarsha</u>	48	
15	<u>Vaishnavi Katarikar</u>	32	<u>Anjali Joshi</u>	49	
16	<u>Jadhav Kamresh</u>	33	<u>Anushka Patil</u>	50	
17	<u>AB</u>	34	<u>AB</u>	51	

Name of Chapter: Yoga Samavesh Method of Teaching: Lecture & PPT.

Topic Taken: Yoga with diseases & different age group.

Assignment Given: _____

Signature of Lecturer: [Signature]

Class Teacher: [Signature]

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STUDENT ATTENDANCE SHEET

Academic Year: 2024-2025 BHMS (I) II / III / IV

Name of Lecturer: Dr. Shalaka Shirde Subject: YOGA SAMAVESH Theory / Practical / Clinical

Date: 18/6/25 Day: Wed Time: 10-12 am Capacity of Class: 52 Present 47 Absent: 05

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Devesh. Vispute	18	Suhani Khande	35	Kanees Qadri Kanees
2	Abhishek	19	Sakshi Kandi	36	Samiksha Rautole
3	Varsha Borde	20	Chaitanya Kedari	37	Tanvi Sahane
4	Rutuja Bele	21	Khan Rahila	38	Sahil Sakat Sahil
5	Kiran Bhatt	22	Avinash Khetole	39	Prachi Salve
6	Pranjana Borde	23	Gitanjali Kulkarni	40	Shenay Sawantanker
7	Absent	24	Absent	41	SHWEZA SAYVED
8	Shreeta Chavhan	25	Muktamisa	42	Riya Kashinath
9	Maiyuri Davand	26	Payal R. Padwal	43	Lina Sonawane
10	Tanishka Dhamdhe	27	Jayesh Pagari	44	Utpaksha Sureshkar
11	Varad Dhawle	28	Disha Pandey	45	TAG PERE
12	Priyanka Gophane	29	Tejaswini Paedeshi	46	Thakkar Pankaj
13	Absent	30	Aisha Pathan	47	Hazim Ansari
14	Shweta Halore	31	Mitali Patil	48	Bhagyeswari Wagh
15	Mandira Hicole	32	Neha Patil	49	Saurabh Yekar
16	Swipeasat Hicole	33	Samruddhi Patil	50	Shenay Yewale
17	Absent	34	Samiksha Rautole	51	Absent

Name of Chapter: Yoga Samavesh Method of Teaching: Lecture useful of PPT
Topic Taken: Yoga with diseases & different age group

Assignment Given: _____

Signature of Lecturer: _____

Class Teacher: _____

Principal: _____



Smt. Saroj R. Dhumane – Founder Chairman
Kalpataru Samajseva Mitra Mandal's

DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL & RESEARCH CENTRE

Accredited by NAAC with 'B' Grade

Recognised by – Govt. of Maharashtra & NCH, New Delhi & Affiliated to – MUHS, Nashik
Website: dhanvantaribhms.org E-mail: dhanvantaricollege@yahoo.com Reg. No. F-3116



Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

NOTICE

Date: 17th June 2025

Subject: Seminar on Yoga Samavesh

All attendees are informed that the Yoga Samavesh will be conducted tomorrow.

The event details are as follows:

- Event: Yoga Samavesh
- Date: 18th June 2025
- Time: 8:00 AM to 12:00 PM
- Venue: Seminar Hall,
- Participants: Students (1st to 4th BHMS) and Faculty Members
- **Guest Speaker: Dr. Shalaka Shinde**

The program will include:

1. A Special Address by Dr. Shalaka Shinde:
 - Guidance on the Use of Yoga in Managing Diseases
 - Insights on Yoga for Different Age Groups
2. Talks on the theme "Yoga for One Earth, One Health"
3. Interactive Activities

Attendance is mandatory for all students.



Dr. Umesh Nagarkar

**Principal
PRINCIPAL**

Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik



Smt. Saroj R. Dhumane – Founder Chairman
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Ref No. : DHMC/2025/ 8953

Date: 18th June 2025

APPRECIATION LETTER

To,
Dr. Shalaka Shinde

Subject: Appreciation for Your Exemplary Contribution

Dear Dr. Shinde,

On behalf of Dhanvantari Homeopathic Medical College and Hospital & Research Center, Nashik,

I extend my heartfelt appreciation for your invaluable contribution during the Yoga Samavesh conducted on 18th June 2025.

Your enlightening session on the use of yoga in managing diseases across different age groups was not only highly informative but also truly inspiring for all attendees.

Your expertise and dedication to promoting holistic health and well-being have left an indelible mark on our audience.

The clarity and depth of your insights exemplify your commitment to your profession and to advancing the understanding of the therapeutic benefits of yoga.

We are deeply grateful for the time and effort you invested in preparing and delivering such an impactful presentation.

Your contribution significantly enhanced the success of the event.

Once again, thank you for sharing your knowledge and inspiring us all.

We look forward to collaborating with you on future endeavors to promote health and wellness.

Warm regards,

Received
8/7/25



Dr. Umesh B. Nagarkar
Principal

PRINCIPAL
Dhanvantari Homoeopathic Medical
College and Hospital & Research Centre
Nashik



Smt. Saroj R. Dhumane – Founder Chairman
Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Ref No. : DHMC/2025/ 8950

Date: 17/06/2025

To,
Dr. Shalaka Shinde,
Jankashram Gole colony,
Opp Veterinary clinic above SBI ATM,
Near Ashokh Stambh,
Gangapur road,
Nashik -422005

Subject: Invitation to Yoga Samavesh on 18th June 2025 in our college.

Dear Dr. Shalaka Shinde,

We are delighted to invite you to the Yoga Samavesh organized by the Dhanvantari Homeopathic Medical College and Hospital & Research Center as part of our efforts to promote the holistic principles of health and well-being.

The event is scheduled as follows:


- Date: 18th June 2025
- Time: 10:00 AM to 12:00 PM
- Venue: Seminar Hall

The Yoga Samavesh is an initiative under the theme "Yoga for One Earth, One Health," emphasizing the significance of yoga in unifying mind, body, and spirit. Your esteemed presence and insights would be of immense value to the attendees, including all 1st to 4th-year BHMS Students, Interns, Teaching, Non-Teaching Staff, and Hospital Staff, and would greatly enhance the success of the event.

We look forward to welcoming you to this enriching session.

Warm Regards,




Dr. Umesh Nagarkar
Principal
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre
Nashik



Smt. Saroj R. Dhumane – Founder Chairman
Kalpataru Samajseva Mitra Mandal's

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Date: 19/06/2025


PROGRAM REPORT OF Yoga Bandhan 2025

TITLE OF PROGRAM	<u>Yoga Bandhan 2025</u>
OBJECTIVE OF PROGRAM	<ul style="list-style-type: none">• Yoga Bandhan aims to ensure that yoga is accessible to all, regardless of age, ability, or background.• It focuses on providing specialized yoga programs that cater to the unique needs of different groups, making yoga practices more inclusive and Beneficial for everyone.• It encourages the adoption of yoga for therapeutic and preventive healthcare purposes.
DATE OF PROGRAM	19/06/2025
VENUE	Seminar hall
ORGANISED BY	Dhanvantari Homeopathic Medical College And Hospital & Research Centre, Nashik
PROGRAM APPROVED BY Dean/ HOD	Dr. Umesh B. Nagarkar
PROGRAM IN CHARGE	Dr. Poonam Hiray H.O.D. Physiology dept.
YOGA INSTRUCTOR FEMALE	Ms. Bhairavi Mali
YOGA INSTRUCTOR MALE	Mr. Santosh N. Shewale
SUPPORTING STAFF	Dr. Sanhita Sharma And Dr. Rupesh Marda
STUDENT COUNCIL MEMBER	Mr. Omkar Savalkar & Mr. Mahesh Lande -- II BHMS
GUEST SPEAKER AND YOGA THERAPIST	Mrs Jyoti Bhatkar
ABOUT THE GUEST SPEAKER	Diploma in yoga (YCMOU), Msc biochemistry, B.ed
REPORT PREPARED BY	Dr. Sahinta Sharma
PHOTOGRAPHS /VIDEO AVAILABLE	YES

Dr. Poonam Hiray
Program Co-ordinator
(Yoga Committee Member)

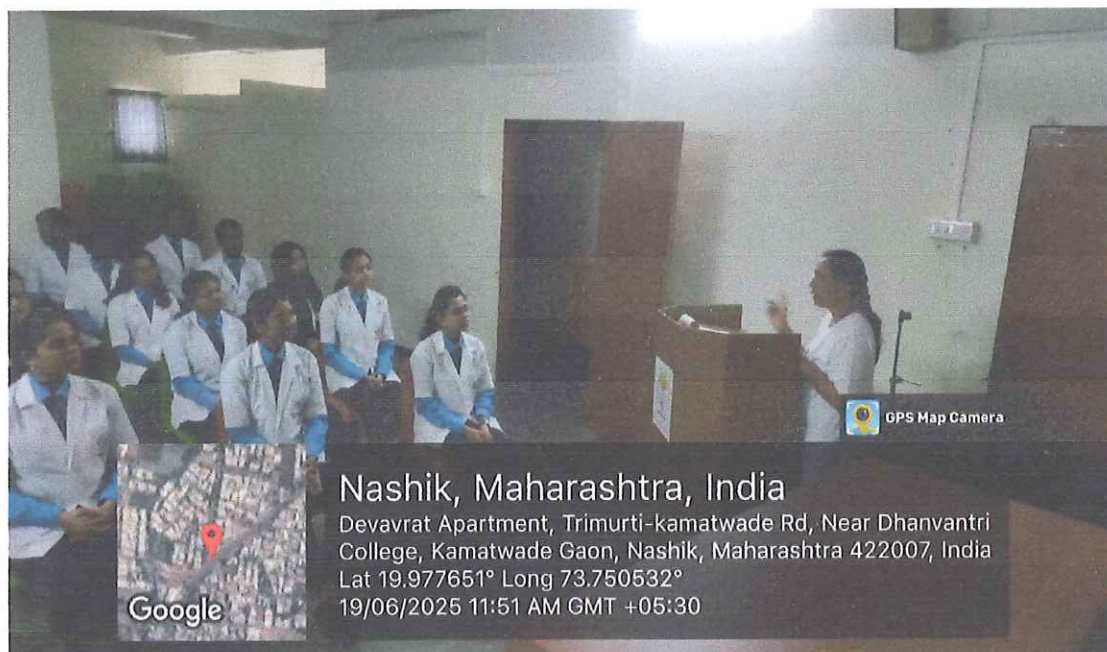
H.O.D.
Department of Physiology
Dhanvantari Homoeopathic
Medical College & Hospital, Nashik




Dr. Umesh Nagarkar
Principal

PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik

SOME GLIMPSES OF Yoga Bandhan 2025





Nashik, Maharashtra, India

Devavrat Apartment, Trimurti-kamatwade Rd, Near Dhanvantri College, Kamatwade Gaon, Nashik, Maharashtra 422007, India

Lat 19.9775° Long 73.750586°
19/06/2025 12:23 PM GMT +05:30

GPS Map Camera



Nashik, Maharashtra, India

Devavrat Apartment, Trimurti-kamatwade Rd, Near Dhanvantri College, Kamatwade Gaon, Nashik, Maharashtra 422007, India

Lat 19.977698° Long 73.750517°
19/06/25 12:12 PM GMT +05:30

GPS Map Camera







Kssmm's

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Dhanvantari Campus, Opp. Abhiyanta Nagar, Kamatwade, Cidco, Nashik - 422008. Ph. (0253) 2377103

STUDENT ATTENDANCE SHEET

Academic Year: 2025-26

BHMS - I / II / III / IV

Name of Lecturer : _____ Subject: yoga Theory / Practical / Clinical

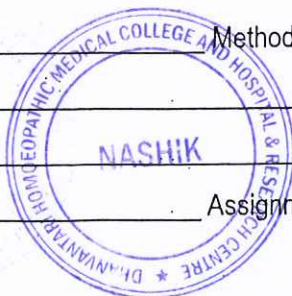
Date: 21/06/25 Day: saturday Time: 6:am to 8am Capacity of Class: 48 Present 44 Absent: 04

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Ansari safwan <u>Ansaari</u>	18	Sujal Gupta <u>Sujal</u>	35	Sanket Pokar <u>Sanket</u>
2	Sanika Bandgar <u>Sanika</u>	19	Mayuri Humbe <u>Mayuri</u>	36	Tash sanap <u>Tash</u>
3	Dnyaneshwar berad <u>Dnyaneshwar</u>	20	prajakta Jadhav <u>Prajakta</u>	37	Mikita Sangale <u>Mikita</u>
4	KOMAL BHAGWAT <u>Komal</u>	21	MANSI JAPHAV <u>Mansi</u>	38	Omllay Jankar <u>Omllay</u>
5	Aditi Bhosale <u>Aditi</u>	22	Chanchal Khade <u>Chanchal</u>	39	Kaif Shaikh <u>Kaif</u>
6	Rushikesh Bhat <u>Rushikesh</u>	23	Khan Uzma <u>Khan</u>	40	Vishal Shinde <u>Vishal</u>
7	Kalyani Borude <u>Kalyani</u>	24	Absent	41	Milam Sonawane <u>Milam</u>
8	Nepal Chandra <u>Nepal</u>	25	Harchandor Haul <u>Harchandor</u>	42	Absent
9	Siddhant Chopkar <u>Siddhant</u>	26	Sachin Labase <u>Sachin</u>	43	NIETI VARGA <u>NIETI</u>
10	Jayesh Dabhade <u>Jayesh</u>	27	Manish Lande <u>Manish</u>	44	PRANALI WADGHULE <u>PRANALI</u>
11	Poonam Deshmukh <u>Poonam</u>	28	Manjini Mandlik <u>Manjini</u>	45	Absent
12	Chetan Phansale <u>Chetan</u>	29	Milbhashir <u>Milbhashir</u>	46	Rishabh Yadav <u>Rishabh</u>
13	Absent	30	EKta Nirwan <u>EKta</u>	47	Anushka Dongar <u>Anushka</u>
14	Kalpesh Gaikwad <u>Kalpesh</u>	31	Sakshi Pagire <u>Sakshi</u>	48	Bhagyashree Gaikwad <u>Bhagyashree</u>
15	Vijaya Gavit <u>Vijaya</u>	32	Tivan Gopalk <u>Tivan</u>	49	
16	Pallavi Ghodke <u>Pallavi</u>	33	Shital Shital <u>Shital</u>	50	
17	Sadaktant <u>Sadaktant</u>	34	Umang Rames <u>Umang</u>	51	

Name of Chapter : _____ Method of Teaching : _____

Topic Taken : _____

Assignment Given : _____



Signature of Lecturer : _____

Class Teacher : _____

Principal
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Nashik



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STUDENT ATTENDANCE SHEET

Academic Year: 2025-26

BHMS - I / II / III / IV

Name of Lecturer: Yoga Bandh. Subject: _____ Theory / Practical / Clinical

Date: 19/6/25 Day: Thurs Time: 9 to 10 am Capacity of Class: 48 Present 43 Absent: 5
day.

Roll No.	Signature of Student	Roll No.	Signature of Student	Roll No.	Signature of Student
1	Anjali Sufwan	18	Sujal Gupta	35	Sanket Rokade
2	Sanika Bandgar	19	Mayuri Humbe	36	Yash Sanap
3	Dnyaneshwari	20	Prajakta Jadhav	37	Absent
4	Komal Bhagwat	21	Mansi Jadhav	38	Omkar Savai
5	Aditi Bhosale	22	Chanchal Khade	39	Karishma
6	Rushikesh Bibe	23	Arjun Khan	40	Vishal Shinde
7	Kalyani Borade	24	Absent	41	Neelam Sonawane
8	Chavhan Nepal	25	Harshada Koradkar	42	Absent
9		26	Sachin Labase	43	Neel Verma
10	Jayesh Dobhade	27	Mahesh Lande	44	Pranali Wadghule
11	Poonam Deshmukh	28	Manjiri Mandlik	45	Absent
12	Chetan Dhanwate	29	Mubashir	46	Rishabh Yadav
13	Absent	30	Eka Nimran	47	Anushka Dongar
14	Kalpesh Gadikwad	31	Sakshi Pagire	48	Bhagyashree Gadikwad
15	Vijaya Gavit	32	Patil Jivan	49	
16	Pallavi Ghodke	33	Shital Puyal	50	
17	Shalika	34	Umema Raes	51	

Name of Chapter: _____ Method of Teaching: _____

Topic Taken: _____

Assignment Given: _____

Signature of Lecturer: _____

Class Teacher: _____

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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

NOTICE

Date: 19th June 2025

Subject: Seminar on Yoga Bandhan

All attendees are informed that the Yoga Samavesh will be conducted tomorrow. The event details are as follows:

- Event: Yoga Bandhan
- Date: 19th June 2025
- Time: 8:00 AM to 12:00 PM
- Venue: Seminar Hall,
- Participants: Students (1st to 4th BHMS) and All Faculty Members
- Guest Speaker: Mrs. Jyoti Bhatkar

The program will include:

1. A Special Address by Mrs. Jyoti Bhatkar :
 - Guidance on the Use of Yoga in Managing Diseases
 - Insights on Yoga for Different Age Groups
2. Talks on the theme "Yoga for One Earth, One Health"
3. Interactive Activities

Attendance is mandatory for all students.




Dr. Umesh Nagarkar
Principal

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