



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Metric no- 8.1. 8

Yearly data of attendance of common public and patients attending common Yoga and therapeutic Yoga

Year	2018-19	2019-20	2020-21	2021-22	2022-23
Attendance for Common Yoga	154	64	214	1742	2215
Attendance for Therapeutic Yoga activities	--	194	323	16	108
Attendance for Advance Yogic practices	--	--	115	41	68

Year	2018	2019	2020	2021	2022
Attendance for Therapeutic Yoga in OPD	3180	3555	3946	3428	3265




Principal
P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



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Activities of Common Yoga

Sr. No	Date	Name of Program	Place	Arranged By	No. of Beneficiary
2018-19					
1	08/09/2018	Yoga camp for ladies staff	Pradnyanbodhini English medium School, Chikhali, Pune	Swasthavritta Dept.	10
2	20/09/2018	Yoga camp for women	Rustic Paradise, Chikhali, Pune	Swasthavritta Dept.	13
3	21/06/2019	Yoga Camp for Children	Vikas Anath Ashram	Swasthavritta Dept.	21
4	21 & 22/06/2019	Yoga Camp for Teachers and students	Pradnyanbodhini English medium School, Chikhali, Pune	Swasthavritta Dept.	110
2019-20					
5	24/11/2019	Yoga camp for General public	Mahalakshmi nagari sahakari Patasanstha Maryadit	Swasthavritta Dept.	14
6	21/06/2020	Yoga Session for school children Pradnyanbodhini English medium School, Chikhali,	Online	Swasthavritta Dept.	50
2020-21					
7	29/03/2021	Hygiene ,Diet & Yoga Awareness Programme for Children	Nachiket Balgram	Swasthavritta Dept.	25
8	31/03/2021	Yoga Session for women	Online	Swasthavritta Dept.	20
9	20/05/2021-07/06/2021	Online Yogasana competition	Online	Swasthavritta Dept.	60
10	21/06/2021	Yoga Session for Children Pradnyanbodhini School	Online	Swasthavritta Dept.	100
11	21/06/2021 to 23/06/2021	Yoga Camp for children Adhyayan School	Online	Swasthavritta Dept.	09





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2021-22					
12	15/09/2021	Diet,Hygiene &Yoga Awareness Programme & Chikki distribution programme for Children	Nachiket balgram	Swasthavritta Dept.	30
13	28/09/2021	Diet,Hygiene & Yoga Awareness Programme & Chikki distribution programme for Children	Vikas Anath Ashram	Swasthavritta Dept.	26
14	12/04/2022	Yoga,Diet & Hygiene Awareness programme	Bramhadatta Vidyalaya, Nigdi, Pune.	Swasthavritta Dept.	21
15	11/06/2022	Yoga awareness campaign	Dnyanshanti D.Y.Patil School,Rawet,Punel	Swasthavritta Dept.	60
16	16/06/2022	Yoga awareness campaign	Mhalsakant School Akurdi, Pune	Swasthavritta Dept.	1050
17	17/06/2022	Yoga awareness campaign	Dnyanshanti D.Y.Patil School,Rawet,Pune	Swasthavritta Dept.	520
18	21/06/2022	Yoga session	Bramhadatta Vidyalaya, Nigdi, Pune.	Swasthavritta Dept.	12
19	24/07/2022	Online Yoga session	Pradnyanbodhini School,Chikhali,Pune	Swasthavritta Dept.	23
2022-23					
20	22 & 23/09/2022	Yoga Awareness Programme & Yoga session	PDEAs B.R.Gholap secondary & higher secondary School, Sangavi,Pune	Swasthavritta Dept.	1060
21	04/03/2023	Yoga Awareness programme	PCMC School No.91,Chikhali,Pune	Swasthavritta Dept.	103
22	18/06/2023	Yoga Awareness programme	41 Elite, Tathavade, Pune	Swasthavritta Dept.	16
23	21/06/2023	Yoga Awareness campaign	Bramhadatta School,Nigdi,Pune	Swasthavritta Dept.	20
24	21/06/2023	Yoga Awareness campaign	D. Y. Patil Dnyanshanti school, Ravet	Swasthavritta Dept.	969
25	22/06/2023	Yoga Awareness campaign	B.R. Gholap College, Sangvi, Pune	Swasthavritta Dept.	29
26	02/07/2023	Yoga Awareness campaign	Gujar Snehavardhini, Sangvi, Pune	Swasthavritta Dept.	11



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

पु.जि.शि.मं.वे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 2237/18 दिनांक 6/9/18

Date: 06/09/2018

To

टेलर क्र. ३१.५४०२

The principal

लेखनिक

प्राचार्य

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct camp under Swasthyarakshan
programme

Respected Madam

Swasthavritta department has planned to conduct 1 day Yoga camp
for ladies staff at Pradnyanbodhini English Medium
School, Chikhli, Pune under Swasthyarakshan programme on 8th
September 2018.

Kindly give permission to conduct this camp.

Thanking you.

Your's sincerely



Dr. D.J. Manore

Permitted
MS submit details
A



Pune District Education Association's

COLLEGE OF AYURVED & RESEARCH CENTRE

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India
I.D.No. PU/PN/AYU/081/1990

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E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.org

॥ सर्वे सन्तु निरामयः ॥



Managing Trustee

President
Ajit Pawar

Vice President
Rajendra Ghadge

Hon. Secretary
Adv. Sandeep Kadam

Treasurer
Adv. Mohanrao Deshmukh

Dy. Secretary
M. Pawar

Principal
Dr. Ragini Patil

Ref. No. 1628/1919

Date :

06 SEP 2018

To
**The Principal
Pradnyanbodhini English Medium school
Sonavane Wasti,
Chikhali
Pune**

Subject : **Yoga Camp for ladies staff**

Respected madam,

Our College has adopted your area under 'Swasthyarakshan Programme' of AYUSH, Govt. of India.

We would like to arrange 1 day Yoga camp for ladies staff for promotion of health on 8th September 2018. You are kindly requested to provide suitable premises on camp day.

Thanking you.

Yours faithfully

Dr.R.R.Patil

Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Received
CHM
7/9/18

PRINCIPAL
**Prajanabodhini English Medium School
Survey No. 1517/1, Sonwane Vasti, Chikhali
Tal. Haveli, Dist. Pune - 412 114**

College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

Camp Report

Venue- Pradnyanbodhini English medium School, Chikhali, Pune

Date- 8th September 2018

Time- 9.00pm to 10.00pm

Teachers Present- Mrs. Archana Patil

Free Yoga camp was organized on 8th September 2018 for ladies staff of Pradnyanbodhini English medium School, Pune under Swasthyarakshan programme. Camp was organized to create awareness about importance of Yoga in women's health.

Total **10 ladies staff** attended Yoga Session.

POSTINGS:

Sr. No.	Consultant / Student Name	Activity	Designation
1	Archana Patil	Yoga session	Yoga Teacher
2	Surabhi Labde	Yoga demonstration	PG
3	Shraddha Hande	Yoga demonstration	PG



Dr. Mamore



Principal

Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

Yoga Camp For ladies staff.

Venue - Pradnyambodhini English Medium School, Chikhali, Pune

Date - 8th Sept. 2018.

Sr. No.	Name	Age	Sign.
1)	Sarika Tatalkar	28	<u>Sarika</u>
2)	Deepali Thokal	25	<u>D. Thokal.</u>
3)	Swati Pola	25	<u>SPola.</u>
4)	Monali Kale	29	<u>Kale M.</u>
5)	Neha Kulkarni	31	<u>Neha</u>
6)	Swati Bhujabal	39	<u>Bhujabal S.</u>
7)	Rohini Veer	27	<u>Rohini</u>
8)	Angha Kulkarni	35	<u>Angha</u>
9)	Rucha Kulkarni	32	<u>Rucha</u>
10	Anita Chaurse	38	<u>Anita.</u>

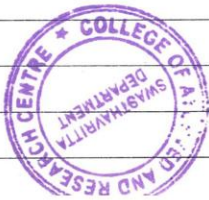
Present Teacher -

Archana Patel (Yoga Teacher) - Archana

P4 students -

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- 2) 2nd dis

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Stake



Kale
Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.



Date:18/09/2018

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct camp under Swasthyarakshan
programme

Respected Madam

Swasthavritta department has planned to conduct Yoga Camp for
Women at Rustic Paradise Society, Chikhali, Pune on 20th September
under Swasthyarakshan programme.

Kindly give permission to conduct this camp.

Thanking you.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र, निगडी, पुणे-४११०४४.
आवक क्र. 2470/1811 दिनांक 18/9/18
लेखनिक
प्राचार्य

Your's sincerely



Dr.D.J. Manore

College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

Camp Report

Venue-Rustic Paradise, Chikhali, Pune

Date- 20th September 2018

Time- 6.00am to 7.00am

Teachers Present- Mrs. Archana Patil

Free Yoga camp was organized on 15th September 2018 for women at Rustic paradise, Pune under Swasthyarakshan programme Camp to create awareness about importance of Yoga in women's health.

Total **13 women** attended Yoga Session.

POSTINGS:

Sr. No.	Consultant/Student Name	Activity	Designation
1	Archana Patil	Yoga session	Yoga Teacher
2	Samruddhi Kadam	Yoga demonstration	PG

Total **13 women** enrolled in the camp.


Dr. Manore




Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.



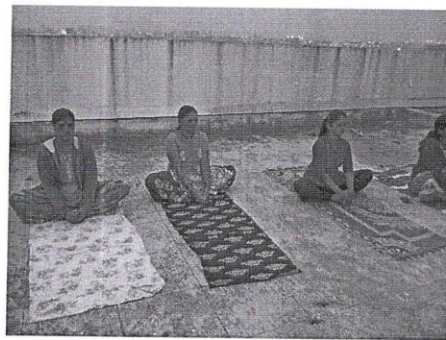
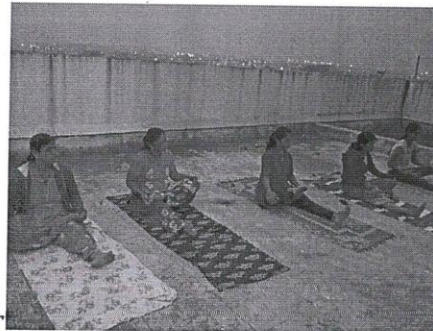
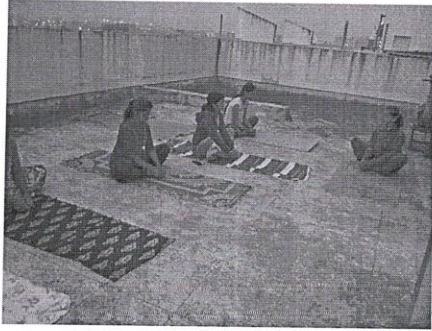
Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Department of Swasthavritta

Yoga Camp for women

Venue- Rustic Paradise, Chikhli, Pune

Date: 20th September 2018




Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



महिलांसाठी योग सत्र

ठिकाण - रश्मि पैराडिस, चिखली, पुणे.

दिनांक - 20/9/18

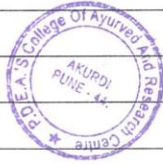
नाव	वय	सली
1) ज्योती बांगरे	27	Jyoti Bangare
2) लीना रंढाळे	50	Rahul
3) संपा सोमासे	26	Rupam
4) लक्ष्मी कांबळे	45	Lakshmi Kambale
5) योगीत कांबळे	25	Yogita
6) दिपाली जोशी	28	Dipshi
7) मंदाकीनी उवाळे	42	M. Uvale
8) वैशाली वेडे	49	V. Bende
9) मनिषा माने	30	Manisha
10) वीनाल बाघ	24	Shwagh
11) धनश्री मगडूम	24	Dhanashree
12) निलम शर्मा	28	Nilam
13) सुनिता शर्मा	43	Sunita Sharma

उपस्थित शिक्षक -

अर्चना पाटील - Archi

पदव्युत्तर विद्यार्थी -

समूहक कदम - Archi




Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आवक क्र. 7331-1920 दिनांक 15/6/19
टेबल क्र. डॉ. मनोरे

Date:15/06/2019

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct camp under Swasthyarakshan
programme

Respected Madam

Swasthavritta department has planned to conduct Yoga session for
children at Vikas Anath Ashram, Chikhali, Pune on 21st June on
account of International Yoga Day 2019 under Swasthyarakshan
programme.

Kindly give permission to conduct this camp.

Thanking you.

Your's sincerely



Dr.D.J. Manore



पुणे जिल्हा शिक्षण मंडळाचे,
आयुर्वेद महाविद्यालय व संशोधन केंद्र

सेक्टर नं. २५, प्राधिकरण निगडी, पुणे-४११०४४ (महाराष्ट्र) भारत
आय.डी.नं. पी.यु./पी.एन./आयु./०८१/१९९०

फोन : (०२०)२७६५९५७८, २७६५३९६५ फॅक्स : (०२०)२७६५९५७८

ईमेल : carc2006@rediffmail.com, carcakurdi@gmail.com वेबसाईट : www.pdeaayurvedcollege.org

॥ सर्वे सन्तु निरामयः ॥



● संस्था पदाधिकारी ●

अध्यक्ष
अजित पवार

उपाध्यक्ष
राजेंद्र घाडगे

मानद सचिव
अॅड.संदीप कदम

खजिनदार
अॅड. मोहनराव देशमुख

उपसचिव
एल. एम. पवार

प्राचार्या
डॉ. आर.आर.पाटील

जावक क्रमांक : 338/1-19-20

दिनांक 15 JUN 2019

To
The Director
Vikas Anath Ashram
Sonawane wastl
Chikhali
Pune

Subject : Yoga Session for children

Respected Sir,

Our College has adopted your area under 'Swasthyarakshan Programme' of AYUSH, Govt. of India.

We would like to conduct Yoga Session for children, on 21st June 2019 on account of International Yoga Day. You are kindly requested to provide suitable premises on camp day.

Thanking you.

Yours faithfully

Dr.R.R.Patil

Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

विकास अनाथ आश्रम करिता

प्रोप्रायटर

College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

Camp Report

Venue-Vikas Anath Ashram, Chikhali, Pune

Date- 21st June 2019

Time- 5.30pm to 6.30pm

Free Yoga camp was organized on 21st June 2019 for children of orphanage under Swasthyarakshan programme. Camp was organized on account of International Yoga day 2019.

Total 21 Children attended Yoga Session

POSTINGS:

Sr. No.	Consultant/Student Name	Activity	Designation
1	Archana Patil	Yoga session	Yoga Teacher
2	Samruddhi Kadam	Yoga demonstration	PG
3	Shraddha Hande	Yoga demonstration	PG

Handwritten notes:
Handwritten signature: *Hande*
Handwritten text: *Hande*



Handwritten signature: Dr. Manore



Handwritten signature: Principal

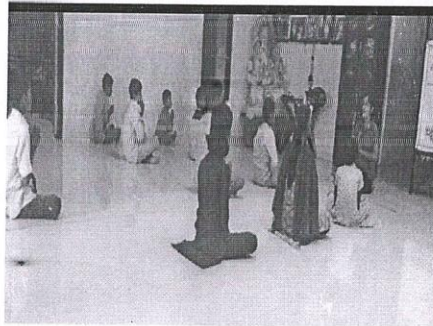
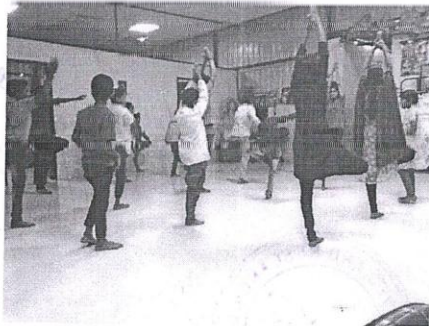
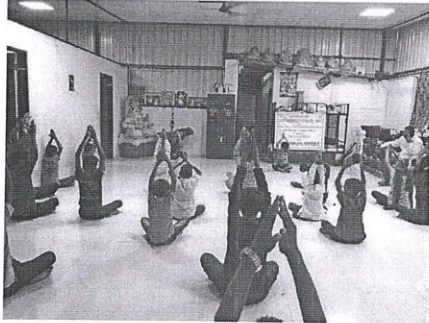
Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Event: Yoga camp

Date- 21st June 2019

Venue: Vikas Anath Ashram, Chikhali, Pune




Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Name of the Event: Yoga camp for children

Date: 21.6.2019

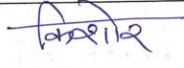
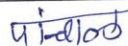
Time: 5.30pm - 6.30pm

Venue: Vikas Anant Ashram, Chikhali, Pune

Sr. No.	Name of the participant	Signature
1.	Mohan Nanovate 10 th	Mohan
2.	Jeewan Nanovate 9 th	जीवन
3.	Vaibha Saste 10 th	विभा सस्ते
4.	Rohan Nanovate 8 th	Rohan
5.	Yogesh Tair 7 th	Yogesh
6.	Abhishek Panchak 8 th	अभिशेक
7.	Niwrattee Chinchole 8 th	निवृत्ती चिंचोले
8.	Jagdish Solanki 8 th	J. Solanki
9.	Datta Padawal 10 th	D. Padawal
10.	Vikas Nanote ITI	Vikas Nanote
11.	Somanath Paula 8 th	Somanath
12.	Yashraj Engavale 4 th	Y. Engavale
13.	Vaibhav Raut 8 th	Raut
14.	Pavan Pungle 10 th	पवन पुंजले
15.	Yash Gauvale 6 th	यश



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Nigdi, Pune - 411044

Sr. No.	Name of Participant	Signature
16.	Kishor Pungle 10 th	
17.	Mohan Kawale 4 th	
18.	Vitthal Taur 6 th	
19.	Gnaneshavari Panchal 9 th	
20.	Neetha Parade 5 th	
21.	Priyanka Kawale 8 th	
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31.		
32.		




Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.



पु. जि. शि. मं. चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आवक क्र. ७३५/१९२ दिनांक १५/०६/१९
टेबल क्र. डॉ. मं. मं. रे

Date: 15/06/2019

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct camp under Swasthyarakshan
programme

Respected Madam

Swasthavritta department has planned to conduct two day Yoga
camp for students & teaching staff at Pradnyanbodhini English
Medium School, Chikhli, Pune under Swasthyarakshan programme on
21 & 22 June 2019 on account of International Yoga Day .

Kindly give permission to conduct this camp.

Thanking you.

Your's sincerely



Dr.D.J. Manore



पुणे जिल्हा शिक्षण मंडळाचे,
आयुर्वेद महाविद्यालय व संशोधन केंद्र

सेक्टर नं.२५, प्राधिकरण निगडी, पुणे-४११०४४ (महाराष्ट्र) भारत
आय.डी.नं. पी.यु./पी.एन./आयु./०८१/१९९०

फोन : (०२०)२७६५९५७८, २७६५३९६५ फॅक्स : (०२०)२७६५९५७८

ईमेल : carc2006@rediffmail.com, carcakurdi@gmail.com वेबसाइट : www.pdeaayurvedcollege.org

॥ सर्वे सन्तु निरामयः ॥



● संस्था पदाधिकारी ●

अध्यक्ष
अजित पवार

उपाध्यक्ष
राजेंद्र घाडगे

मानद सचिव
अॅड.संदीप कदम

खजिनदार
अॅड. मोहनराव देशमुख

उपसचिव
एल. एम. पवार

प्राचार्या
डॉ. आर.आर.पाटील

जावक क्रमांक : 337/1-19-20

दिनांक 15 JUN 2019

To
The Principal
Pradnyanbodhini English Medium school
Sonavane Wasti,
Chikhali
Pune

Subject : Yoga Camp for teaching staff & Students

Respected madam,

Our College has adopted your area under 'Swasthyarakshan Programme' of AYUSH, Govt. of India.

We would like to arrange 2 day Yoga camp for teaching staff & students on 21st & 22nd June 2019 on account of International Yoga Day. You are kindly requested to provide suitable premises on camp day.

Thanking you.

Yours faithfully

Dr.R.R.Patil
Dr.R.R.Patil

Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Received
Kiran
30.11.19.

Principal
Pradnyanbodhini English Medium School
Survey No. 1517/1, Sonwane Vasti, Chikhali
Tal. Haveli, Dist. Pune - 412 114
Survey No. 1517/1, Sonwane Vasti, Chikhali
Tal. Haveli, Dist. Pune - 412 114

College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

Camp Report

Venue- Pradnyanbodhini English medium School, Chikhali, Pune

Date- 21st June & 22nd June 2019

Time- 9.45am to 10.30am & 9.30 to 10.30am

Teachers Present- Mrs. Archana Patil

Free Yoga camp was organized on 21st June 2019 for students in two batches & 22nd June 2019 for teaching staff of Pradnyanbodhini English medium School, Pune under Swasthyarakshan programme. Camp was organized on account of International Yoga day 2019.

Total **100 Students & 10 Teaching staff** attended Yoga Session.

POSTINGS:

Sr. No.	Consultant/Student Name	Activity	Designation
1	Archana Patil	Yoga session	Yoga Teacher
2	Samruddhi Kadam	Yoga demonstration	PG
3	Shraddha Hande	Yoga demonstration	PG

Handwritten notes:
Handwritten signature: *Dr. M. M. M. M.*
Handwritten signature: *Dr. M. M. M. M.*

Handwritten signature: Dr. M. M. M. M.



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Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

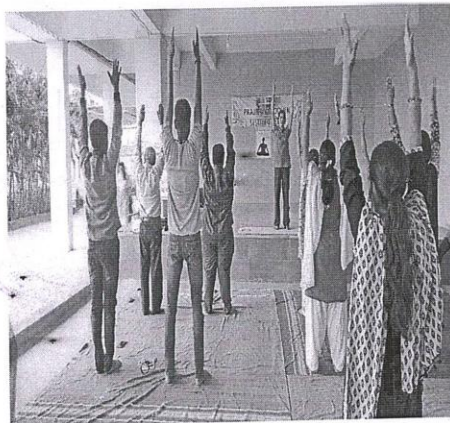
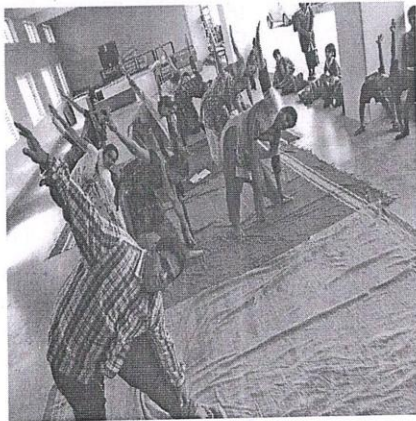
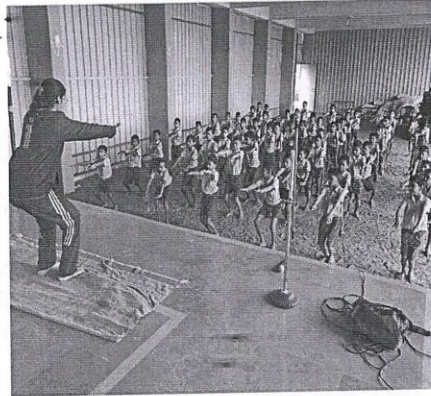
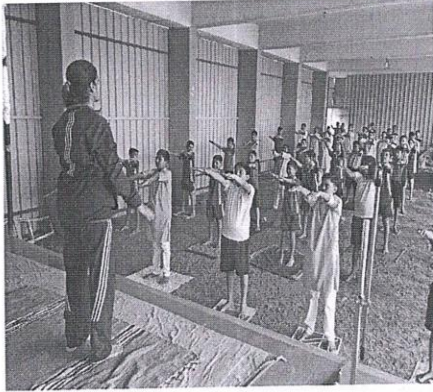


Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Event: Yoga camp

Date- 21st June & 22nd June 2019

Venue: Pradnyanbodhini English medium School, Chikhali, Pune




Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Name of the Event: Yoga camp for teachers

Date: 22.6.2019

Time: 9.30 am to 10.30 am

Venue: Pradnyambodhini English
Medium School.

Sr. No.	Name of the participant	Signature
1.	Rohit Parlikar	Rohit
2.	Deepali Thokal	Deepali.
3.	Swati Pol	Polswati
4.	Vidya Kolhe	Kolhe
5.	Rohini Veer	Rohini
6.	Anita Chaurse	Anita
7.	Anagha Kulkarni	अनाहा कुलकर्णी
8.	Neeta Shrivare	Neeta Shrivare
9.	Savita Tadhar	STadhar.
10.	Priyanka Wale	Priyanka
11.		
12.		
13.		
14.		
15.		




Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४,

आवक क्र. ५२३/१-४-२० दिनांक २३/११/१९
टिबल क्र. डी.मनोर.

Date: 23/11/2019

To

The principal


लेखनिका


प्राचार्य

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct camp under Swasthyarakshan
programme

Respected Madam

Swasthavritta department has planned to conduct general Yoga
camp at Shri Mahalakshmi Nagari Sahkari Patsanstha Maryadit, New
Sangvi, Pune on 24th November 2019 under Swasthyarakshan
programme.

Kindly give permission to conduct this camp.

Thanking you.

Your's sincerely



Dr.D.J. Manore



पुणे जिल्हा शिक्षण मंडळाचे,
आयुर्वेद महाविद्यालय व संशोधन केंद्र

सेक्टर नं. २५, प्राधिकरण निगडी, पुणे-४११०४४ (महाराष्ट्र) भारत
आय.डी.नं. पी.यु./पी.एन./आयु./०८१/१९९०

फोन : (०२०)२७६५९५७८, २७६५३९६५ फॅक्स : (०२०)२७६५९५७८

ईमेल : carc2006@rediffmail.com, carcakurdi@gmail.com वेबसाईट : www.pdeaayurvedcollege.org

॥ सर्वे सन्तु निरामयः ॥



● संस्था पदाधिकारी ●

अध्यक्ष
अजित पवार

उपाध्यक्ष
राजेंद्र घाडगे

मानद सचिव
अॅड.संदीप कदम

खजिनदार
अॅड. मोहनराव देशमुख

उपसचिव
एल. एम. पवार

प्राचार्या
डॉ. आर.आर.पाटील

जावक क्रमांक : 1723/19-20

दिनांक :

23 NOV 2019

To
The Chairman
Shri Mahalakshmi Nagari Sahakari Patsanstha Maryadit,
New Sangavi
Pune

Subject : General Yoga camp

Respected Sir,

We would like to conduct General Yoga camp on 24th November 2019. It will be beneficial for all age group. You are kindly requested to provide suitable premises on camp day.

Thanking you.

Yours faithfully

Dr.R.R.Patil
Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

Camp Report

Venue- Mahalakshmi Nagari Sahkari Patsanstha Maryadit

Date- 24th November 2019

Time- 6am to 7.45am

Free Yoga camp was organized on 24th November 2019 for general Public to create awareness among people about yoga for promotion of health.

Total **14 people** attended Yoga Session.

POSTINGS:

Sr. No.	Consultant/Student Name	Activity	Designation
1	Archana Patil	Yoga session	Yoga Teacher
2	Surbhi Labade	Yoga demonstration	PG
3	Nilesh Shinde	Yoga demonstration	PG



Dr. Manore



Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.

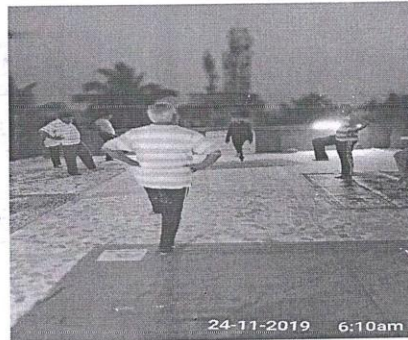
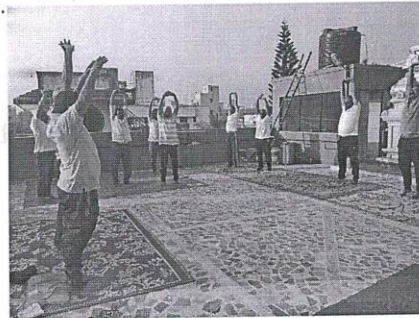
Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune – 411044

Department of Swasthavritta

Venue: Mahalakshmi Nagari Sahkari Patsanstha Maryadit

Date: 24th November 2019

Event: Yoga Camp



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Name of the Event: General Yoga Camp.

Date: 24.11.2019

Time: 6am to 7.35am

Venue: Malalakeshmi Patsametha, Sangri, Pune

Sr. No.	Name of the participant	Signature
1.	Appa Shirgave	अप्पा शिरगवे
2.	Bandopant Thoravet	BThoravet
3.	Ishavar More	J. More
4.	Sudhakar Shitole	Sshitole
5.	P. G. Bhujabal	P.G. Bhujabal
6.	M. P. Chaughule	Chaughule
7.	Ravindra Kadam	Radam
8.	Sakharam Redelkar	SRedelkar
9.	Anppa Patil	Patil
10.	Ashok Banakar	अशोक बाणकर
11.	R. J. Desai	R.J.D.
12.	Suresh Patil	Patilsuresh
13.	Ravindra Chaughule	Ranchaughule
14.	D. G. Mahajan	D.G. Mahajan
15.		



Principal
College of Ayurved & Research Centre
Akurdi, Pune - 411044.



**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

**ONLINE YOGA SESSION FOR SCHOOL CHILDREN ON OCCASION OF
INTERNATIONAL YOGA DAY 2020**

REPORT

Topic- Yoga session

Live Demonstration by - Yoga teacher Archana Patil

Date- 21st June 2020

Time- 8.30 am -9.30am

Participants- 50

Platform for Demonstration - lecture was conducted on online zoom app.

General Yoga Session was conducted online for students of Pradnyanbodhini English medium School, Chikhali, Pune on Zoom app. Importance of regular practice of Yoga was explained to them especially in COVID 19 Pandemic situation.

Students participated in session actively and also performed Asnas & Pranayam as per instructions.

Yours Sincerely


Dr. Manoj D. J.

पु. जि. रि. सं. वं
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आयक क्र. 399/270 दिनांक 21/6/2020
टिप्पणी क्र.



**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

Topic- Yoga session

Date- 21st June 2020

Time- 8.30 am -9.30am




Principal
 P.D.E.A.'S
 College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**




Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Date:27/03/2021

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Hygiene & Diet awareness lecture under Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Hygiene & Diet awareness programme for children at Nachiket Balgram, Chinchwad Pune on 29th March 2021 under Swasthyarakshan programme.

Kindly give permission to conduct this camp.

Thanking you.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र, निगडी, पुणे-४११०४४.

आवक क्र. ५३७२/८२०२१ दि. २७/३/२०२१
टिपल क्र. डॉ. मंगोर

लेखनिक

प्राचार्य

Your's sincerely



Dr.D.J. Manore



Pune District Education Association's
COLLEGE OF AYURVED & RESEARCH CENTRE

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India
I.D.No. PU/PN/AYU/081/1990

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578
E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.org

॥ सर्वे सन्तु निरामयः ॥



• Managing Trustee •

Ref. No. 1893/1A - 2021-2

Date : 27 MAR 2021

President
Ajit Pawar

To
**The Director
Nachiket Balgram
Chinchwad
Pune**

Vice President
Chandra Ghadge

Subject : Hygiene & Diet awareness programme for children

Hon. Secretary
Adv. Sandeep Kadam

Respected Sir,

We would like to conduct hygiene & Diet awareness programme for children on 29th March 2021. You are kindly requested to provide suitable premises on camp day.

Thanking you.

Treasurer
Adv. Mohanrao Deshmukh

Yours faithfully

**Dr. R.R. Patil
Principal**

P.D.E.A.S
College of Ayurved And Research Centre
Nigadi, Pune - 411 044.

Dy. Secretary
L. M. Pawar

Principal
Dr. Ragini Patil



Received
05/03/21

College of Ayurved & Research Centre, Nigdi, Pune-44

Department of Swasthavritta

To

The Principal

Subject: Programme Report

Venue: Nachiket Balgram, Chinchwad, Pune

Date: 29th March 2021

Time: 10am to 11am

Teacher: Dr. Deepli Manore & Yoga teacher Archana Patil

Hygiene & Diet awareness programme was organized on 29th March 2021 for children of orphanage under Swasthyarakshan programme on surge of COVID pandemic. Total 25 Children were present for programme.

Small act was performed under guidance of Dr. Manore. Dr. Apurva Mundargi, Dr. Kirti Jadhav, Archana Patil & Dr. D.J. Manore participated in the act for creating awareness about hand hygiene. Dr. Manore delivered lecture regarding Diet awareness. Archana Patil conducted small session of meditation for children in last.

POSTINGS:

Sr. No.	Consultant/Student Name	Activity	Designation
1	Dr. Deepali manore	Act regarding Hand Hygiene & Diet awareness lecture	Associate Professor
2	Archana Patil	Meditation session	Yoga Teacher
3	Apurva Mundargi	Act regarding Hand Hygiene	PG
4	Kirti Jadhav	Act regarding Hand Hygiene	PG

This is for your kind information

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आयक क्र. 82/2021 दिनांक 7/4/2021
लेखक ले. शि. मं.चे
प्राचार्य

Thanking You
Dr. Manore



for Manore
5/4/21 ✓



Pune District Education Association's
College of Ayurved & Research Centre

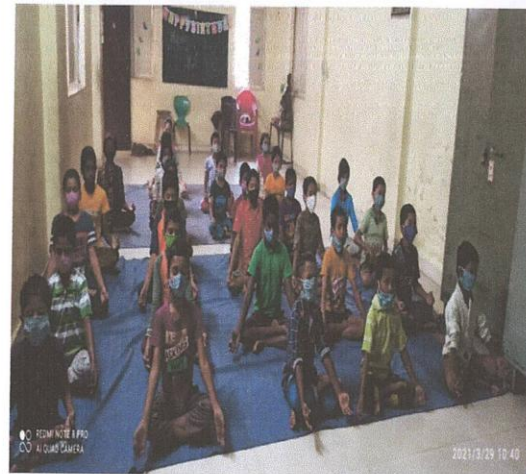
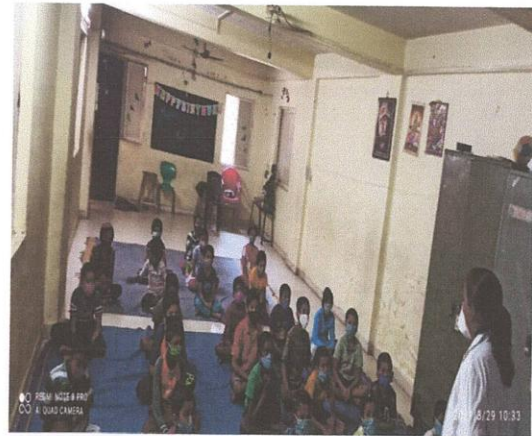
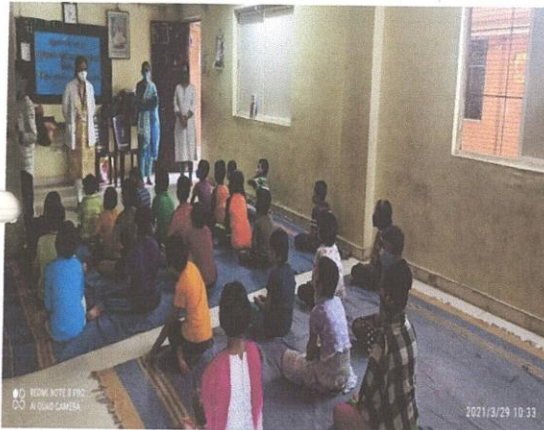


Event: Hygiene & Diet awareness programme

Date:-29th March 2021

Venue: Nachiket Balgram, Chinchwad, Pune

<https://photos.app.goo.gl/a5ZdgsDDHuNapry4A>



Principal
R.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department- Swasthavritta

NAAC Metric No.

Date:27/03/2021

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga Session for women

Respected Madam

Swasthavritta department has planned to conduct online Yoga Session for women under Swasthyarakshan programme on occasion of Poshanpandharwada on 31st March 2021.

Kindly give permission to conduct this session.

Thanking you.

पु.नि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र, निगडी, पुणे-४११०४४.

आवक क्र. ५३७५/१२०२१ क २७/३/२०२१
डॉ. म. मंगेशकर

लेखनिक

प्राचार्य

Your's sincerely



Dr.D.J. Manore

**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

Date: 01.04.2021

To
The Principal

Sub: Report of Yoga Session for women under on occasion of
Poshanpandharvada

Speaker: Archana Patil

Date: 31/03/2021

Time: 6.30am to 7.30am

Online Platform: Zoom

Link for Lecture:

Archana Patil is inviting you to a scheduled Zoom meeting.

Topic: Yoga for women

Time: Mar 31, 2021 06:30 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/9179140316?pwd=WTIydE95RjIXa296a2wvSGh0THpiUT09>

Meeting ID: 917 914 0316

Passcode: 1234

पु. जि. शि. मं. चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 81/2021 दिनांक 7/4/2021

टिपल क्र. 51. म. म. र.

लेखनिक

प्राचार्य

Online Yoga Session for women was conducted on ZOOM app on occasion of Poshanpandharvada to create awareness about Yoga in current COVID pandemic. Total 20 participants had joined online Yoga session.

Thanking You

Dr. Manore D.J.

M. M. C.
5/4/2021
✓

Principal
PDEA's College of Ayurved and Research Centre
Nigdi, Pune

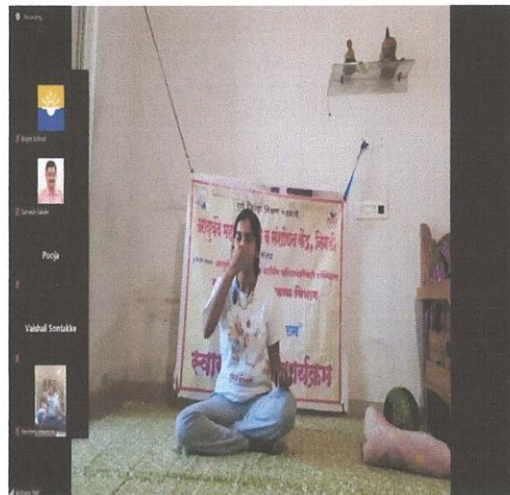
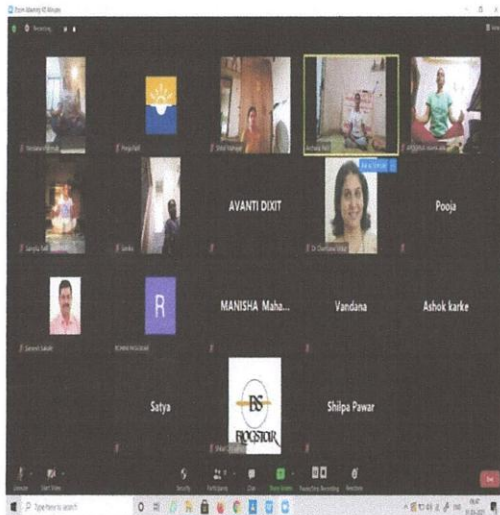
**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

Event: Yoga Session for women on Zoom

Date:31/03/2021

Time:6.30am to 7.30am

<https://photos.app.goo.gl/JA4FogTEMiBoSc4V7>




Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



**PDEA'S COLLEGE OF AYURVEDA AND RESEARCH CENTRE
DEPARTMENT OF SWASTHVRITTA**

Report of Online Yogasana Competition

Organized on the occasion of 7th International Yoga day 2021



पु. नि. शि. म. चे
आयुर्वेद महाविद्यालय
संशोधन केंद्र निगडी, पुणे-४११०४४.

जांचक क्र. 980/2021 दिनांक 23/6/21
टेबल क्र. 3/प्रति

Report of Online Yogasana competition

Online International Yogasana competition was conducted from 20th May 2021 to 7th June 2021 through Google form.

- Competition was conducted for all yoga students and yoga followers.
- A Google form was published on whats app for interested participants.
- **Google Form link for Participation-**
<https://forms.gle/Z2Z4AGsUfpFx36419>
- Total 60 yoga followers were participated from various states like Maharashtra, Karnataka and from Japan.
- Two prizes were announced for the winners with two consolation prizes. First prize of 1500 Rs and second Prize of 1000 Rs.
 - First prize Rs 1500 won by Dr Prajakta Shinde, (PG student, Tilak Ayurved Mahavidyalaya, Pune)
 - Second prize Rs 1000 won by Nakshatra Shetty (Belagaun, Karnataka.)
 - Two consolation prizes won by Mrs Alka Vilas Jadhav (Pune) and Ojaswini Soman (Karnataka)
- **Drive link of saved videos -**
<https://drive.google.com/drive/u/1/folders/12xAWAARfgWJfHvLvYMYMoEoxCEyI7OUG-B2joSvYxcc3bhJHiHFPZdZsGNT75FVRMv5WMXWT>



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
HOD sign and stamp

Dr. Anil Arke
23.6.21

Principal sign and stamp

Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Pune District Education Association's

College of Ayurved And Research Centre

Sec.no.25, Pradhikaran, Nigdi, Pune-411044.

Website:- <http://www.pdeaayurvedcollege.org> Email:- caracakurdi@gmail.com

Contact No. 020 27659578 / 27653965



Certificate

21st June 20

This is to Certify that Dr/Mr/Miss Alka Vilas Jadhav has won Consolation prize in "International Online Yogasana Competition " on the occasion of International Yoga Day - 2021.

Organized by Department of Swasthviritta & Yoga.



Dr. Arti Firke

Programme coordinator
(Dr. Arti Firke)



Dr. Ragini Patil

Principal
(Dr. Ragini Patil)

Date:- 07/06/2021

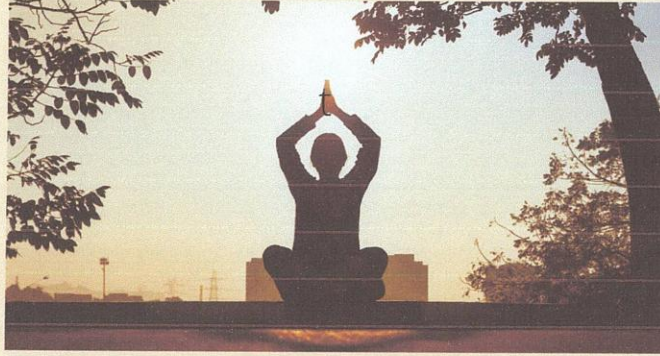


**PDEA'S COLLEGE OF AYURVED AND
RESEARCH CENTRE, NIGDI, PUNE**



Join us for Celebrating International Day of Yoga 2021

Online Yogasan Competition



Do you practice yoga at home regularly?

Here is chance for you to shine and win prize in yogasan competition and inspire others to practice yoga at home.

Open to all Yoga Enthusiastic students.

****Winners will get attractive prizes with Certificate****

First Prize- 1500 Rs

Second Prize-1000 Rs

- You have to make a video of any 2 yogasanas in max. 1 min ,
- Rename the video properly with your full name and upload your video on Registration google form.
- Registration link- <https://forms.gle/f4mCPtW67WaVpEoy7>
- Video should be in suitable Yoga dress, in authentic Positions ,Without any explanation.
- Last date of submission- 30/05/2021
- For query - 9881650526, 9145738185



DEPARTMENT OF SWASTHAVRITTA

International Online Yoga and Competition - 2021

Timestamp	Email Address	Full name of the participant	Contact no	Name of institution	City and State	Upload video here
5/15/2021 5:45:23	maheshnair24@gmail.com	Mahesh Nair	897564423	Surangabad		https://drive.google.com/open?id=1W0Wp-qhGqGAYwMz4Z1Znc8cncT8RT
5/15/2021 7:27:36	santosh.kharam123@gmail.com	SANTOSH MAHADEV K	9899309530	S.K. pro's fitness	Juruba, maharashtra	https://drive.google.com/open?id=1E1_mscud8xYD6T1X1UJHF_1HpF6EPG
5/16/2021 12:43:23	vijaykumarbanjore1310@gmail.com	Vijaykumar rohtidas bajaj	9970570568	Yog Veda dam shrimadganga Mahashira		https://drive.google.com/open?id=1S0x1Tmz1Xo7X0D4C1A0YDjba4W2
5/16/2021 11:09:53	shyngawar0651@gmail.com	Shyam sharmaoj Gaur	9552000697	A school of learning chimes -linganhat		https://drive.google.com/open?id=1U1UzG1uRfRUJLY_9p2CsSscQaUNOXN
5/19/2021 10:26:23	vedantbooks@gmail.com	Shivaji S. Gnodie	9222330426	Yoga Sanskriti Classes	Pune, Maharashtra	https://drive.google.com/open?id=1A2p3QD7mzWuLX4chiv446EST7G9g
5/19/2021 11:01:13	susanita.yoga123@gmail.com	SUSANTA DAS	9123632615	RAI YOGA CENTRE	EOLKATA, WEST BEN	https://drive.google.com/open?id=1KP2OKf6C1uLd-Qv1nHnTUD0RAN7B52
5/19/2021 11:10:48	susanita.yoga@gmail.com	RAI DAS	9123632615	RAI YOGA CENTRE	EOLKATA, WEST BEN	https://drive.google.com/open?id=1KP2OKf6C1uLd-Qv1nHnTUD0RAN7B52
5/19/2021 19:37:07	tawara_rju@yahoo.co.in	Rugved Raju Tawara	9730833069	Shangred spring date school	-OL-KATA, WEST BEN	https://drive.google.com/open?id=17UuNNLEFBEePANNeeJ055OV0P0tQORXKu
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5/20/2021 14:44:36	tejasshalikavhar@gmail.com	Tejas Shalikavhar	726282134	University of Patanjali Yuga	Pune, Maharashtra	https://drive.google.com/open?id=165-5QomQ39FYZwz8EFN26ZP6DEFA
5/22/2021 21:16:30	bhagyashree2482@gmail.com	Bhagyashree Bharatkumar	9271580660	Gurukul Yoga Academy	Pune, Maharashtra	https://drive.google.com/open?id=1Vd1BYTCoDpQ9gTck18hbnSD_7JKH
5/23/2021 13:11:14	saabha.pendey@gmail.com	Shruti Saurabh Peninje	8879383444	Yogved Sudhana, Namal	Pune, Maharashtra	https://drive.google.com/open?id=1nYUJFEWmW0JzF-dk8L1QK9N292u1
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5/24/2021 10:02:00	aanika369@gmail.com	ANTIKA ROY	7439335056	RAI YOGA CENTER	Pune, Maharashtra	https://drive.google.com/open?id=1nYUJFEWmW0JzF-dk8L1QK9N292u1
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5/28/2021 10:10:27	sutarsajit7@gmail.com	Sutaj Anil Sutar	782954082	SNYG class	Pune, Maharashtra	https://drive.google.com/open?id=1nYUJFEWmW0JzF-dk8L1QK9N292u1
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5/29/2021 20:19:02	prapdihawale54@gmail.com	Dr. Pranita Pradip Ramtel	782954082	SNYG class	Pune, Maharashtra	https://drive.google.com/open?id=1nYUJFEWmW0JzF-dk8L1QK9N292u1
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5/30/2021 18:49:25	alka.jadhav60@gmail.com	Alka Vitas Jadhav	782954082	SNYG class	Pune, Maharashtra	https://drive.google.com/open?id=1nYUJFEWmW0JzF-dk8L1QK9N292u1
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Date:20/06/2021

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga Session for children

Respected Madam

Swasthavritta department has planned to conduct online Yoga Session for children under Swasthyarakshan programme on occasion of International Yoga day on 21st June2021 at Pradnyanbodhini English medium School.

Kindly give permission to conduct this session.

Thanking you.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 938/1/2021 दिनांक 19/6/2021
टेबल क्र. डॉ. मनोरे


लेखनिक


प्राचार्य

Your's sincerely



Dr.D.J. Manore



Pune District Education Association's

COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.edu.in

॥ सर्वे सन्तु निरामयः ॥



• Managing Trustee •

Ref. No. 433/12021-22

Date :

President
Ajit Pawar

To
Principal
Pradnyanbodhini English medium School
Pune

Vice President
Rajendra Ghadge

Subject: Yoga Session for children on occasion of International Yoga day2021

Respected Madam,

Hon. Secretary
Adv. Sandeep Kadam
Senate Member
Savitribai Phule Pune University, Pune

We would like to conduct Yoga session on occasion of International Yoga day 2021 for children on 21st June 2021 from 7am to 8am. You are kindly requested to give permission for the same.

Thanking you.

Treasurer
dv. Mohanrao Deshmukh

Yours faithfully

Dy. Secretary
M. Pawar

Yes, Agreed

(Signature)
PRINCIPAL

Prajnanabodhini English Medium School
Survey No. 1517/1, Sonwane Vasti, Chikhali,
Tal. Haveli, Dist. Pune - 412114

Dr. R.R. Patil
Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Principal
Dr. Ragini Patil

PDEA'S
COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran Nigdi Pune 44

Post event summary report

Date-23.06.2021

Name of the event- Yoga Session for Children

Date of the event- 21.06.2021

Time-7am to 8am

Organising department- Swasthavritta

Location of the event- Pradnyanbodhini School

Number of students attending the event- 100

Mode of event- Online

Link of online event-

Neeta Shivtare is inviting you to a scheduled Zoom meeting.

Topic: **International Yoga day**

Time: Jun 21, 2021

Monday

Time- 07:00 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/77204831751?pwd=SiszQUFFQW9DcG54TGdSWE43UytxQT09>

Meeting ID: 772 0483 1751

Passcode: m0Wa7F

Drive Link for Photos-<https://photos.app.goo.gl/EQkHUB34MU5fYWr2A>

Brief summary of the event-

Online Yoga Session for students of Pradnyanbodhini was conducted on ZOOM app on occasion of International Yoga Day 2021. Total 100 School children had joined online Yoga session.

Thanking You

A. D. J. Mamore



PDEA'S
COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran Nigdi Pune 44

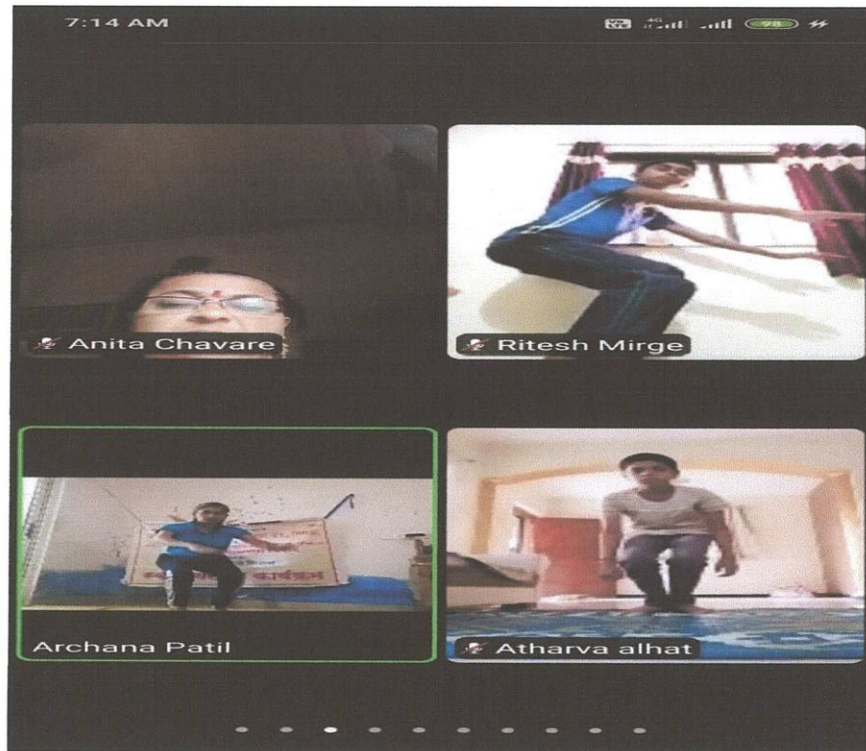
Photos of the Event

Event: Yoga Session for school Children on Zoom

Date: 21/06/2021

Time: 7am to 8am

<https://photos.app.goo.gl/EQkHUB34MU5fYWr2A>




Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Date:20/06/2021

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga Session for children

Respected Madam

Swasthavritta department has planned to conduct online Yoga camp for children under Swasthyarakshan programme on occasion of International Yoga day 2021 from 21st June 2021 to 23rd June 2021 at Adhyayan English medium School, Chikhali, Pune.

Kindly give permission to conduct this session.

Thanking you.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आयक क्र १३२/१२००१ दिनांक १९/०६/२०२१
टेबल क्र. ३१.००१२


लेखनिक


प्राचार्य

Your's sincerely


Dr.D.J. Manore



Pune District Education Association's

COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

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॥ सर्वे सन्तु निरामयः ॥



• Managing Trustee •

President
Ajit Pawar

Vice President
Rajendra Ghadge

Hon. Secretary
Adv. Sandeep Kadam
Executive Member
Savitribai Phule Pune University, Pune

Treasurer
Dr. Mohanrao Deshmukh

Dy. Secretary
M. Pawar

Principal
Dr. Ragini Patil

Ref. No. **434/1-2021-22**

Date : **19/6/2021**

To
**Principal
Adhyayan Preschool
Chikhali, Pune**

Subject: Yoga Session for children on occasion of International Yoga day 2021

Respected Madam,

We would like to conduct Yoga session on occasion of International Yoga day 2021 for children from 21st June 2021 to 23rd June 2021 from 10.15am to 11am. You are kindly requested to give permission for the same.

Thanking you.

Yours faithfully

Dr. R. R. Patil

Principal
P.D.E.A.'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Adhyayan Pre. School, Chikhali

mak

Principal

**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

Date: 25.06.2021

To
The Principal

Sub: Report of Yoga Camp for children on occasion of International Yoga Day under Swasthyarakshan Programme

Name of Event: Yoga Camp for children

Date of Event : 21/06/2021 to 23/06/2021

Organising department- Swasthavritta

Number of children attending the event- 9

Location of Event : Adhyayan School

Mode of Event: Online

Teacher: Archana Patil

Time: 10.15am to 11am

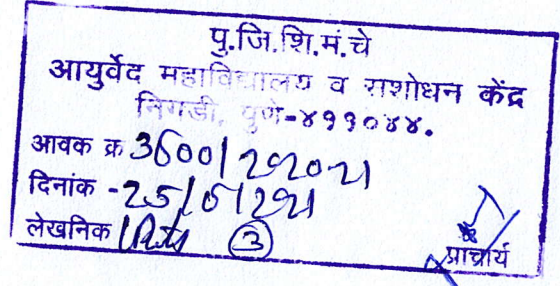
Link for Lecture:

<https://us05web.zoom.us/j/83607976537?pwd=SnRzRUVhcXBTajV4WWVwVjc2c1dFQT09>

21 June 2021 - 23 June 2021 link time

10 :15 - 11:00 am .

Link of Photos: <https://photos.app.goo.gl/276qumCbdHD6sPo87>



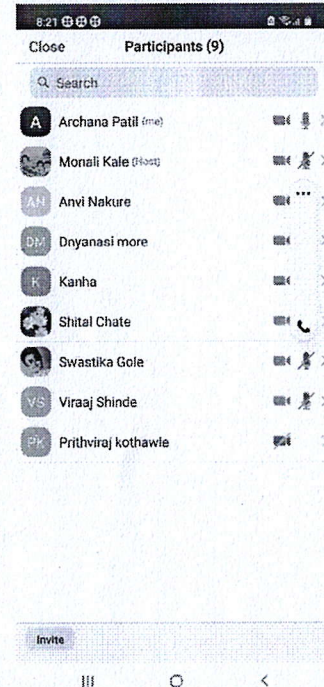
Online Yoga Camp for children on occasion of International Yoga Day was conducted on ZOOM app for three days. In current COVID19 pandemic small children are also suffering from COVID. So Asana & Pranayam were taught to children useful in this situation. Total 9 participants had joined online Yoga session.

Thanking You

Dr. D. J. Manore

PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA

Event: Yoga Session for children on Zoom
Date: 21/06/2021 to 23/06/2021
Time: 10.15am to 11am



Principal
PDEA'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Date:14/09/2021

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.
आयक क्र. 24/2124 दिनांक 14/9/21
टबल क्र. डॉ. मं.रे

Sub: Permission to conduct Hygiene & Diet awareness lecture under
Swasthyarakshan programme on occasion of "Poshan Mah"
September 2021

Respected Madam

Swasthavritta department has planned to conduct Hygiene & Diet
awareness programme for children at Nachiket Balgram, Chinchwad
Pune on 15th September 2021 under Swasthyarakshan programme
on occasion of "Poshan Mah" September 2021

Kindly give permission to conduct this camp.

Thanking you.

Your's sincerely



Dr.D.J. Manore



COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

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॥ सर्वे सन्तु निरामयः ॥



Managing Trustee

President
Ajit Pawar

Vice President
Rajendra Ghadge

Hon. Secretary
Adv. Sandeep Kadam
Senate Member
Savitribai Phule Pune University, Pune

Treasurer
Dr. Mohanrao Deshmukh

Dy. Secretary
M. Pawar

Principal
Dr. Ragini Patil

Ref. No. **1455/2021-22**

Date : **15 SEP 2021**

To
The Director
Nachiket Balgram
Chinchwad
Pune

Subject : **Hygiene & Diet awareness programme for children**

Respected Sir,

We would like to conduct hygiene & Diet awareness programme for children on 15th September 2021 on occasion of "Poshan Mah". We will also distribute nutritious Chikki to children. You are kindly requested to provide suitable Date & Time for the same.

Thanking you.



(Nachiket Balgram)

15/09/2021

Yours faithfully

Dr.R.R.Patil
Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre



Department of Swasthavritta

Name of the event- Diet & hygiene awareness Programme & Chikki distribution programme on occasion of Poshan Mah 2021

Date of the event- 15th September 2021

Time- 11 am to 12pm

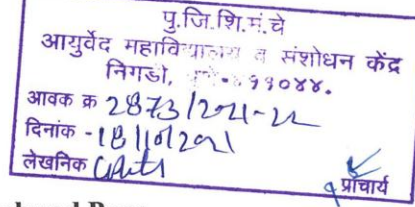
Organising department- Swasthavritta

Location of the event- Nachiket Balgram, Chinchwad, Pune

Number of children attending the event- 30

Mode of event- Offline

Drive Link for Photos: <https://photos.app.goo.gl/vNLVBShmrCwFV9xv8>



Brief summary of the event:

Hygiene & Diet awareness programme was organized on 15th September, 2021 for children of orphanage under Swasthyarakshan programme on occasion of Nutrition Month. Total 30 Children were present for programme.

Dr. Manore delivered lecture regarding Diet & hygiene awareness. Dr. Shruti Shinde conducted Gayatri Mantra session. Dr. Dhanshree Tryambke conducted Omkar chanting session. At the end Chikki was distributed to all students

POSTINGS:

Sr. No.	Student Name	Group	Academic Year
1	Dr. Deepali manore	Hand Hygiene & Diet awareness lecture	Associate Professor
3	Shruti Shinde	Gayatri mantra Chanting	PG student
4	Dhanshree Tryambke	Omkar Chanting	PG student

Your Sincerely

Dr. Manore D. J.

Name of the Department- Swasthavritta

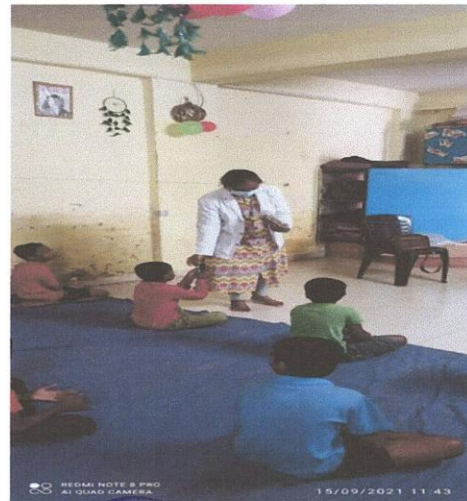
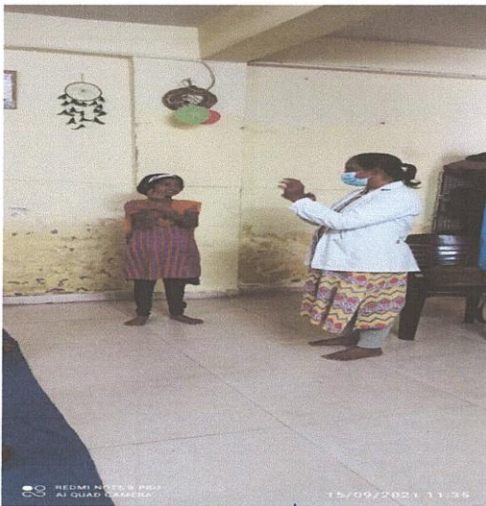
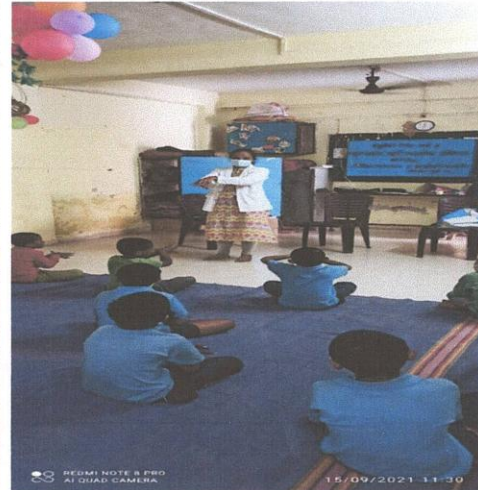
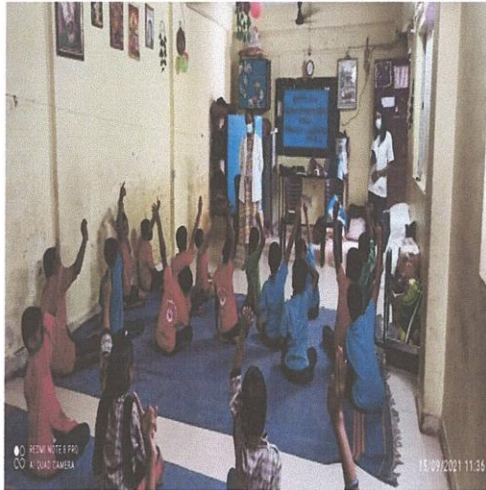
NAAC Metric No. 8.1.8



Pune District Education Association's
College of Ayurved & Research Centre



Event: Diet & hygiene awareness program & Chikki distribution of program
Date:-15th September 2021
Venue: Nachiket Balgram,Chinchwad,Pune



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Name of the Department- Swasthavritta

NAAC Metric No. 8.1.8



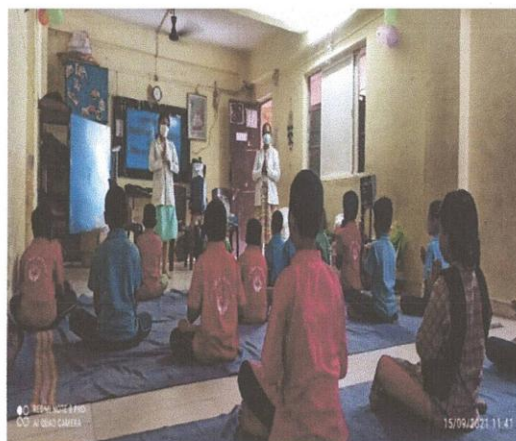
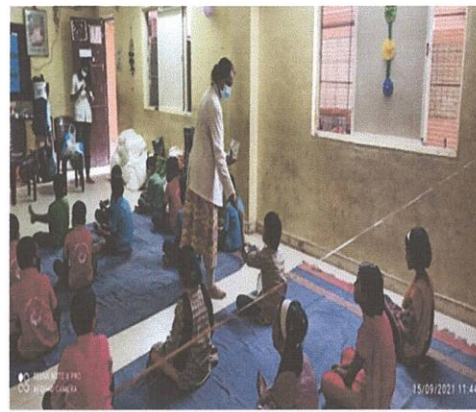
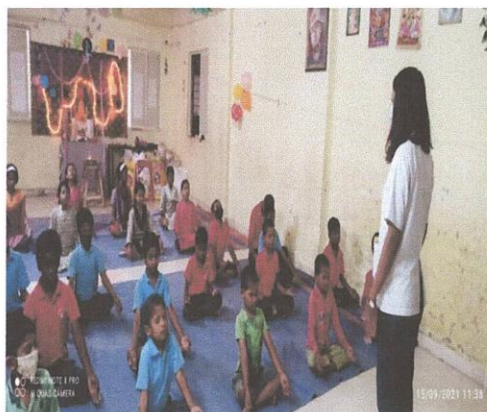
Pune District Education Association's
College of Ayurved & Research Centre



Event: Diet & hygiene awareness program & Chikki distribution of program

Date:-15th September 2021

Venue: Nachiket Balgram, Chinchwad, Pune



Nat
Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department- Swasthavritta

NAAC Metric No. 8.1.8



Pune District Education Association's
COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.edu.in

॥ सर्वे सन्तु निरामयः ॥



Managing Trustee

Ref. No. 1502/2021-22

Date :

128 SEP 2021

President
Ajit Pawar

To
The Director
Vikas Anath Ashram
Chikhali, Pune,

Vice President
Rajendra Ghadge

Subject : About getting permission for "Chikki Vatap"

Hon. Secretary
Adv. Sandeep Kadam
Senate Member
Savitribai Phule Pune University, Pune

Respected Sir,

We would like to distribute Chikki for Children on the occasion of "Poshan Mah" on today 28/09/2021. We will also give education about hygiene and good habits for healthy lifestyle for kids. We kindly request you provide permission for the same.

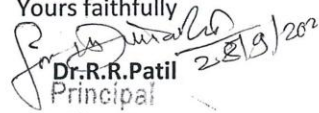
Thanking you.

Treasurer
Adv. Mohanrao Deshmukh

Dy. Secretary
L. M. Pawar

Principal
Dr. Ragini Patil

Yours faithfully


Dr. R.R. Patil
Principal

P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

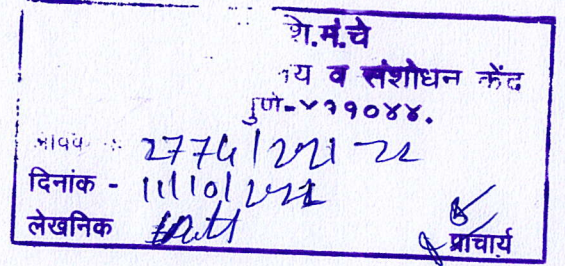
PDEA'S
COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran Nigdi Pune 44

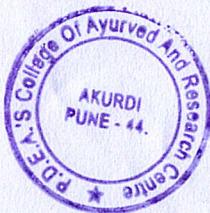
Post event summary report

Date - 28/ 09/ 2021

**Chikki Vatap programme on the occasion of Celebration of Poshan
Maha 21**



- **Date of the event-** 28/09/2021
- **Organising department –**
Swasthavritta Evam Yoga Department
- **Location of the event-**
Vikas Anath Ashram, Sonavane vasti , Chikhali , Pune
- **Number of persons conducting the event- Teacher-** Dr Manjusha Potdar,
Yoga teacher - Mrs Archana Patil
Pg Students- Dr Smita Makasare,
Dr Radhika Kharad
- **Participats of Anath Ashram-** 26
- **Link for PhotosAlbum-**
<https://photos.app.goo.gl/RbXchzktTAC6pQaZ8>
- **The guardian of the children** Mr Mauli Harkal
- **Brief summary of the event-**
 - Dr Potdar gave talk on personal hygiene and good habits for healthy lifestyle,
 - Mrs Archana Patil explained Asanas , Pranayam
 - Dr Radhika and Dr Smita explained Omkar Chanting and all children performed Anulom-Vilom, Omkar and some asanas.
 - Chikki packets were distributed to all children.



Photos of the Event



[Signature]
Principal
P.D.E.A'S
College of Ayurved And Research Centre
Mindi, Pune - 411 044.



Principal
R.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune 411 044

Date:06/04/2022

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Hygiene & diet awareness programme under Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Hygiene & diet awareness programme for children at Shree Bramhadatta Vidyalaya, Nigdi, Pune on 12th April 2022 under Swasthyarakshan programme.

Kindly give permission to conduct this camp.

Thanking you.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११००४
आवक क्र. 108/2022-23
दिनांक - 9/4/2022
लेखनिक <i>Art</i>
प्राचार्य

Art
Yours's sincerely *Dr. S*
Dr. Firke *Dr. Manore*

neef
✓



Pune District Education Association's

COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

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Ajit Pawar

Vice President
Rajendra Ghadge

Hon. Secretary
Adv. Sandeep Kadam
Senate Member
Savitribai Phule Pune University, Pune

Treasurer
lv. Mohanrao Deshmukh

Dy. Secretary
M. Pawar

Principal
Dr. Ragini Patil

Ref. No. 44/222-23

Date : 09 APR 2022

To
The Director
Shree Bramhadatta Vidyalaya
Nigdi,
Pune

Subject : Hygiene & Diet awareness programme for children

Respected Sir,

We would like to conduct hygiene & Diet awareness programme for children on 12th April 2022 under Swasthyarakshan programme. We will also distribute nutritious Chikki to children. You are kindly requested to provide suitable Date & Time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil

Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

12/4/2022
प्र. मुख्याध्यापक
ब्रम्हदत्त विद्यालय
मानसिक दिव्यांग मुला-मुलींचे
निगडी, पुणे - ४११०४४.



Pune District Education Association's
College of Ayurved & Research Centre



Date 26/04/2022

Post event summary report

- Name of the Event: Yoga, Diet & Hygiene Awareness programme
- Date of Camp: 12 April 2022
- Organising Department: Department of Swasthavritta
- Location of the event: Bramhadatta Vidyalaya, Nigdi, Pune.
- Timing: 11 am-12.30pm
- Number of participants attending the event:

No of Participants- 21 students & 4 teachers

PG students - 04

Teacher – Dr Deepali Manore

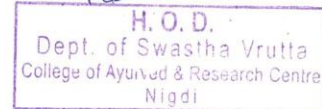
Yoga teacher: Archana Patil

- Google Link for Photos: <https://photos.app.goo.gl/MgPxUb87dmQ2G7mT7>

Summary of the event:

Swasthavritta Department has conducted Yoga, Diet & Hygiene Awareness programme on the occasion of international Yoga Day 2022 at Shree Bramhadatta Vidyalaya, Nigdi, Pune for mentally retarded children. Principal Mr. Ravindra Joshi welcomed our team. Dr. Manore told students about International Yoga Day & its importance. Also educated them regarding nutritious food & hygiene in prevention of disease. Mrs. Archana Patil took some basic exercises & omkar, meditation session for students.

Nutritious Gud shengadana chikki has been distributed to all children.



Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4, 7.1.10, 8.1.8

Handwritten signature



Pune District Education Association's
College of Ayurved & Research Centre



Topic- Yoga, Diet & Hygiene Awareness programme
Venue- Bramhadatta Vidyalaya, Nigdi, Pune.
Date- 12 April 2022
Time- 11 am-12.30pm



Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4,7.1.10,8.1.8

ब्रह्मदत्त विद्यालय
मानसिक दिव्यांग मुला-मुली साठी
२०२१-२२

महिना : एप्रिल २०२२

दिनांक : १२/०५/२०२२

अ.क्र	विद्यार्थी नाव	गट	Temperature	Oxi Metre
✓ १	अयेशाबी काझाम शेख	प्री-व्होकेशनल		
✗ २	अकुर कल्पेश खंडागळे			
✓ ३	आनंद चंद्रकांत सार्वत			
✓ ४	जयदीप भावनीसिंग राठोड			
✓ ५	निशिता राजेश गंग			
✓ ६	शिवानंद चंद्र मणीकरी			
✓ ७	ज्योती जीवन कांबळे			
✓ ८	योगेश हनमंत होंडे			
✓ ९	कुणाल हरेंद्र मोय			
✓ १०	वरद विठल साळुखे			
✓ ११	वेदांत मनोज पांचाळ	सेकंडरी		
✓ १२	पावन सचिन पाटील			
✓ १३	मकरंद मचिन्द्र देऊळकर			
✓ १४	ऋषिका प्रकाश शिंदे			
✓ १५	वैष्णवी संतोष कुंभार			
✓ १६	असेका तानाजी हमीलपुरे			
✓ १७	दुष्यंत लहू जांगळे			
✓ १८	अरमान उमराव शेख			
✓ १९	मधुरा गजानन पावले			
✓ २०	हर्ष संतोष लवंड			
✓ २१	प्रेम देवानंद भालेराव	प्रायमरी		
✓ २२	गौरव गंगाधर मोकाशे			
✓ २३	बालाजी सिद्राम मेहेत्रे			
✓ २४	शुभम सुरेश मोरे			
✓ २५	लावण्या प्रशांत पाटील			
✓ २६	निकिता संजय धस			
✓ २७	खुशी सतीश बोळगावे			
✓ २८	शुभांगी विलास गायकवाड			
✓ २९	सुरज सतीश खेरे			
✓ ३०	स्वास्ति प्रवीण फडतरे			
✓ ३१	आदेशा सलीम शेख	प्री-प्रायमरी		
✓ ३२	शिवराज मल्लिनाथ जेटगी			
✓ ३३	रुद्र आम्रकाश कांबळे			
✓ ३४	आदित्य सचिन मोरे			
✓ ३५	आदित्य गणेश राजपूत			
✓ ३६	वंश भारत असवले			
✓ ३७	अली चांदसाब सय्यद			
✓ ३८	युवराज यशवंत कदम			
✓ ३९	विराज विशाल भराटे			
✓ ४०	आर्यन परशुराम शिंदे			

पृष्ठ २ विद्यार्थी



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

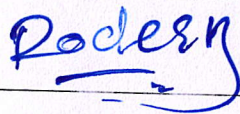
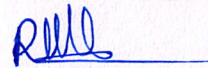
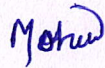
DEPARTMENT OF SWASTHAVRITTA

Diet & Hygiene Awareness Programme

Date: 12-4-2022

Time: 11am

Venue: Bramhadatta Vidyalyaya

Sr. No.	Name of the Student	Signature
1.	Dr. Ganesh Roche	
2.	Dr. Radha Katti	
3.	Dr. Vaishnavi Shende	
4.	Dr. Mohini Kulkarni	
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11.		
12.		




Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre



Post event summary report

Date- 13/06/2022

Yoga Awareness Campaign in D.Y. Patil Dnyanshanti School Ravet on the occasion of international yoga day 2022.

Date – 11 June 2022

Time-9:30 am to 11 am

Organising department-

Department of Swasthavritta

PDEA's College of Ayurved and research centre Nigdi,

Organizing team- Dr Manjusha Potdar,

Yoga Teacher Vaishali Nimbalkar

PG students - Dr Mohini Kulkarni

Dr Minakshi Nagapure

Dr Vaishnavi Shinde

Location of the event- D.Y. Patil Dnyanshanti School, Ravet

Number of persons attending the event- Teaching staff- Group 1 = 24,

Group 2 = 15

Non-teaching staff = 21

Mode of event- Offline in auditorium and dance room of the school

Link for Photos-

https://photos.google.com/u/1/album/AF1QipNhgrv897Xr0l_29mMLcXcto

J-UAawtX4a8Is8R

Summary of the event-

Yoga awareness campaign was conducted in D Y Patil Dnyanshanti school Ravet on 11 June on the occasion of international yoga day. All yoga team reached the school around 8:30 am and all teachers were also reached school around same time in comfortable dresses. Programme started at 8 :45 am with omkar and Lord Dhanvantari vandana followed by welcome speech by Dr Mohini Kulkarni, then a speech on introduction of yoga and its need in life was given by Dr Manjusha Potdar. After that all teachers and non-teaching staff were divided into 3 groups, then two sessions of yoga for teachers were

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निगडी, पुणे-४११०४४.
आवक क्र. 1014/2022-23
दिनांक - 14/06/2022
लेखनिक *[Signature]* *[Stamp]* प्राचार्य *[Signature]*

Name of the Department – Swasthavritta

NAAC Metric No.- 7.1.10.8.1.8, 3.4.4

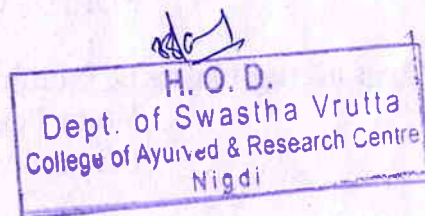


Pune District Education Association's

College of Ayurved & Research Centre



conducted in different halls. After that one session of non-teaching staff was also conducted. Yoga teacher Vaishali Nimbalkar and Dr Mohini Kulkarni worked as yoga instructor, Dr Vaishnavi and Dr Minakshi worked as yoga demonstrator on stage, Programme was ended with questions and answers session. Dr Potdar answered the queries of teachers and nonteaching staff and guided them on their health issues and solutions by yoga. All participants were happy with the programme. Feedback was taken, written by nonteaching staff and on google form by teachers.




Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's
College of Ayurved & Research Centre



Photos of the Event



Principal
P.D.E.A'S

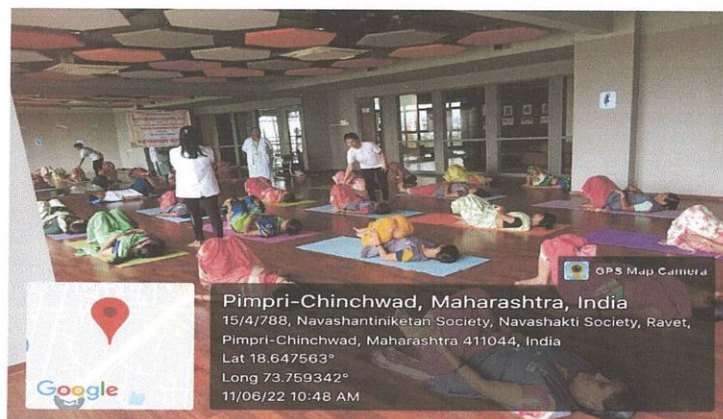
College of Ayurved And Research Centre
Nigai, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No.- 7.1.10,8.1.8



Pune District Education Association's
College of Ayurved & Research Centre




Principal
PDEA'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No.- 7.1.10,8.1.8



Pune District Education Association's

College of Ayurved & Research Centre

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Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Department: - Swasthavritta

Name of Event: -Yoga Awareness campaign in DYP Dnyanshanti School

Date: - 11/06/2022

Attendance sheet

Sr.No.	Name	Sign
1.	Mohini Kulkarni	Mohini Kulkarni
2.	Minakshi Naypur	Minakshi Naypur
3.	Vaithraji Shende	Vaithraji Shende
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Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Date:07/06/2022

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga awareness programme under Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness programme for students, at Mhalsakant School, Akurdi, Pune on 16th June 2022 & 21st June 2022 for students & staff under Swasthyarakshan programme on the occasion of IYD2022.

Kindly give permission to conduct this programme.

Thanking you.

पु. जि. शि. मं. चे	
आयुर्वेद महाविद्यालय व संशोधन केंद्र	
निगडी, पुणे - ४११०४४.	
आवक क्र.	931/A-2022-23
दिनांक -	8/6/2022
लेखनिक	Usha S. Sutar प्राचार्य


Yours's sincerely
Dr. Manore D. J.

Permission Granted
Submit Report ✓



Pune District Education Association's
COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

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Adv. Sandeep Kadam
Savitribai Phule Pune University, Pune

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Adv. Mohanrao Deshmukh

Dy. Secretary
L. M. Pawar

Principal
Dr. Ragini Patil

PRINCIPAL
Shri Mhalsakant Vidyalaya &
Junior College, Akurdi, Pune - 44

Ref. No. **523/2022-23**

Date : **07 JUN 2022**

To
The Principal
Mhalsakant School
Akurdi,
Pune

Subject : Yoga awareness programme for staff & students on
the occasion of International Yoga Day 2022.

Respected Sir,

We would like to conduct Yoga awareness programme for staff & students on 15/06/2022 & 21/06/2022 under Swasthyarakshan programme on the occasion of International Yoga Day 2022. You are kindly requested to provide suitable venue & time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil
Principal

P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.





Pune District Education Association's
College of Ayurved & Research Centre



Post event summary report

Date- 17/06/2022

Yoga Awareness Campaign in Mhalsakant School on the occasion of international yoga day 2022.

Date – 16 June 2022

Time-7.30 am to 9 am

Organising department-

Department of Swasthavritta

PDEA's College of Ayurved and research centre Nigdi,

Organizing team-Yoga Teacher Vaishali Nimbalkar

PG students - Dr Mohini Kulkarni

Dr Ankita Chikate

Dr Ankita Chavan

Location of the event- Mhalsakant School Ground, Akurdi

Number of persons attending the event- Students of 12th Standards-1050

Mode of event- Offline in College ground

Link for Photos-

https://photos.google.com/album/AF1QipNOxeK5uJYzXbqx3cFMddM_FuhCBUTDsZpXhcB

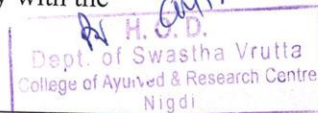
Summary of the event-

Yoga awareness campaign was conducted in Mhalsakant School Ground, Akurdi for 12th students on 16 June on the occasion of international yoga day. All yoga team reached the school around 7:30 am. Programme is started at 7:45 am with omkar and Lord Dhanvantari vandana followed by speech of Dr Mohini Kulkarni. After that session of yoga for 12th students was conducted on college ground. Yoga teacher Vaishali Nimbalkar and Dr Mohini Kulkarni worked as yoga instructor, Dr Ankita Chikate is worked as yoga demonstrator on stage, Programme was ended with questions and answers session. Dr Mohini Kulkarni answered the queries of teachers and students and guided them on their health issues and solutions by yoga. All participants were happy with the programme.



Name of the Department - Swasthavritta

NAAC Metric No.- 7.1.10.8.1.8

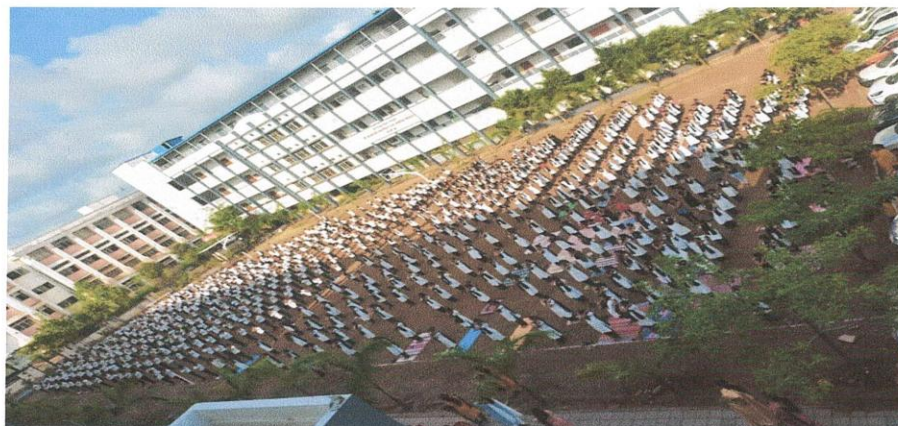




Pune District Education Association's
College of Ayurved & Research Centre



Yoga awareness campaign in Mhalsakant school, Akurdi for 12th students



Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Name of the Department-Swasthavritta

NAAC Metric No. -7.1.10, 8.1.8.



Pune District Education Association's
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(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.
Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Department: - Swasthavritta

Name of Event: -Yoga Awareness campaign in Mhalsakant School

Date: - 16/06/2022

Attendance sheet

Sr.No.	Name	Sign
1.	Mohini Kulkarni	Mohini
2.	Chikic Ankita.	Ankita
3.	Chauhan Ankita.	Chauhan
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Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Date:03/06/2022

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga awareness programme under Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness programme at Dnyanshanti D.Y.Patil School, Rawet, Pune on 11th June 2022 for teaching & nonteaching staff & on 17th June 2022 for students of Preprimary, Primary & secondary students under Swasthyarakshan programme on the occasion of IYD2022.

Kindly give permission to conduct this programme

Thanking you.

पु. जि. शि. मं. चे	
आयुर्वेद महाविद्यालय व संशोधन केंद्र	
निगडी, पुणे-४११०४४.	
आवक क्र.	931/2022-23
दिनांक -	8/6/22 ✓
लेखनिक	Dr. M. M. D. J. प्राचार्य


Yours's sincerely
Dr. M. M. D. J.

Permission granted
Submit report
✓



Pune District Education Association's
College of Ayurved & Research Centre



Post event summary report

Date- 17/06/2022

Yoga awareness campaign for school children in D.Y. Patil Dnyanshanti school, Ravet

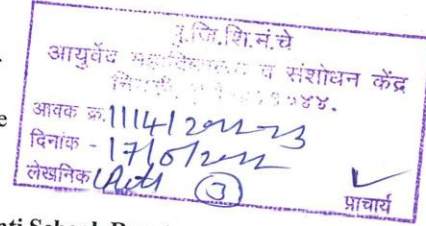
Date – 17 June 2022

Time- 8:00 am to 9:30 am

Organising department-

Department of Swasthavritta
PDEA's College of Ayurved and research centre, Nigdi,

Organizing team- Dr Manjusha Potdar,
Yoga Teacher Mrs Vaishali Nimbalkar
PG students - Dr Mohini Kulkarni
Dr Minakshi Nagapure
Dr Vaishnavi Shinde
Dr Ganesh Rode



Location of the event- Playground of D.Y. Patil Dnyanshanti School, Ravet

Number of students attending the event-

Students of class 1st to 10th standard total - 520

Mode of event- Offline on playground of the school

Drive Link for Photos

<https://photos.google.com/album/AF1QipNVadcuQL5q38j3WVCBE6KJTYBKshxF9blv15as>

Brief summary of the event-

Yoga Awareness Campaign for School children in D.Y. Patil Dnyanshanti School Ravet was conducted on 17 June 2022. All yoga team and school children with Principal, Vice-principal and other teachers gathered on playground of school around 7:50 am. Programme is started at 8 :00 am after prayer of school. Welcome speech given by Dr Mohini Kulkarni. After that, yoga session for students is started. Dr Mohini Kulkarni worked as yoga instructor and yoga teacher. Mrs Vaishali Nimbalkar, Dr Vaishnavi and Dr Minakshi worked as yoga demonstrator on stage. Dr Potdar guided to students for necessary arrangements of yoga session. All children enjoyed yoga session very much. Received appreciation letter from institute for the same.



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi

Name of the Department – Swasthavritta NAAC Metric No.-7.1.10, 8.1.8, 3.4.4



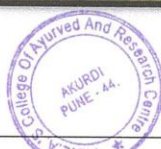
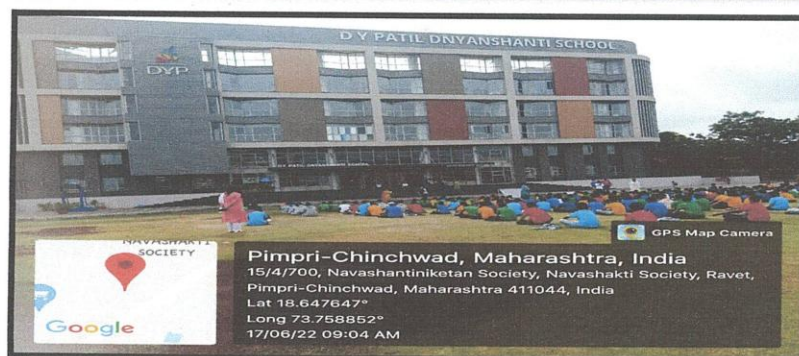
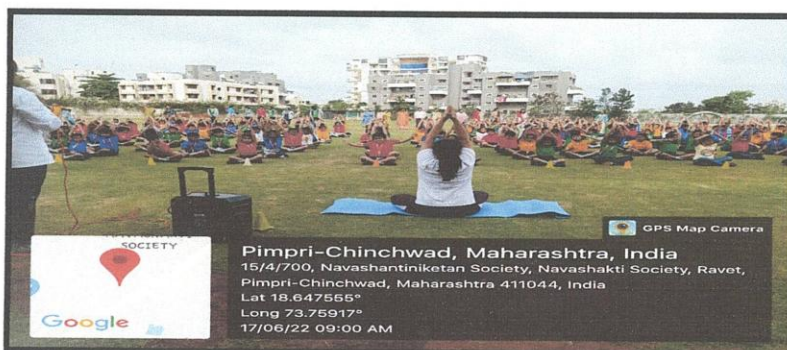
Pune District Education Association's
College of Ayurved & Research Centre



Yoga awareness campaign for school children in D.Y. Patil Dnyanshanti school Ravet

Date – 17 June 2022

Time- 8:00 am to 9:30 am



Principal

P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No.-7.1.10, 8.1.8, 3.4.4



Pune District Education Association's
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Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Department: - Swasthavritta

Name of Event: -Yoga Awareness campaign in DYP Dnyanshanti School

Date: - 17/06/2022

Attendance sheet

Sr.No.	Name	Sign
1.	Mohini Kulkarni	Mohini
2.	Minakshi Nagpure	Minakshi
3.	Vaithnavi Shende	Vaithnavi
4.	Ganesh Rode	R.G.R.
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Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Date:20/06/2022

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

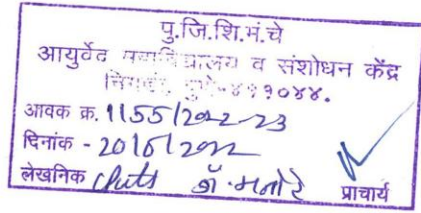
Sub: Permission to conduct Yoga awareness campaign under
Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness
campaign for students of Shree Bramhadatta Vidyalaya, Nigdi, Pune
on 21st June 2022 under Swasthyarakshan programme.

Kindly give permission to conduct this camp.

Thanking you.



Yours's sincerely

Dr. Manoj Deepali

पुणे जिल्हा शिक्षण मंडळाचे,

॥ सर्वे सन्तु निरामयः ॥



आयुर्वेद महाविद्यालय व संशोधन केंद्र

आय.डी.नं. पी.यु./पी.एन./आयु./०८१/१९९०

सेक्टर नं.२५, प्राधिकरण निगडी, पुणे-४११०४४ (महाराष्ट्र) भारत

फोन : (०२०)२७६५९५७८, २७६५३९६५ फॅक्स : (०२०)२७६५९५७८

ईमेल : carc2006@rediffmail.com, carcakurdi@gmail.com वेबसाईट : www.pdeaayurvedcollege.edu.in



● संस्था पदाधिकारी ●

जावक क्रमांक : ८५७/२०२२-२३

दिनांक :

20 JUN 2022

अध्यक्ष
अजित पवार

उपाध्यक्ष
राजेंद्र घाडगे

मानद सचिव
अॅड.संदीप कदम
अधिसभा सदस्य
सावित्रीबाई फुले पुणे विद्यापीठ, पुणे

खजिनदार
अॅड. मोहनराव देशमुख

उपसचिव
एल. एम. पवार

प्राचार्या
डॉ. आर.आर.पाटील

To
The Principal
Shree Bramhadatta Vidyalyaya
Nigdi,
Pune

Subject : Yoga awareness campaign for students on occasion of
International Yoga Day 2022

Respected Sir,

We would like to conduct Yoga awareness campaign for students on 21st June 2022 on occasion of International Yoga Day 2022 under Swasthyarakshan programme. You are kindly requested to provide suitable time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil

Principal

P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044,

Received
लिपिक
ब्रह्मदत्त विद्यालय शाकुडी



Pune District Education Association's
College of Ayurved & Research Centre



Date 22/06/2022

Post event summary report

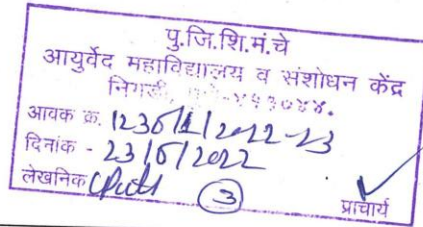
- Name of the Event: Yoga session for students
on occasion of International Yoga Day 2022
- Date of Camp: 21 June 2022
- Organising Department: Department of Swasthavritta
- Location of the event: Bramhadatta Vidyalaya, Nigdi, Pune.
- Timing: 11 am-12pm
- Number of participants attending the event: 12
- Name of Teacher – Dr Deepali Manore
Yoga teacher-Mrs.Vaishali Nimbalkar
- Google Link for Photos: <https://photos.app.goo.gl/fYrTV9MLZQFK9NU98>

Summary of the event:

Swasthavritta Department has conducted Yoga session on the occasion of International Yoga Day 2022 at Shree Bramhadatta Vidyalaya, Nigdi, Pune for mentally retarded children. Principal Mr. Ravindra Joshi welcomed our team. Dr.Manore & Yoga Teacher Mrs.Vaishali Nimbalkar conducted Yoga session for students. some basic exercises & omkar, meditation was practiced by students.

PG students of Swasthavritta Department assisted for this activity.

Sr. No.	Student Name	Group	Academic Year
1	Dr.Deepali manore	Introduction & Yoga Session	Associate Professor
2	Mrs.Vaishali Nimbalkar	Yoga session	Yoga Teacher
3	Dr.Meenakshi Nagpure	Assistant	PG
4	Dr.Radha Katti	Assistant	PG



Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4.7.1.10, 8.1.8



Pune District Education Association's
College of Ayurved & Research Centre

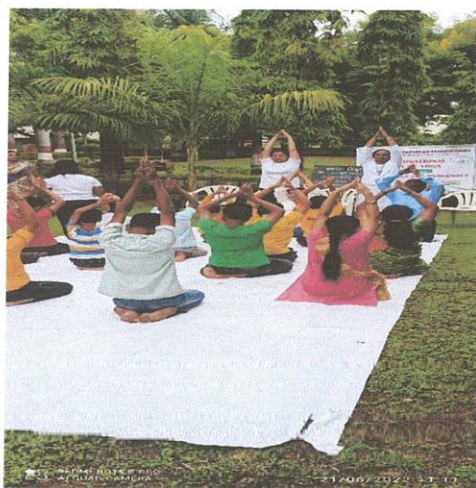


Topic- Yoga Session on the occasion of International Yoga Day 2022

Venue- Bramhadatta Vidyalaya, Nigdi, Pune.

Date- 21 June 2022

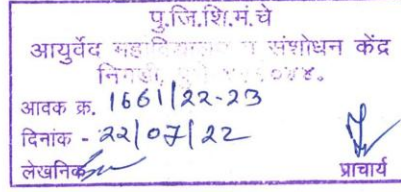
Time- 11 am-12pm



Principal
PDEA'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4,7.1.10, 8.1.8



Date: 23/07/2022

To

The principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga Session for school students

Respected Madam

Swasthavritta department has planned to conduct online Yoga Session for children on occasion of Azadi ka Amrut Mahotsav, under Swasthyarakshan program on 24th July 2022 at Pradnyanbodhini English medium School.

Kindly give permission to conduct this session.

Thanking you.

Your's sincerely

Dr.D.J. Manore



Pune District Education Association's

COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.edu.in

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Ajit Pawar

Vice President
P. Ghadge

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Adv. Sandeep Kadam
Senate Member
Savitribai Phule Pune University, Pune

Treasurer
Dr. Mohanrao Deshmukh

Dy. Secretary
M. Pawar

Principal
Dr. Ragini Patil

Ref. No. **914/1122/23**

Date **23 JUL 2022**

To
Principal
Pradnyanbodhini English medium School
Chikhali, Pune

Subject: Yoga Session for students on occasion of azadi ka Amrut Mahotsav under Swasthyarakshan programme

Respected Madam,

We would like to conduct online Yoga session on occasion of azadi ka Amrut Mahotsav under Swasthyarakshan programme for students on 24th July 2022 from 9am to 10am. Kindly give permission for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil

Principal

P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Received
26/7/22
[Signature]



Pune District Education Association's
College of Ayurved & Research Centre



Post event summary report

Date-25.07.2022

Name of the event- Yoga Session for school students

Date of the event- 24.07.2022

Time- 9am to 10am

Organising department- Swasthavritta

Location of the event- Pradnyanbodhini School, Chikhali, Pune

Number of students attending the event- 23

Name of the Teacher- Mrs. Archana Patil (Yoga Teacher)

Mode of event- Online

Link of online event-

Topic: योगविद्या वर्ग सत्र

Time: Jul 24, 2022, 09:00 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us04web.zoom.us/j/9179140316?pwd=WTIydE95RjIXa296a2wvSGh0THpiUT09>

Meeting ID: 917 914 0316

Passcode: 1234

Drive Link for Photos- <https://photos.app.goo.gl/Qns1DQvDHf5FxAQ9>

Summary of the event-

Online Yoga Session for students of Pradnyanbodhini School, Chikhali, Pune was conducted on ZOOM app on occasion of Azadi ka Amrut Mahotsav. Total 23 School children had joined online Yoga session. Sukshma Vyayam, Basic yogasana & Suryanamskar practiced by students. Some simple Pranayama were also practiced by students.



Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4, 8.1.8



Pune District Education Association's
College of Ayurved & Research Centre

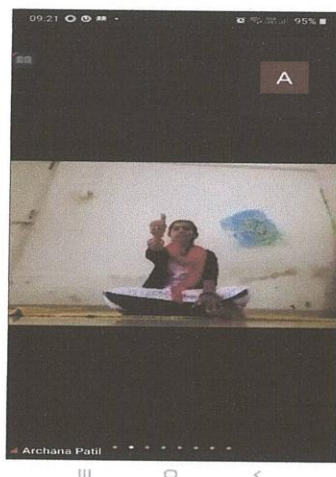
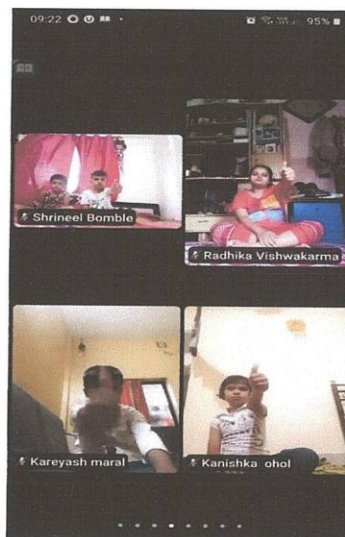
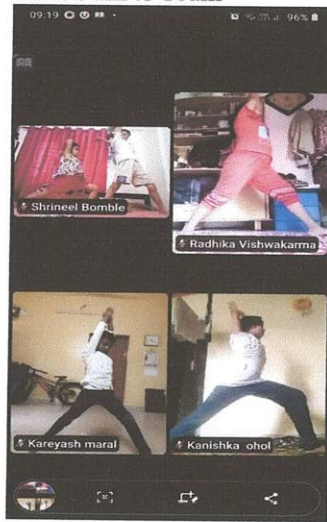


Photos of the Event

Event: Yoga Session for school Students on Zoom app

Date: 24/07/2022

Time: 9am to 10am



Principal
P.D.E.A.S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta NAAC Metric No. 3.4.4, 8). 8

Date:22/09/2022

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga awareness programme under Swasthyarakshan programme on occasion of Poshan Mah2022

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness programme for students, at B.R.Gholap College,Pune on 23rd September 2022 under Swasthyarakshan programme on the occasion of Poshan Mah2022.

Kindly give permission to conduct this programme.

Thanking you.

✓
Permission granted

पु.वि.वि.प.के.
आयुर्वेद महाविद्यालय, नंदिवरुवा रोड, पुणे-४११००४
निर्देशक, शैक्षणिक विभाग
आवक क्र. 26671/2022
दिनांक - 22/9/2022
लेखनिक 1/22/22. 22/9/22
प्राचार्य


Yours's sincerely

Dr. Mamoru D. J.



पुणे जिल्हा शिक्षण मंडळाचे,
आयुर्वेद महाविद्यालय व संशोधन केंद्र

आय.डी.नं. पी.यु./पी.एन./आयु./०८१/१९९०
सेक्टर नं.२५, प्राधिकरण निगडी, पुणे-४११०४४ (महाराष्ट्र) भारत

फोन : (०२०)२७६५९५७८, २७६५३९६५ फॅक्स : (०२०)२७६५९५७८

ईमेल : carc2006@rediffmail.com, carcakurdi@gmail.com वेबसाईट : www.pdeaayurvedcollege.edu.in

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संस्था पदाधिकारी

अध्यक्ष
अजित पवार

उपाध्यक्ष
राजेंद्र घाडगे

मानद सचिव
अॅड.संदीप कदम
अधिसभा सदस्य
सावित्रीबाई फुले पुणे विद्यापीठ, पुणे

खजिनदार
अॅड. मोहनराव देशमुख

उपसचिव
एल. एम. पवार

प्राचार्या
डॉ. आर.आर.पाटील

जावक क्रमांक : 1320/2022-23

दिनांक :

22 SEP 2022

To
The Principal
P.D.E.A.'s B. R. Gholap Mahavidyalaya
New Sangavi,
Pune 411027

Subject : Yoga awareness programme for students under
Swasthyarakshan Programme on occasion of Poshan
Mah 2022

Respected Sir,

We would like to conduct Yoga awareness programmes for students under Swasthyarakshan programme on occasion of Poshan Mah 2022. You are kindly requested to provide suitable venue & time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil
Principal
P.D.E.A.S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044


VICE PRINCIPAL
Baburaoji Gholap Sec. & High Sec. School
Sangavi, Pune-411 027



Pune District Education Association's
College of Ayurved & Research Centre



Date 27/09/2022

Post event summary report

Name of the Event: Yoga awareness programme & yoga session

Date of the Event: 22 & 23 September 2022

Organising Department: Department of Swasthavritta

Location of the event: P.D.E.A.'s B. R. Gholap secondary & higher secondary school, Sangvi, Pune 411027

Timing: 7.15 am-8.15am

Number of participants attending the event: 1060

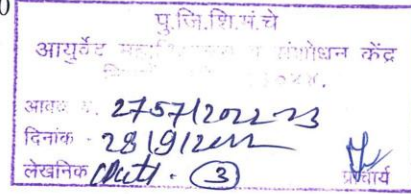
Primary School Children- 125

Secondary School Children-395

Higher Secondary School Children-540

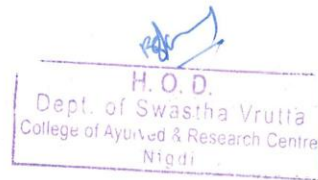
Mode of event- Offline

Google Link for Photos: <https://photos.app.goo.gl/dvG4CVy95J6uTsDA9>



Summary of the event:

Swasthavritta Department has conducted Yoga awareness programme on occasion of Poshan Mah 2022 under Swasthyarakshan programme at P.D.E.A.'s B.R.Gholap Vidyalaya, Sangvi, Pune for secondary & higher secondary school children on 22 & 23 September 2022 from 7.15am to 8.15am. Yoga teacher Mrs. Archana Patil explained importance of Yoga to students & conducted yoga session along with omkar, meditation session.



Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4.7.1.10³ 18



Pune District Education Association's
College of Ayurved & Research Centre



Event- Yoga awareness programme & yoga session

Venue- P.D.E.A.'s B. R. Gholap secondary & higher secondary school, Sangvi, Pune 411027

Date- 22 & 23 September 2022



[Signature]
Principal
P.D.E.A.'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Name of the Department – Swasthavritta

NAAC Metric No. 3.4.4,7.1.10, 8.1.8

Date:03/03/2023

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Obesity awareness programme under Swasthyarakshan programme

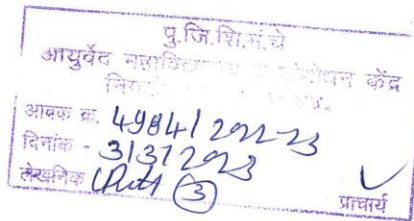
Respected Madam

Swasthavritta department has planned to conduct obesity awareness programme for School students at Pimpri Chinchwad Corporation Girl School, NO.91, Chikhali, Pune411062 on 4th March 2023 under Swasthyarakshan programme.

Kindly give permission to conduct this programme.

Thanking you.


Yours's sincerely
Dr. D. J. Manore





Pune District Education Association's
COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.edu.in



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Dy. Secretary
L. M. Pawar

Principal
Dr. Ragini Patil

Ref. No. **2575/2022-23**

Date : **03 MAR 2023**

To
The Principal
Pimpri Chinchwad Corporation Girl's School, NO.91,
Chikhali,
Pune 411062

Subject : **Obesity awareness programme for school Students**

Respected Sir,

We would like to conduct Obesity awareness programme for students on 4th March 2023 under Swasthyarakshan programme.

You are kindly requested to provide suitable Time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil

Principal
PDEAS

College of Ayurved and Research Centre
Nigadi, Pune - 411 044.

मुख्याध्यापक
पिंपरी चिंचवड
चिखली कन्या शाळा क्र. ९१
चिखली, पुणे - ४१२ ११४.



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

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Date :- 04/03/2023

Metric No.: 3.4.4/1.8

Institutional social responsibility activity report

Name of the Event: Yoga awareness programme

Date : 04/03/2023

Organising Department: Department of Swasthavritta

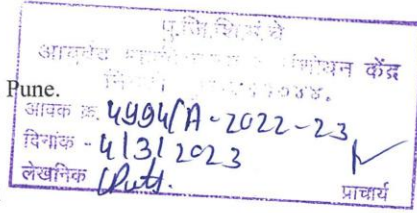
Location of the event: PCMC School No. 91, Chikhali, Pune.

Timing: 10.30 am to 11.30 am

Number of participants attending the event:

Teacher – Mrs. Archana Patil

Google Link for Photos: <https://photos.app.goo.gl/Z7ngzAPMBHHyRXS96>



Summary of the event:

Swasthavritta Department has conducted Yoga Awareness programme on the occasion of World Obesity Day 2023 at PCMC School No. 91, Chikhali, Pune. Principal Mr. Bhange welcomed Mrs. Archana Patil. Mrs. Archana Patil expressed importance of Yoga in the prevention of obesity. She demonstrated various yogasana and pranayama. She also explained the importance of Suryanamaskar. She told students to play different games on playgrounds and to avoid mobile games for physical fitness. 103 School students attended programme.

HOD

Department of Swasthavritta

H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



Principal

Principal

PDEA'S
College of Ayurved & Research Centre
Nigdi, Pune - 411 044.



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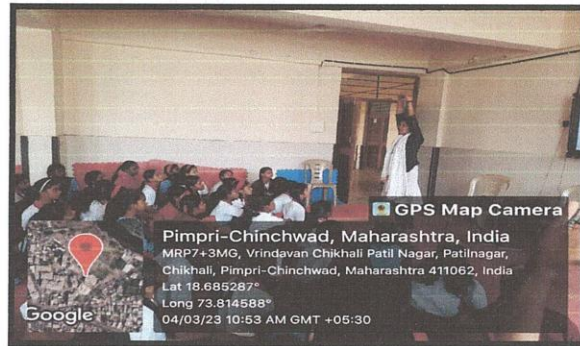
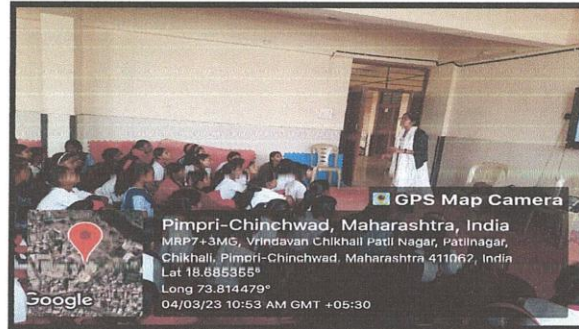
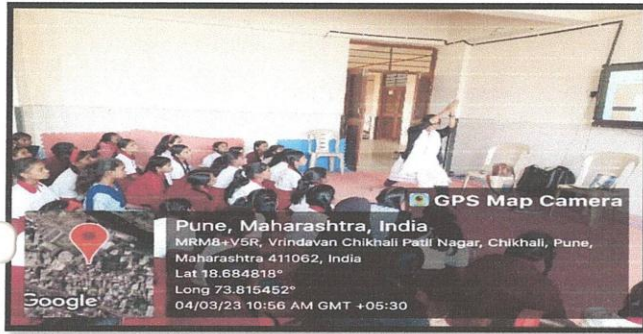


Date :- 04/03/2023

Metric No.: 3.4.4/8.1.8

Yoga awareness programme

Date: - 04/03/2023



[Signature]
Principal

P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

इ. (वी) (ब)

YCM. आरोग्य तपासणी.

दि. 08/3/2023

विद्यार्थी यादी:

अ.नं.	विद्यार्थीनिचे नाव.	जन्म तारीख	मोबाईल नंबर	वजन	उंची	BMI	शेरा
1	तुपे साक्षी सागड	22/10/2000	901491849	46	150	20.4	
2	तुपे समीक्षा सागड	5/11/2009	901491849	51	155	21.2	
3	सकाटे दानजी मोलेनाथ	15/10/2008	901332246	40	150	16.8	
4	वाघमोडे आरती म.	25/10/2008	9022280104	35	144	16.9	
5	कांबळे समीक्षा संदीप	29/11/2009	9767441558	43	150	19.1	
6	गायकवाडे ममता विष्णू	15/10/2008	7507128930	43	150	19.1	
7	बोरकर पूनम अंबादास	21/11/2009	-	-	-	-	
8	बजोडकर निकिता नागेश	24/10/2008	9158695576	37	147	17.1	
9	लोढे समृद्धा संतोष	11/10/2009	7756070188	45	152	19.5	
10	अहिरे शशिका पप्पू	15/6/2009	9579683601	37	146	17.4	
11	शेखर संतोषी किशोर	11/10/2009	7720856081	37	155	15.4	
12	राम नेहा सियाराम	31/12/2008	9011216068	40	110	33.1	
13	शितीळे करुणा युवराज	30/7/2008	9960082738	37	152	16.0	
14	शिंदे पूर्वा बाळासाहेब	13/3/2009	9623528071	41	154	17.3	
15	चव्हाण जागृती एकनाथ	4/6/2009	8485890340	35	150	15.6	
16	राठोड गायत्री सुरेश	21/9/2009	9669188040	43	151	18.9	
17	पवार निकिता बाबुराव	14/11/2009	7276558059	46	150	20.4	
18	जाधव पूनम संजय	11/12/2010	8888599869	52	144	25.4	
19	शिंदे दिक्षा मोहन	15/12/2008	9850398711	42	150	18.7	
20	जाधव अमृता संतोष	31/6/2009	7447228227	39	140	19.9	
21	हरिमकर दिव्या बापेश	17/6/2009	9689240280	38	144	18.3	
22	चौशसिया लक्ष्मी रमई	18/4/2008	9545831286	50	147	23.1	
23	कळमकर सोनाली सं.	22/10/2008	7756052429	45	151	19.7	
24	पांचाळ सुरिमतास	29/10/2009	7083442684	38	146	17.8	
25	बारमुख पौर्णिमा विशाल	9/4/2009	7083481803	37	152	16.0	
26	सिंह डिंपल विरेंद्र	25/12/2009	9284542661	42	143	20.5	
27	जाधव अंजली अमर	4/9/2009	9156396424	47	152	20.3	
28	देरे अश्विनी विठ्ठल	9/6/2009	8805682990	32	137	17.0	
29	नागमोडे भावना शिबे	30/11/2008	7720852040	32	146	15.0	
30	मोहनि पिता दिलीप	15/10/2009	7250826700	42	145	20.0	

क्र.	नाम	जन्म दि.	मोबाइल नं.	वजन	उंची	BMI	शेरा
32	शिंदे मुक्ता शिवजी	18/12/2009	9881366593	34	142	16.9	
33	शेख परविन फिरोज	11/11/2007	8970579856	43	155	17.9	
34	खान अफसाना जमील	12/7/2009	7350134120	45	156	17.	
35	खान अल्लिया कादर	31/2/2009	8459160305	41	150	18.2	
36	वाघमारे साक्षी उमेश	24/7/2009	7028846551	43	142	21.3	
37	शेख निकर शौकत अ.	13/12/2009	9623437639	25	140	12.8	
38	शर्मा अंशिका ओमप्र	4/4/2009	-	-	-	-	
39	सोनी निलम स.	11/8/2009	9665346124	40	142	28.1-19.8	
40	पांचाळ दिपक अमृष्का	18/6/2009	-	-	-	-	
41	पवार अपूर्वा प्रकाश	24/8/2009	9929198418	37	154	15.6	
42	रोहिले वैष्णवी विलास	21/10/2009	9657444166	42	150	18.7	
43	होले जान्हवी अनय	30/8/2009	8080104717	35	147	16.2	
44	गुप्ता ज्योती कृष्णाप्र.	31/9/2009	7355347084	37	150	16.4	
45	डेगे तनुजा भीमराव	7/9/2009	9028505130	32	149	14.4	
46	प्रसाद ज्योती विनोद	-	-	-	-	-	
47	प्रसाद काजल कृष्णा	12/6/2008	8149078346	36	150	16	
48	आढे विद्या अनिल	23/2/2009	9511282616	45	148	20.5	
49	पाल शुशी रमेश	-	-	-	-	-	
50	बेजारा आरती बाबूना	20/8/2009	74987102	35	147	16.2	
51	कोंबळे निकिता लक्ष्मण	11/6/2009	957933641	40	147	18.5	
52	कामी शिलजना क.	26/11/2009	7517275354	55	152	23.8	
53	पवार तनुनरसिंह	25/10/2010	9607186808	30	140	15.3	
54	आरेनकर मानसी भीमराव	10/9/09	7517992092	30	148	13.7	

पट = ५४
सतत गैर = ०५



मुख्याध्यापक
पिंपरी वि.
विखली कन्या शाळा क्र. ९९
विखली, पुणे - ४१२ ११४.

मुख्याध्यापिका
विखली कन्या शाळा क्र. ९९
पिंपरी विखली कन्या शाळा
विखली, पुणे - ४१२ ११४.
Principal
P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

८ वी (अ)

पिंपरी-चिंचवड महानगरपालिका
कन्याशाळा, विखली नं. ९९.
ता हवेली, जि. पणे.

S.No	Student Name	Birth Date	Mob. No.	weight	Height	BMI	Remark
1	Vaishnavi Shrikrushna Lanjulkar	01-02-2010	9307216982	32	144	15.4	
2	Kanchan Ganesh Ranjwe	07-02-2009	9022535826	42	155	17.5	
3	Sukheta Sudhir Sawaibahadure	26-07-2009	8956618411	42	165	15.4	
4	Gauri Prakash Shinde	28-10-2009	9879137348	37	151	16.2	
5	Vaishnavi Ashroba Bedre	19-07-2009	7028067011	40	149	18	
6	Payal Mahesh Jadhav	03-03-2009	7387393688	40	162	15.2	
7	Akanksha Balasaheb Bag	29-12-2008	7397976928	50	159	19.8	
8	Anshikha Jitendrakumar Gautam	24-10-2010	7507412486	31	145	14.7	
9	Shravani Subhash Nalage	12-03-2009	901924462	35	149	15.8	
10	Samiksha Prabhu Sakhare	05-09-2009	8262881418	32	145	15.2	
11	Abida Sanaullah Chaudhari	15-05-2009	9172502020	36	146	16.9	
12	Namrta Kamalakar Dandage	01-08-2009	9604660228	40	155	16.6	
13	Vaishnavi Bhagavat Kharabe	20-02-2009	8421972010	51	155	21.2	
14	Shruti Suresh Mhaske	22-04-2009	8975125275	40	155	16.6	
15	Ragini Lalababu Sharma	03-08-2009	9673208938	37	154	15.6	
16	Rashida Pappu Shaikh	05-04-2009	8626081143	40	156	16.4	
17	Dhanashree Ramkishan Rathod	17-10-2009	7498960627	33	142	16.4	
18	Sanika Pandurang Chavan	16-08-2009	9527937083	43	153	18.4	
19	Vaishnavi Pradip Gunewad	10-10-2008	9834110565	30	145	14.3	
20	Jyoti Ramprakash Yadav	02-10-2009	7249184084	39	153	16.7	
21	Shraddha Malkari Sawaant	25-02-2009	7057727178	36	150	16	
22	Anjali Balkrushna Gayakwad	21-07-2008	8412889901	36	155	15	
23	Dipti Megharaj Tathe	24-12-2008	9822789023	35	148	16	
24	Shravani Sadashiv Lokhande	01-09-2008	9552621334	34	154	14.3	
25	Shraddha Sandip Bhusari	25-12-2009	8007540162	42	157	18.4	
26	Sanchita Sandip Sapkal	21-04-2009	7083721218	25	135	13.7	
27	Rutuja Laxman Nalavade	30-03-2009	9767697943	31	132	13.4	
28	Komal Bhima Yedke	02-07-2009	9689375582	31	149	14	
29	Ashmita Fakira Kharat	23-09-2008	9604304245	40	154	16.9	
30	Tejaswi Santosh Chavhan	09-05-2009	7821192700	31	148	16.9	
31	Prili Vilas Sarkate	25-02-2010	9699552435	40	152	17.3	
32	Sanjana Bharat Shikare	08-04-2010	9860104352	45	154	19	
33	Vaibhavi Mahadev Garge	27-05-2009	9765383933	30	143	14.7	
34	Snehal Vitthal Hake	12-02-2009	7690701470	31	145	14.7	
35	Sneha Ratan Dalavi	15-12-2008	7083676901	30	152	14.6	
36	Pradnyu Sahelbhai Galkwad	02-01-2010	9284850453	25	142	12.4	
37	Sivani Tulshiram Kadam	27-10-2009	9890423454	35	151	15.4	
38	Priyanka Sarvottam Yadav	21-08-2009	-	-	-	-	
39	Samiksha Baban Ghule	15-10-2009	8308299858	40	154	16.9	
40	Shifa Ismaiel Shaikh	16-08-2009	-	-	-	-	
41	Dipti Dinesh Chaurshiya	04-01-2009	9764329822	35	153	15	
42	Renuka Santosh Kharate	31-12-2009	9834849734	50	155	20.8	
43	Habiba Azim Ansari	11-09-2008	-	-	-	-	
44	Bandana Sunil Shaha	08-07-2009	9561473820	45	148	20.5	
45	Ashwini Bhau Uchale	10-09-2009	8668984641	42	152	18.2	
46	Aakanksha Anil Gayakwad	08-01-2009	8766022496	39	158	15.6	
47	Pawar Sanchita Ramu	10-10-2008	8618732713	41	156	16.8	
48	Thadarai Prashamsa Madu	22-07-2209	9168663289	45	154	19	
49	Gayatri Santosh Binjamwar						



Brang

पिंपरी-चिंचवड



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Date- 20/06/2023

Metric no- 7.1. 10 / 81.8

YOGA AWARENESS SESSION IN TATHAWADE

Name of the event- Yoga awareness campaign at Tathavade,

Organizing Department- Swasthavritta department

Date of the event- 18/06/2023

Time- 08:30 am

Location of the event- 41 Elite, Tathavade, Pune

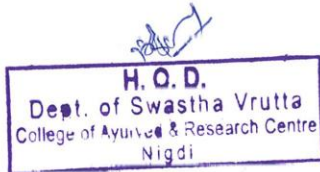
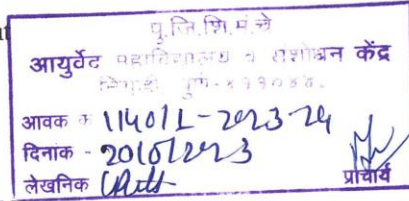
Number of attendees - 16 society members,

Google photo link-

<https://photos.google.com/u/1/album/AF1QipN6-axX1suB-nWRSwYK-XSq5abTIPx0dZpo43iU>

Brief summary of the event-

Yoga awareness campaign was conducted at 41 Elite Society at Thathavade, pune. On 18/06/2023. At 8:30 am. Yoga session was conducted for society members, for creating awareness among common people. Total 16 members were participated in the session. Dr Kiran Mendhekar Society member welcomed Yoga teacher Mrs Archana Patil. Yoga protocol was conducted including chair yoga. Society members were happy with the session and asked their queries. Thus it helped to make people aware about their health and importance of yoga.





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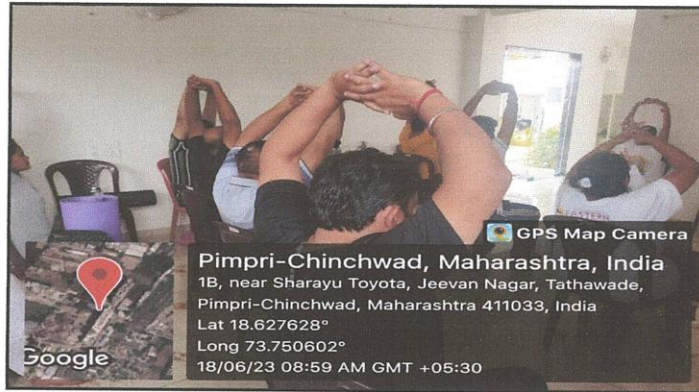
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date- 20/06/2023

Metric no- 7.1. 10/18. 1.8

**Yoga awareness campaign at Tathavade,
Date- 18/06/2023**



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Name of the Event: Yoga Day 2023

Date: 18.5.2023

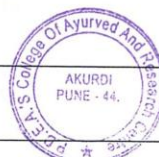
Time: 8:00 am -

Venue: 41 Eite Tathawade 33 Pune.

Sr. No.	Name of the participant	Signature
1.	ABHISHEK TIWARI	<u>Atwari</u>
2.	Gandhi Navanit S	<u>N Gandhi</u>
3.	Amit Gupta	<u>Amit</u>
4.	Jintyaz Ahmad	<u>Jintyaz</u>
5.	Ronit Shinde	<u>Rshinde</u>
6.	Smriti singh	<u>Smriti</u>
7.	Akansha Gupta	<u>Aaksha</u>
8.	Akanesha shinde	<u>Ashinde</u>
9.	Sonali S. Dhanuwan	<u>S. Dhanuwan</u>
10.	Geeta S. Pintare	<u>G.S. Pintare</u>
11.	Anita S. Durgade	<u>Anita</u>
12.	Bhagyashri Achal	<u>Bhagyashri</u>
13.	स. शारदा	<u>शारदा</u>
14.	Shilpa Brote	<u>Shilpa</u>
15.	Barnali Sabe	<u>Barnali</u>



Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune - 411044

Sr. No.	Name of Participant	Signature
16.	Kunal V. Raut	
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		
28.		
29.	 Principal	
30.	P.D.E.A.S College of Ayurved And Research Centre Nigdi, Pune - 411 044.	
31.		
32.		

7/6/2022



2 BHK
KRISALA HOMES



Letter for Invitation

Date: --17/06/2023

To,

Miss Archana Patil,

Yoga Teacher, M.A Yoga Shastra,

Department of Swasthvritta

P.D.E. A's, College of Ayurved and Research Center, Nigdi, Pune.

Subject- Invitation as a Yoga Expertise on occasion of "International Yoga Day" on 18th June 2023.

Respected Madam,

We are pleased to invite you as a Yoga Expert on 18/06/2023 at 41 Elite on occasion of "International Yoga Day" to conduct demonstrative session of Yoga and Pranayama on 18th June 2023.

Our participants will benefit from your expertise on the topic. We look forward for your guidance.

Thanking you.

Yours faithfully,



Date:20/06/2023

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

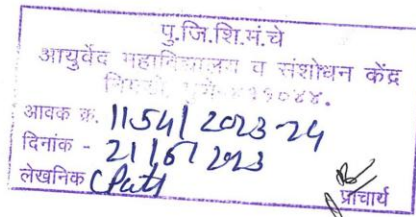
Sub: Permission to conduct Yoga awareness campaign under
Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Yoga session for
students of Shree Bramhadatta Vidyalaya, Nigdi, Pune on 21st June
2023 under Swasthyarakshan programme.

Kindly give permission to conduct this camp.

Thanking you.




Yours's sincerely
Dr. D. J. Manore



Pune District Education Association's
COLLEGE OF AYURVED & RESEARCH CENTRE

I.D.No. PU/PN/AYU/081/1990

Sector No. 25, Pradhikaran, Nigadi, Pune - 411044 (Maharashtra) India

Ph. : (020) 27659578, 27653965 Fax. : (020) 27659578

E-mail : carc2006@rediffmail.com, carcakurdi@gmail.com Website : www.pdeaayurvedcollege.edu.in



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Principal
Dr. Ragini Patil

Ref. No. **592/293-24**

Date : **21 JUN 2023**

To
The Principal
Shree Bramhadatta Vidyalaya
Nigdi,
Pune

Subject : **Yoga session for students on occasion of International**
Yoga Day 2023

Respected Sir,

We would like to conduct Yoga session for students on 21st June 2023 on occasion of International Yoga Day 2023 under Swasthyarakshan programme. You are kindly requested to provide suitable time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil
Principal
P.D.E.A.S

College of Ayurved and Research Centre
Nigdi, Pune - 411 044.

21/6/23
लिपिक
ब्रह्मदत्त विद्यालय वाकुडी.



Pune District Education Association's

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Date- 23/06/2023

Metric no- 7.1. 10/8.1.8/3.4.4.

YOGA AWARENESS CAMPAIGN IN BRAMHADATTA SCHOOL, NIGDI, PUNE

Event Name- Yoga Awareness Campaign in Bramhadatta School,
Nigdi, Pune

Organizing Department- Swasthavritta Department

Date - 21 June 2023

Time- 2:30 pm to 3:30 pm

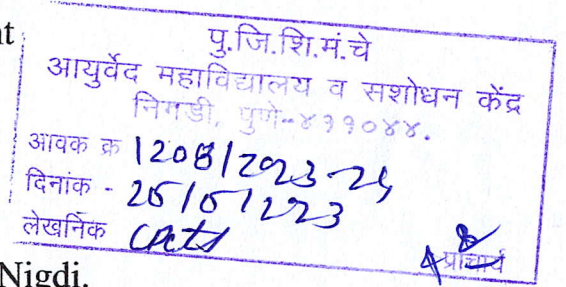
Location of the event- Bramhadatta vidyalaya, Nigdi.

Number of persons attending the event- Vidyalaya Students - 27

Yoga teacher- Mrs Archana Patil

Link of event photos- <https://photos.google.com/u/1/album/AF1QipN6-axX1suB-nWRSwYK-XSq5abT1Px0dZpo43iU>

Summary of the event- Bramhadatta vidyalaya is the school for mentally challengeable children. Swasthavritta department conducted a session for these students. Yoga teacher Mrs Archana Patil was present from Swasthavritta department to conduct the event. Total 27 students of Bramhadatta vidyalaya participated the event and performed Yoga and Pranayam.



H. O. D.
Dept. of Swastha Vrutta
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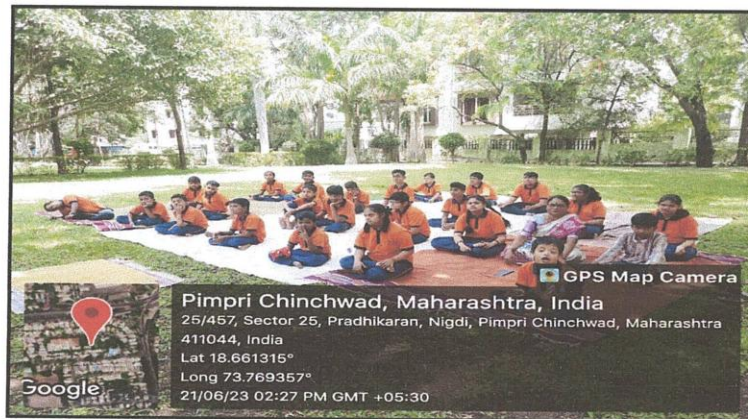
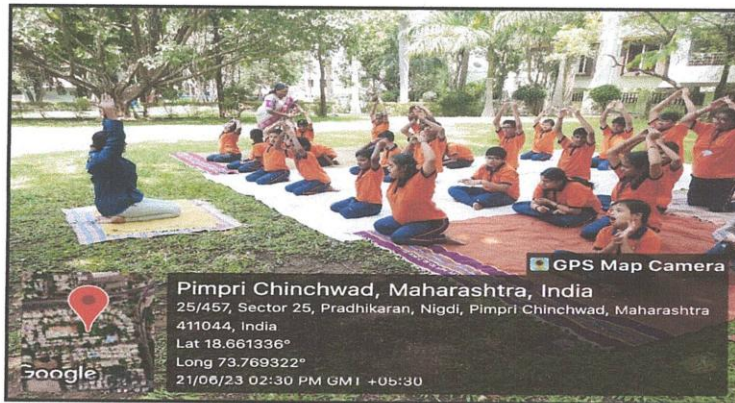
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Date- 23/06/2023

Metric no- 7.1. 10/8.1.8

Yoga Awareness Campaign in Bramhadatta School, Nigdi, Pune
Date -21 June 2023



[Signature]
H.O.D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



[Signature]
Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

योग दिवस - बालकृष्ण लिंक व आयुर्वेदिक मध्यविद्यालय
श्रीमती बुरसे रजा, श्री कांबळे - CRF श्रीमती रोडे - दामडे रजा

ब्रह्मदत्त विद्यालय
मानसिक दिव्यांग मुला-मुली साठी
२०२३-२४

21
जोखने
बुधवार
29 जून 2023

महिना : जून 2023

दिनांक : 29 जून 2023

अ.क्र	विद्यार्थी नाव	गट	IN/OUT	Phone No.
भोसरी				
1	कु.वैष्णवी संतोष कुंभार			
2	कु.आशिका तानाजी हमीलपुरे			
3	कु.मधुरा गजानन पावले			
4	कु.ज्योती जीवन कांबळे			
5	कु.निकिता संजय धस			
6	कु.आईशा सलीम शेख			
7	वेदांत मनोज पांचाळ	(A)		
8	गौरव गंगाधर मोकाशे			
9	शुभम सुरेश मोरे			
10	अली चांदसाब सय्यद			
11	युवराज यशवंत कदम			
12	वेदांत संतोष उमाप			
13	इमारन कलामुद्दिन अन्सारी			
14	कु.लावण्या प्रशांत पाटील			
15	शिवन्या चोबे			
(98) पिंपरी चिंचवड विभाग				
1	अरमान उमराव शेख			
2	प्रेम देवानंद भालेराव			
3	बालाजी सिद्धाम मेहेत्रे			
4	आदित्य सचिन मोरे			
5	विराज विशाल भराटे			
6	वैभव विश्वनाथ सोनटक्के			
7	वंश भारत असवले			
8	अमान असिफ काझी	(A)		
9	अनिश मानसिंग पाटील			
10	यश सुर्यकांत कदम			
11	सुशांत कादम			
12				
13		(90)		
स्थानिक विभाग				
1	आदित्य गणेश राजपूत			
2	आर्यन परशुराम शिंदे			
3	ममता मुकेश शिवशरण			
		(3)		

बस ने येणारे विद्यार्थी

एकूण उपस्थित विद्यार्थी - 20	1. पिंपरी चिंचवड - मुले - मुली - एकूण -
दुसरी जाणारे विद्यार्थी - 09	2. भोसरी - मुले - मुली - एकूण -
एकूण उपस्थित विद्यार्थी - 29	3. स्थानिक विद्यार्थी - मुले - मुली - एकूण -
	4. नवीन विद्यार्थी - मुले - मुली - एकूण -



योग दिवस कार्यक्रमासाठी 20 विद्यार्थी सहभाग घेतला

Principal
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Akurdi Pune - 411 044.



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Date- 22/06/2023

Metric no- 7.1. 10 / 8.1.8

Post event summary report

Name of the event- Yoga Awareness campaign DYP Dnyanshanti School
Date - 21 June 2023,
Time- Session 1 - 8:30- 9:30
 Session 2 - 10 :00 am- 11:00 am
Organising department- Swasthavritta
Location of the event- D. Y. Patil Dnyanshanti school, Ravet
Number of persons attending the event-
 No. of School Students-221(Pre-primary)748(Grade 1 to 10) Total 969
 No of Teaching staff of school-55
 No of PG Student-12

Drive Link for Photos- <https://photos.app.goo.gl/yvflaFnnQ4ATXswV8>

Brief summary of the event-

A Yoga awareness session at D Y Patil Dnyanshanti School, Ravet is organized on the occasion of International yoga day 2023 by department of Swasthavritta on 21 June 2023. Yoga session conducted at DYP school ground. Session started with yoga prarthana and yoga performance on music by school students, followed by a speech on importance of yoga in life. After the speech sukshma vyayam, yogasan and pranayam has been taken as per government protocol. Session ended with Omkar meditation.

After completing session children and teachers are motivated to follow the same every day.

H.O.D.
 Dept. of Swastha Vrutta
 College of Ayurved & Research Centre
 Nigdi

पु.जि.शि.मं.चे
 आयुर्वेद महाविद्यालय व संशोधन केंद्र
 निगडी, पुणे-४११०४४.
 आवक क्र 306/2023-24
 दिनांक - 11/7/23
 लेखनिक 1/23
 प्रचार्य



Principal
 P.D.E.A.S
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 Nigdi, Pune - 411 044.



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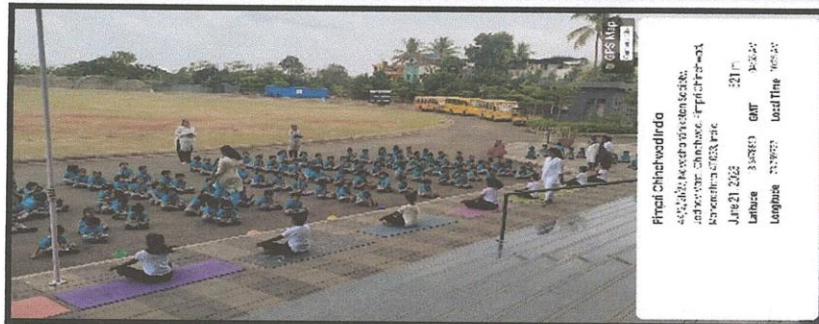
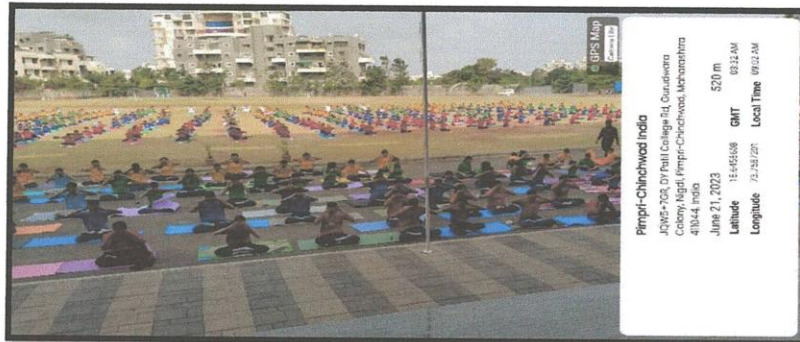
Date- 22/06/2023

Metric no- 7.1. 10/8.1.8

Name of the event - Yoga Awareness campaign DYP Dnyanshanti School

Date - 21 June 2023

Photos of the Event



Principal
P.D.E.A.S

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Department: - Swasthavritta

Name of Event: - Yoga Session in. Dr. D.Y. Patil Dnyanashanti School, Raver

Date: - 21/06/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Radha Katti	RK
2.	Vaithnavi D. Shende	VS
3.	Minakshi Nayyar	Minakshi
4.	Radhika S. Khosla	RK
5.	Umesh Mallewar	Umesh
6.	Shubhankar Kulkarni	Shubhankar
7.	Ganesh R. Kote	GR
8.	Dr. Kirti H. Jadhav	KH
9.	Rajita Korday	Rajita
10.	Smriti P. Piyekar	spm
11.	Apurva Mundargi	Am
12.	Mahini Kulkarni	Mahini
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Principal

P.D.E.A.S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Date:20/06/2023

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga session under Swasthyarakshan programme on occasion of International Yoga Day 2023

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness programme for students, at B.R.Gholap College,Pune on 22nd June 2023 under Swasthyarakshan programme on the occasion of International Yoga Day 2023.

Kindly give permission to conduct this programme.

Thanking you.

पु.जि.सि.म.चे	
आयुर्वेद महाविद्यालय व संशोधन केंद्र	
निगडी, पुणे-४११०२४.	
आवक क्र.	1141/293-24
दिनांक -	20/6/2023
लेखनिक	Chet
	प्राचार्य

permission granted
H/S


Yours's sincerely
Dr. D. J. Manore



Pune District Education Association's
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Adv. Mohanrao Deshmukh

Dy. Secretary
L. M. Pawar

Principal
Dr. Ragini Patil

Ref. No. **5871293-24**

Date : **20 JUN 2023**

To
The Principal
P.D.E.A.'s B. R. Gholap College
New Sangavi,
Pune 411027

Subject : Yoga session for students under Swasthyarakshan
Programme on occasion of International Yoga Day
2023.

Respected Sir,

We would like to conduct Yoga session for students under Swasthyarakshan programme on occasion of International Yoga Day 2023. You are kindly requested to provide suitable venue & time for the same.

Thanking you.

Yours faithfully

Dr. R.R. Patil
Principal

P.D.E.A.'s
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

शारीरिक शिक्षण संचालिका
बाबुरावजी घोलप महाविद्यालय
सांगवी, पुणे-411027



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Date- 23/06/2023

Metric no- 7.1. 10/8 1.8

YOGA AWARENESS CAMPAIGN IN B.R. GHOLAP COLLEGE, SANGVI, PUNE FOR STAFF, PUNE.

Event Name- Yoga Awareness Campaign in B.R. Gholap College,
Sangvi, Pune, for staff.

Organizing department- Swasthavritta Department

Date - 22 June 2023,

Time- 8:00 am – 9:00 am

Location of the event- B.R. Gholap College, Sangvi, Pune

No. of Participants - 29

No of PG Student- 12

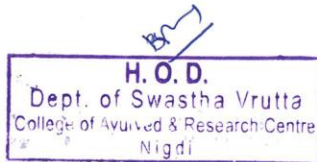
Drive Link for Photos-

<https://photos.google.com/u/1/album/AF1QipN6-axX1suB-nWRSwYK-XSq5abT1Px0dZpo43iU>



Summery of the Event-

Yoga session at B. R. Gholap college Sangavi was conducted for teaching staff. Total 29 teachers participated the event. Yoga teacher Archana Patil and 12 PG students were present to conduct the event. Common Yoga protocol was conducted for the staff.





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Date- 23/06/2023

Metric no- 7.1. 10 / 8 1.8

Yoga Awareness Campaign in B.R. Gholap College, Sangvi, Pune, for staff.
Date-22 June 2023,



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



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Department: - Swasthavritta

Name of Event: - International Yoga Day Celebration 2023 at B.R.Gholap College, Sangli, Pune

Date: - 22.6.2023

Attendance sheet

Sr.No.	Name	Sign
1.	Principal Dr. Balakrishna Zaware	[Signature]
2.	Dr. Latesh K Nikam	[Signature]
3.	D. M. Mahajan	[Signature]
4.	Dr. Vidya Pathare	[Signature]
5.	Dr. Sangeeta V. Jagtap	[Signature]
6.	V. S. Ghare	[Signature]
7.	Dr. R. B. Bhagat	[Signature]
8.	Dr. Misar Madha	[Signature]
9.	Pranali S. Shitole	[Signature]
10.	Deepali Joshi	[Signature]
11.	Prihi Joshi	[Signature]
12.	Anushka Jagdale	[Signature]
13.	Ekar S. U.	[Signature]
14.	Alkunte Shankar V.	[Signature]
15.	Dr. S. R. Yawale	[Signature]
16.	Pawale P. P.	[Signature]
17.	ANIL CHADDERE	[Signature]
18.	Gadewad A. B.	[Signature]
19.	Majur A. N.	[Signature]
20.	Ganrao Kinnre	[Signature]
21.	Prof. Dr. Kholate S. F.	[Signature]
22.	Dr. Kholate S. F.	[Signature]
23.	Dr. C. P. Hase	[Signature]
24.	Dr. M. N. Shewale	[Signature]
25.	Dr. S. D. Khodade	[Signature]
26.	Dr. Vijay Chaudhary	[Signature]
27.	Dr. Pimple Vandana	[Signature]



Principal
PDEA'S

College of Ayurved And Research Centre
Nigdi Pune - 411 044.



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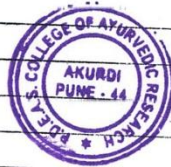
Department: - Swasthavritta

Name of Event: - *Yog Awareness session in Gholap B.R. Sangavi, Pune college.*

Date: - *22/06/2023*

Attendance sheet

Sr.No.	Name	Sign
1.	<i>Radha Katti</i>	<i>Radha</i>
2.	<i>Minakshi Nagpur</i>	<i>Minakshi</i>
3.	<i>Vaishnavi D. Shende</i>	<i>Vaishnavi</i>
4.	<i>Ganeshk. Rude</i>	<i>Ganeshk</i>
5.	<i>Shubhankar kulkarni</i>	<i>Shubhankar</i>
6.	<i>Rachika S. Kharced</i>	<i>Rachika</i>
7.	<i>Umesh mallewar</i>	<i>Umesh</i>
8.	<i>Rajita Kordas</i>	<i>Rajita</i>
9.	<i>Dr Kirti Sadhar</i>	<i>Kirti</i>
10.	<i>Smruti P. Makasire</i>	<i>spm</i>
11.	<i>Mahini Kulkarni</i>	<i>Mahini</i>
12.	<i>Apurva mundargi</i>	<i>Am</i>
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[Signature]
Principal

P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Date:01/07/2023

To

The Principal

College of Ayurved & Research Centre, Nigdi

Pune

Sub: Permission to conduct Yoga awareness programme under Swasthyarakshan programme

Respected Madam

Swasthavritta department has planned to conduct Yoga awareness programme for members of Gujar Snehvardhini Society, Sangvi, Pune on 2nd July 2023 under Swasthyarakshan programme.

Kindly give permission to conduct this programme.

Thanking you.

पु.जि.शि.मं.चे आयुर्वेद महाविद्यालय व संशोधन केंद्र निगडी, पुणे-४११०४४. आवक क्र 1308/223-24 दिनांक - 11/7/2023 लेखनिक (पु.जि.शि.मं.चे) प्रचार्य
--


Yours's sincerely
Dr. D.T. Manore

नाम
✓



Pune District Education Association's

College of Ayurved & Research Centre

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Date- 03/07/2023

Metric no- 3.4.4/8.1.8

YOGA AWARENESS CAMPAIGN

Event Name- Yoga Awareness Campaign in Gujar Snehavardhini,
Sangavi, Pune 27

Organizing Department- Swasthavritta Department

Date – 2 July 2023

Time- 6:00 pm to 7:00 pm

Location of the event- Gujar Snehavardhini, Sangvi, Pune 27

Number of persons attending the event- 11

Yoga teacher Mrs Archana Patil

Link of event photos- <https://photos.app.goo.gl/qUoM6vQ2yB9pVQ596>

Summary of the event- Swasthavritta department conducted a Yoga session for Gujar Snehavardhini society, Sangavi. Yoga teacher Mrs Archana Patil was present from Swasthavritta department to conduct the event. Total 11 members participated in the event and performed various Yogasana and Pranayam.

पु. जि. शिक्षा. बो.	
आयुर्वेद महाविद्यालय व संशोधन केंद्र	
निकाश, पुणे - ४११०४४	
आयक नं.	1325/12023-24
दिनांक	31/7/23
लेखनित	Archana
	प्रचार्य



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

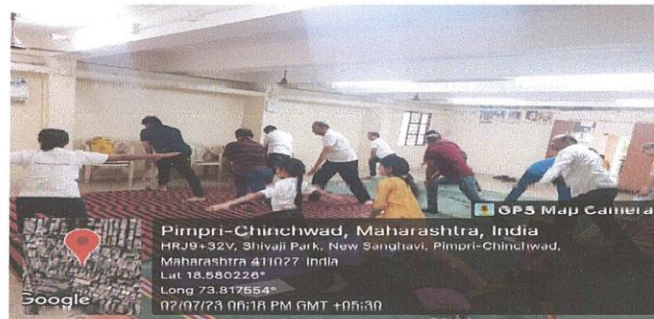
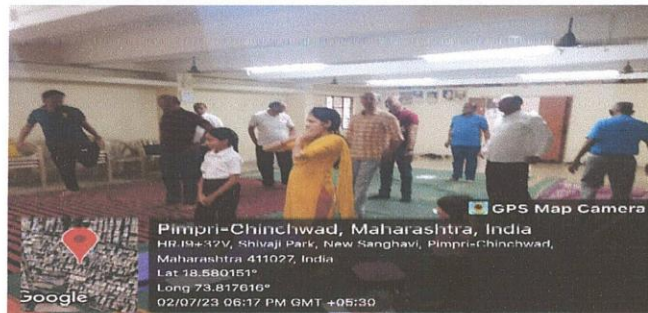
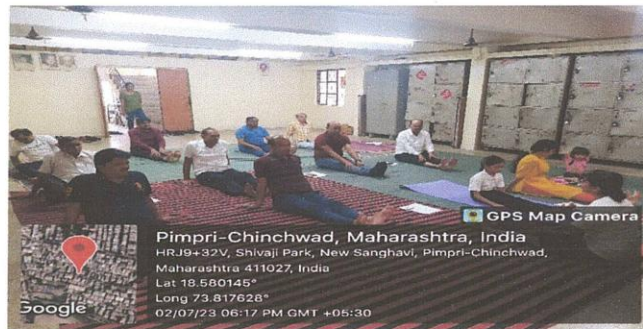


Date- 03/07/2023

Metric no- 3.4.4. / 8 / 18

YOGA AWARENESS CAMPAIGN IN GUJAR SNEHAVARDHINI, SANGAVI

Date -02/07 2023



Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's

College of Ayurved & Research Centre

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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Department: - Swasthavritta

Name of Event: - International Yog Day 2023

Date: - 2 July 2023

Gujarsnehavandini Attendance sheet

Sr.No.	Name	Sign
1.	Mahendra Mahajan	Mahajan
2.	Premod Chaudhary	P. Chaudhary
3.	Pradeep A. Patil	Patil
4.	Dipak Patil	Patil
5.	D.S. Chaudhary	Chaudhary
6.	G.T. Chaudhary	Chaudhary
7.	Rajendra S. Patil	Patil
8.	P.A. Patil	Patil
9.	Tushar Patil	Patil
10.	Gujar Ajay Ramdas	Ramdas
11.	Archana Sunil Mahajan	Mahajan
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		
20.		
21.		
22.		
23.		
24.		
25.		
26.		
27.		



Principal

P.D.E.A'S
College of Ayurved And Research Centre



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CARC/ NAAC /8.1.8 QNM

Attendance of Therapeutic Yoga in Swasthyarakshan OPD

Sr. No.	Year	No. of Patients
1.	2018	3180
2.	2019	3555
3.	2020	3946
4.	2021	3428
5.	2022	3265



Principal

P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

4n 2018
Monday
01/01/2018

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, सिंधुनगर, आकुर्डी

मानद चिकित्सकाचे नाव - डॉ. मनोरे मंडप

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1.	३४		नवनाथ मनि	M	५१
2.	४५		निशा जगताप	F	३६
३.	१००		विजय जाधव	M	३६
4.	१०९		समता वाडेकर	F	३४
5.	११३		मुरेड कामेठ	F	३७

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशालिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकित्सा	शेरा
मलावर्तस		१) आहार सल्ला २) कोळा जलपान ३) वज्रासन ४) पवनमुक्तासन ५) हावड हरितकीसुर्ण ६) दिनचर्या Counselling done	
स्वास्थ्यरक्षणार्थ		१) आहार सल्ला २) कोळा जलपान ३) दुग्धपान ४) सुगुनिमस्कार ५) अनेलोम-विलोम ६) पॅस्टायल counselling done	
स्थीत्या		१) आहार सल्ला २) सुगुनिमस्कार ३) कोळा जलपान ४) कपालभाती ५) त्रस्तुचर्या, दिनचर्या पॅस्टायल do	
स्वास्थ्यरक्षणार्थ		१) आहार सल्ला २) कोळा जलदुग्धपान ३) सुगुनिमस्कार ४) दिनचर्या, त्रस्तुचर्या, पॅस्टायल counselling done	
स्वास्थ्यरक्षणार्थ		१) आहार सल्ला २) कोळा दुग्ध जलपान ३) कपालभाती ४) वज्रासन ५) सुगुनिमस्कार ६) दिनचर्या, त्रस्तुचर्या पॅस्टायल do	

31/12/18

पुणे जिल्हा
आयुर्वेद
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. मनोरे

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
१५		११३	सुरेंद्र तानाजी कामठे	M	३४
२५	२८४१८		शशी मुकेश ताणी	F	२५
३५		२४१८४	महेश विजय चावते	M	३८
४५		२४८०४	सुमेधा स्वाजील इंगळे	F	२३
५५		२४१२६	निळिता शविंद्र फाकरकर	F	३५
६५		२४८०५	स्मीता मंगेश कोर्पे	F	१९

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
स्ताव्यरक्षणाधी		१५ आहार सल्ला - सा.प. २५ कोष्ठा जलपान ३५ सूर्यनमस्कार, वज्रासन, पवनमुक्तासन ४५ Following दिनचर्या, त्रस्तुचर्या	
PCOS	Dr. T. S. H.	१५ आहार सल्ला - सा.प. २५ कोष्ठा जलपान ३५ उष्णदासन, भुजंगासन, माजशिसन ४५ Walking ५५ Life style counselling done.	
स्थौल्य	-	१५ आहार सल्ला - मंदारोग २५ कोष्ठा जलपान ३५ Walking exercise ४५ सूर्यनमस्कार, स्वासन, पवनमुक्तासन ५५ Life style counselling done	
कटिगतवात	-	१५ आहार सल्ला - वातव्याधी २५ कोष्ठा जलपान ३५ पर्वतासन, ताडासन, अनुत्तम - विलोम ४५ Following दिनचर्या, त्रस्तुचर्या	
कटिगतवात	-	१५ आहार सल्ला - वातव्याधी २५ कोष्ठा जलपान ३५ हनुमदासन, भुजंगासन ४५ स्था. स्नेहन - स्वेदन ५५ Following दिनचर्या, त्रस्तुचर्या	
निद्राल्पता	-	१५ आहार सल्ला - सा.प. २५ आश्विन वरी ३५ सूर्यनमस्कार ४५ Following दिनचर्या, त्रस्तुचर्या	

8/12/18

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. मनोरे

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
३४		1+234	अर्जुन पोपट शेताळे	M	37
8४		2683	प्रगती रामू नायर	F	46
9४		28384	अलका बाबूराव पठारे		
Total no. of opd patients for December 2018 = <u>315</u>					

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (0२0) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
मलातल्लंभा		1) आहार सल्ला - मलातल्लंभा 2) कोष्ठा जलपान 3) सूर्यनमस्कार, वक्रासन, वक्रासन 4) Following दिनचर्या, ऋतुचर्या	
स्वास्थ्यरक्षणार्थ		1) आहार सल्ला - सा.प 2) कोष्ठा जलपान 3) सूर्यनमस्कार, पवनमुक्तासन वक्रासन 4) Following दिनचर्या, ऋतुचर्या	
मलविर्वाध		1) आहार सल्ला - मलातल्लंभा 2) कोष्ठा जलपान 3) सूर्यनमस्कार, वक्रासन, वक्रासन 4) शेंदवे हरितकी चुर्ण 5) Following दिनचर्या, ऋतुचर्या	
Total = 9			

Ayurved Rugnalaya & Sterling Multispeciality Hospital
Sec. 27, Nigdi, Pradhikaran, Pune - 44.Consultant
Swasthyrakhshan Department
ARSMH

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ.

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
	Month		Total No. of OPD patients in 2018		
	Jan	=	184		
	Feb	=	195		
	march	=	196		
	April	=	205		
	may	=	240		
	June	=	272		
	July	=	434		
	August	=	315		
	September	=	260		
	october	=	311		
	November	=	253		
	December	=	315		
	Total (2018)	=	3,180		



R. M. O.

Ayurved Rugmalaya & Starling Multispeciality Hospital

Soc. 27, Nigdi, Pradhikaran, Pune - 44.

By. Superintendent

Ayurved Rugmalaya & Starling Multispeciality Hospital

Soc. 27, Nigdi, Pradhikaran, Pune - 44.

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल
प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६

[illegible]

H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi

wednesday
2/11/19

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. वाघ

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1)	137		दिपिका जगताप	F	41
2)	152		लीला पवार	F	25
3)	159		निशा कुले	F	23
4)	167		कृष्णा माने	F	47
5)	190		अजय माणिक जंगळे	M	43

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशालिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
स्थायी	TFI	1) आहार सल्ला - मेयोरोडा 2) कोष्ठा उत्पान 3) wall sitting exercise 4) स्तन्यमसृष्टि, वज्रासन 5) Following टिप्सचा अनुसरण	
कटारत	TFI X-ray LSC AP lat	1) आहार सल्ला - सा.प 2) कोष्ठा उत्पान 3) वज्रासन, शिवारसन 4) अंगुलीम - विलोम 5) Life style counselling done.	
मलावष्टम		1) आहार सल्ला - मलावष्टम 2) कोष्ठा दुग्ध + गोघृत 3) कोष्ठा उत्पान 4) वज्रासन, धनुरासन 5) डा. हरितकी 4 gm x 4 days 6) Life style counselling done.	
कटिगत वात		1) आहार सल्ला - वातघाती 2) कोष्ठा उत्पान 3) पर्वतारसन, कटिचक्रासन 4) स्था - स्नेहन - महानाभयप्राशन 5) स्था - स्वेदन - गरम वस्त्रेण 6) महावातविश्वसे रस 250mg 7) Life style counselling done.	
मन्यगत वात	X Ray - Cervical vertebrae	1) आहार सल्ला - वातघाती 2) कोष्ठा उत्पान 3) गोमुखसन, भुजंगासन 4) Neck rotation exercise 5) Life style counselling done.	

26/11/19
Wednesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग
से. नं. २७, भेळ चौक, निगडी

विकीत्सकाचे नाव - डॉ. कतकी वक्ष

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
6)	203		आकाश वलन शिंदे	M	25
7)	256		प्रशिका चव्हाण	F	26
8)	212		सविता राजु खानेवार	F	24
9)	216		मंजु हरिश नरेश	F	21

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	विकीत्सा	शेरा
अमलपित्त	—	१) आहार सल्ला - अमलपित्त २) कोष्ठा जलपान ३) शोथसन, भुजंगसन, वज्रासन ४) प्रवाल युक्त गुलकंद ५) Life style counselling done.	
कष्टार्तव		१) आहार सल्ला - खा.प २) कोष्ठा जलपान ३) वज्रासन, सूर्यनमस्कार ४) अंगुनोम - विलोम ५) Life style counselling & दिनचर्या करू देऊ.	
काश्य		१) आहार सल्ला - कुपोषण २) सूर्यनमस्कार, वज्रासन ३) शोथसरी + अश्वगंधा + दुध ४) Life style counselling करू.	
अग्निमोदय		१) आहार सल्ला - अग्निमोदय २) कोष्ठा जलपान ३) वज्रासन, वक्रासन ४) हिंवाष्टक चूर्ण व गोधूत नेवलासद्या पहिल्या दोसऱ्यासोबत ५) शक्यते Life style counselling done.	
Total- 9			
		Consultant Swasthyarakshan Department ARSMH	

31/12/19
Tuesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. आरती फिरके

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1.	29991		36 वत्सा पारकर	F	43
2.		24668	विश्वामित्त साह्यगारे	M	53
3		26627	मात्मज गुरव	F	35
4		27856	शुभेश पुजारी	M	50
5		26651	आशा राजे	F	24
6		29335	मंजिळा भुटे	F	45

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
201822240101	① Haemogram	① आहार सल्ला - सा.प. ② कोळा जलपान ③ सूर्यनमस्कार - 78 x 8 ④ इंग्रिती + डुडी-युर्ग ⑤ Life style counselling done	
220102		① आहार सल्ला - स्योरेय ② कोळा जलपान ③ walking exercise done ④ त्रिकोणसन, सूर्यनमस्कार पारचे भोक्ता जायन ⑤ Following दिनचर्या प्रत्युत्पत्ती	
किरगतावात		① आहार सल्ला - वातव्याधी ② कोळा जलपान ③ स्या. रंजक - नारायण स्या. खेपन - Motwani ④ पर्वतासन, नाडासन, करिचक्रसन, मेतूखेद्यासन ⑤ प्रत्युत्पत्ती counselling done	
अम्बापित्त		① आहार सल्ला - अम्बापित्त ② वज्रासन, भुजंगासन, शालभासन, शवासन ③ शीतली, सीतकारी ④ Life style counselling done	
मध्यागतावात		① आहार सल्ला - वातव्याधी ② कोळा जलपान ③ अर्धशालभासन, माजगसन, गोमुखासन, वृद्धप्रमुखा ④ दिनचर्या counselling done	
उच्चरंजकतावात		① आहार सल्ला - उच्चरंजक ② इंग्रितीसन, भुजंगासन वज्रासन, वक्रासन ③ पशुपती, कुंकर ④ Life style counselling done	

31/12/19
Tuesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. भारती फेरके

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
7.		26/15	रिशा कोळे	F	45
8.	30008		नागराज हिरामठा झोलेराव	m	42
9.		27838	निर्मला काफाजी शर्मा	F.	34.
Total no. of patient in the month of December 2019 = 272					
Dr. Manasa D. 3/1/2020					
विभागप्रमुख स्वस्थ वृत्त विभाग आयुर्वेद महाविद्यालय व संशोधन केंद्र निगडी					

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
उच्चरक्तदाह		१) आहार सल्ला - उच्चरक्तदाह	
		२) शवासन, व प्राशन	
		अर्धहस्तसन, व प्राशन	
		३) भ्रामरी, ओंकार.	
		४) Life style counselling done	
कार्टिकल कार्टोटे	X-rays	आहार सल्ला - वातव्याधा	
		स्वा. संधान नाशयुक्त	
		स्वा. रचन. - मधुमेह	
		ताडासन, कोटचक्रसन	
		संतुष्टासन, भुजंगासन	
		अनुक्रम - योकोम	
कार्टिकल कार्टोटे		५) दिवस रूतून counselling done, प्रत्युत्पाद	
		६) आहार सल्ला - वातव्याधा	
		७) कोटा जलपात	
		८) पर्वतासन, ताडासन,	
		भुजंगासन, संतुष्टासन	
		९) उज्जायाम, अनुक्रम योकोम	
Total no. of Patients :- 09			
for T. Hande Dr. Shrawan Consultant 3.40pm Swasthyarakshan Department ARSMH			
 Approved - Registrar & Secretary, Multispecialty Hospital, Sec. 27, Nigdi, Pradhikaran, Pune - 44.			

चिकीत्सकाचे नाव - डॉ.

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल
प्लॉट नं० - ४४ फोन नं०

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
			Total no. of patient in the year		
			January = 336		
			February = 343		
			March = 268		
			April = 297		
			May = 282		
			June = 292		
			July = 330		
			August = 285		
			September = 217		
			October = 299		
			November = 334		
			December = 272		
			Total = 3555/		

[illegible]

1/1/2020
Wednesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेल चौक, निगडी

चिकीत्सकाचे नाव - डॉ. मंजुषी पोतदार

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1	77		राजहंसा तमवडे	F	68
2	90		शबनी भारे	F	56
3	105		सुरेखा जगताप	F	२9
4	106		निर्मला जुंडे	F	52
5	109		जानकी लोखंडे	F	२9

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
ज्वरशूल		① मानेचे स्त्रुम व्यायाम ② थांद्याचे, पाठीचे, स्त्रुम ③ तांडासन, करीचक्रायन अर्धचक्रायन ④ Life style counselling done	
मन्यागतवात		① आहार सल्ला - वातव्याधी ② कोष्ठा जलपान ③ मानेचे स्त्रुम व्यायाम ④ भुजंगारसन, मार्जारसन ⑤ Life style counselling, अनुचर्या करवू	
मन्यागतवात	X-ray AP LS view	① आहार सल्ला - वातव्याधी ② कोष्ठा जलपान ③ मानेचे स्त्रुम व्यायाम ④ रथा. स्नेहन - तिलतैल ⑤ रथा स्वेदन - तापस्वेद ⑥ अर्धशतभस्त्र, भस्त्रारसन गोमुखारसन, कटुमकुंड, ⑦ Life style counselling done, अनुचर्या करवू.	
कफिगतवात	① CBC ② X-ray AP ③ view	① आहार सल्ला - कफव्याधी ② कोष्ठा जलपान ③ रथा. स्नेहन - तिलतैल रथा स्वेदन - hot water bath ④ पूर्वभाजन, तांडासन, करीचक्रायन, भुजंगारसन ⑤ दिनचर्या, अनुचर्या counselling done.	
2 ज्वर	① CBC ② Lipid profile	① आहार सल्ला - रज्ज्वर ② कोष्ठा जलपान ③ walking exercise ④ त्रिकोणारसन, स्त्रुमभस्त्र पारमोलासन ⑤ Life style counselling done	

1/1/2020
Wednesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ. मंजुषी पोतदार

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
6.	127		फिरठा उंडे	M	29
7	139		नीता पाटोळे	F	28
8	143		अंजना वाणीवे	F	34
9.	158		स्वप्ना राजे	F	35
10.	162		अमिता मुळे	F	34

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
अमूल्य	CBC	① आहार सल्ला - अमूल्य ② वज्रासन, हास्यभारसन, श्रीवासन ③ शीतली, सीतकारी. ④ श्रवाळयुक्त गुनकंद. ⑤ दिनचर्या, तनुचर्या counselling done.	
रुग्ण	① CBC ② Lipid profile	① आहार सल्ला - स्वोत्प ② कोस्टा जमवान ③ त्रिकोणासन, सूर्यनमस्कार, पारंगुवतासन, उलानपादासन ④ walking exercise - २० मिनट ⑤ life style counselling done, तनुचर्या कर.	
प्रमेद + वातवाही	① BSL रक्त ② xray AP LS view	① आहार सल्ला - वातवाही + प्रमेद ② कोस्टा जमवान ③ रथा. रमेदन ④ रथा. रमेदन ⑤ पर्वतासन, नाडासन, भुजंगासन ⑥ Life style counselling, तनुचर्या कर.	
स्वास्थ्य रक्षणार्थी	Adv ① Haemogram ② BSL (R)	आहार सल्ला - सा.प. कोण जमवान सूर्यनमस्कार Walking exercise for life style counselling done.	
मन्यागत घात	Adv - CBC Cervical xray AP view	① आहार सल्ला - वातवाही ② कोस्टा जमवान ③ रथा. रमेदन ④ रथा. रमेदन ⑤ मानचे मूडम व्यायाम ⑥ दिनचर्या, तनुचर्या counselling done.	

1/1/2020
Wednesday

पुणे जिल्हा
आयुर्वेद
व
स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी

चिकीत्सकाचे नाव - डॉ.

मंजुषी पोतदार

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
11	16C		शंजेरा पोतदार	M	34
12	178		सुलभा वाळेकर	F	52
13	186		उर्मिका डुडे	F	49
14	200		दिपिका शर्मा	F	26
15	208		मंगेश मटे	M	45
Total Patient				=	15

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
ग्राम्हापित्त		1) आहार सल्ला - आहार - चिस्त 2) शंड पुष्पपान 3) प्रवाळयुक्त युष्कंद 4) शक्ति प्रणायाम 5) Life style counselling done.	
स्वास्थ्यरक्षणार्थ		1) आहार सल्ला - सान्प. 2) कोष्ण जलपान 3) सूर्यनमस्कार 4) Walking exercise 5) दिनचर्या, अनुचर्या counselling done.	
अव्य रक्तदाह		1) आहार सल्ला - अच्य रक्तदाह 2) कोष्ण जलपान 3) शवासन, वज्रासन 4) कोणासन, भुजंगसन 5) दिनचर्या, अनुचर्या counselling done.	
करीबाना वान		1) आहार सल्ला व सल्लादी 2) कोष्ण जलपान 3) श्या. स्नेहन 4) श्या. स्वेदन 5) Life style counselling done.	
जानुसंधीगत वान		1) आहार सल्ला - वान व्याधि 2) कोष्ण जलपान 3) श्या. स्नेहन 4) श्या. स्वेदन 5) पायचे सूक्ष्म व्याधि, Life style counselling done.	
Total - 15		Dr. Pankaj Marjula 1/1/2020 3:45 PM Consultant Swasthyarakshan Department ARSMH	



चिकीत्सकाचे नाव - डॉ. पोतदार

पुणे जिल्हा
आयुर्वेद

व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1)		20292	अंशुरी चौहान	F	43
2)	26541		संजय मोले	M	50
3)		21809	पंकज कोळे	M	28
4)		20781	प्रदीप लोडे	M	27
5)		24805	भाष्यश्री तळे	F	29
6)		21276	संजय मोले	M	56
7)	26555		हरिश्च कोळेकर	M	43

श्रीमती मंडळकर
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
इथोनॉय		आहार सल्ला - इथोनॉय कोष्टा जलपान walking exercise सुप्लेनमिशन Life style counselling down	
संश्लिप्त	X-ray Lspine - AP Lat	आहार सल्ला - वातव्याधि कोष्टा जलपान पॅक्टासन, ताडासन दिनचर्या, वस्तुचर्या counselling down	
इथोनॉय		आहार सल्ला - इथोनॉय कोष्टा जलपान walking exercise मेडोरेर मुकुटुल स्टॅण्ड-०१ Following दिनचर्या, वस्तुचर्या	
अश्लिप्त		आहार सल्ला - अश्लिप्त प्रवस्युक्त मुकुटुल इलासन, मुकुटुलसन Following दिनचर्या, वस्तुचर्या	
इथोनॉय		आहार सल्ला - मेडोरेर कोष्टा जलपान walking exercise Following दिनचर्या, वस्तुचर्या	
संश्लिप्त		आहार सल्ला - संश्लिप्त walking exercise पॅक्टासन, मुकुटुलसन Following Life style counselling down	
इथोनॉय	lipid profile TFF	आहार सल्ला - मेडोरेर कोष्टा जलपान सुप्लेनमिशन walking exercise Life style counselling down	



चिकीत्सकाचे नाव - डॉ. पोतदार

पुणे जिल्हा
आयुर्वेद
व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
8)	26558		आमिनी काजळे	F	43
9)		20264	महेश तारु	M	56
10)	26569		रेशमा मोली	F	41
11)	26571		सोरे का हिसे	F	41
12)		20257	अजय सोरे नाळे	M	47
13)		22666	प्रविण शिंदे	M	31
14)	26599		मनिषा वारकर	M	43
			Total no of patient in the month of December 2020 = 423		
			Dr. Monore 11/12/20		

विभागप्रमुख
स्वास्थ्य कृत्त विभाग
आयुर्वेद, आयुर्वेदिक उपचार व योग्यतेचे केंद्र
निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



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वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
चित्तादिभ्य	ECG	आहार सल्ला-सा.प शेवासन, प्रविणमोक्षानसन प्रविण वटि २००-२ Lifestyle counselling, आयुर्वेद आहार सल्ला-वास्तव्यही कोष्टा जलपान ताडासन, पर्वतासन Following दिनचर्या, अनुचर्या	
स्वास्थ्यरक्षणार्थ	ECG Haemoglobin	आहार सल्ला-सा.प कोष्टा जलपान वेलन, स्त्रेनमस्कार Advised - दिनचर्या, अनुचर्या	Immunity
स्वास्थ्यरक्षणार्थ	ECG	आहार सल्ला-सा.प कोष्टा जलपान स्त्रेनमस्कार Advised - दिनचर्या, अनुचर्या आहार सल्ला-वास्तव्यही कोष्टा जलपान ताडासन, पर्वतासन Following advised lifestyle	
मज्जाशूल	AS spines	आहार सल्ला-वास्तव्यही कोष्टा जलपान स्त्रेनमस्कार Lifestyle counselling	I = 98



Approved by the Director of Health, Government of Maharashtra, Pune-44.

Consultant
Swasthyarakshan Department
10/12/20

चिकीत्सकाचे नाव - डॉ.

आयुर्वेद

व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

ରୁପାଳ

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



160

[illegible]

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
विभागाचे नाव : स्वरक्षक			
अनु.क	माहे	रूग्ण संख्या	
०१	जानेवारी २०२०	३३०	
०२	फेब्रुवारी २०२०	२७०	
०३	मार्च २०२०	२४८	
०४	एप्रिल २०२०	११०	
०५	मे २०२०	२३२	
०६	जून २०२०	२८५	
०७	जुलै २०२०	३२५	
०८	ऑगस्ट २०२०	३७७	
०९	सप्टेंबर २०२०	४७७	
१०	ऑक्टोबर २०२०	४५४	
११	नोव्हेंबर २०२०	४१५	
१२	डिसेंबर २०२०	४२३	
एकुण		३,९४६	
विभागाध्यक्ष स्वरक्षक विभाग आयुर्वेद महाविद्यालय व शोभीनंदन केंद्र पिंपरी			
Ayurved Rugmalaya & Shree Multispecialty Hospital Soc. 27, Nigdi, Prachinagar, Pune - 41.			
Dy. Superintendent Ayurved Rugmalaya & Shree Multispecialty Hospital Soc. 27, Nigdi, Prachinagar, Pune - 41.			

JANUARY - 2021

पुणे जिल्हा

आयुर्वेद

व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



02

चिकीत्सकाचे नाव - डॉ. मनीर

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
११	३९		वैशाली वाघमोडे	F	४२
२१	४३		अनीता शर्मा	F	४७
३१	५१		सानिका जांबळे	F	४१
४१	६२		सुप्रिया कांबळे	F	४१
५१	७७		स्तजालो हिरेवे	35	F
६१	८४		मंगल पोल	४३	F

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
जानुअंघीशूल	X-Ray ^{AP} _{Lat} knees	आहार सल्ला - वातव्याधी कोष्ठा जलपान स्थानिक स्नेहन - स्वेदन सूक्ष्म व्यायाम Life style counselling done.	
अग्निमांद्य	-	आहार सल्ला - अग्निमांद्य कोष्ठा जलपान लवणाद्रीक, तेजोसन, पतनमुक्तासन Life style counselling, ऋतुयया ववर.	
व्याधीक्षमत्ववर्धनीय	-	आहार सल्ला - आ.प. व्याधीक्षमत्ववर्धनीय कोष्ठा जलपान आयुष काढा, सूर्यनमस्कार दिनचर्या, ऋतुयया counselling done.	
स्थूल्य	T3, T4, TSH	आहार सल्ला - स्थूल्य कोष्ठा जलपान, Waiving exercise, सूर्यनमस्कार, आयुष काढा, दिनचर्या counselling ऋतुयया ववर.	
व्याधीक्षमत्ववर्धनीय	-	आहार सल्ला - आ.प. व्याधीक्षमत्ववर्धनीय कोष्ठा जलपान, सूर्यनमस्कार, आयुष काढा, Life style counselling done.	
मन्याशूल	X-Ray - Cervical spine	आहार सल्ला - वातव्याधी कोष्ठा जलपान, सूक्ष्म व्यायाम दिनचर्या, ऋतुयया counselling done.	



पुणे जिल्हा
आयुर्वेद
व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

चिकीत्सकाचे नाव - डॉ. मोने

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
५)	106		रहेम नोशाद खान	F	५3
८)	116		मंदेश मोरे	M	५3
९)	124		जया मोली	F	५1
10)	148		कोमल राठो	F	30
11)	154		गोपी सांबळे	F	५1
12)	181		संजय राजे		
			संजय	M	५7
13)	20A		विष्णु माछले	M	52

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (020) २७६५९४६० रजि. नं. ६६



03

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
मन्यागतवान		आहार सल्ला, कोणजलपाण मार्जिलन, मसूरन, मसूरमुखा, गोमूत्रालन Life style counselling done, अनुसरण करणे.	
निहाल्यता		आहार सल्ला, कोणजलपाण कार्बो डायट वरिना चूर्ण सेवन, कॅल्शियम, अमुला विलेन, मसूरन दिनचर्या, अनुसरण करणे.	
अम्लपित्त		आहार सल्ला, सेवन चूर्ण गुंजगालन, गोमूत्रालन सेवन, गोमूत्रालन पवनमुक्तालय, पन्नास दिनचर्या counselling done, अनुसरण करणे.	
मलावचं		आहार सल्ला, कोणजलपाण वप्रासन, पवनमुक्तालय गुंजगालन, पांजेमोमानास Life style counselling done.	
मन्यागतवान		आहार सल्ला, कोणजलपाण, मार्जिलन, मसूरन, मसूरमुखा Life style counselling done, अनुसरण करणे.	
कठिगतवान	X-Ray L5 spine	आहार सल्ला, कोणजलपाण करिचकाल, पर्वतासन, अष्टांगिकसन, मार्जिलन Life style counselling done.	
अधुन	HBAIC	आहार सल्ला, कोणजलपाण घात्रीन डरिना चूर्ण, गुंजगालन, अमुला-वेन गोमूत्रालन दिनचर्या, अनुसरण करणे.	
Total 13.		counselling done	

Dr. Manoj D. J.
Consultant: 1/1/2021
Swasthyarakshan Department
ARSMH
4.20pm



चिकीत्सकाचे नाव - डॉ.

मलोरे

पुणे जिल्हा
आयुर्वेद
व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1.		21570	रश्मिका माटे	F	48
2.		20590	जया बरोडे	F	34
3.		21622	शाकुंतला भुमाव	F	45
4.		26434	हिराबाई कांबळे	F	50
5.		26435	शिवाजी बरोडे	M	40

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
उच्चारकटाव		आहार सल्ला - उच्चारकटाव सुखनमस्कार मारीवका - ९-१० सप्ताह Lifestyle counselling done आहार सल्ला - वातव्याधी कोषा जलपान स्था. स्नेहन - वलातेल स्था. तापस्नेह प्रतिपान, भुजंगासन, तपस्वन Following दिवस, १० दिवस आहार सल्ला - आहार पावाभ्यंगा - वलातेल मकरासन, शशांकासन, शवासन Brick walk - 20 min/day Following Lifestyle आहार सल्ला - आहार कोषा जलपान सुखनमस्कार - 10/day अनुलोम - विलोम, श्वासा गोमुखन हरिद्रा चूर्ण प्रातःकाली स्नान Following १० दिवस आहार सल्ला - वातव्याधी कोषा जलपान योगासन गुग्गुलु २०mg 1 - 0 - 1 मानेचे सुखनमस्कार (दिनांक) 10 दिवस, १० दिवस	
कटीगत वात			
पित्ताधिक्य			
स्वास्थ्यरक्षणा	CBC		
मन्यागत वात	X-Ray C-spine AP Lob		



चिकीत्सकाचे नाव - डॉ.

मनोरे

पुणे जिल्हा
आयुर्वेद
व स्तर्लिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
६.		२१५७६	रघुनाथ रंगे	M	५५
७.		१७१४७	कुक्कना खाण	F	४५
८.		१७६८०	सागर भूमकर	M	३
९.		२०५८१	विनोद कनसोरे	M	५१
१०.		२१५७८	समिनी शिंदे	F	५२
Total no. of patient in the month of December 2021 = 329					
Dr. Manore					
31/12/21					

दिनांक ३१/१२/२१
आयुर्वेद रुग्णालय व संशोधन केंद्र
निगडी

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
आत्मपित्त		आहार सल्ला - आत्मपित्त प्रीतकृत्युक्त गुलकंद ५gm दफासन, पश्चिमोत्तानास, गुणभासन वीतली, सीतारि Tingling to follow दिनचर्या आहार सल्ला - सी.प. कोष्ठा जलपान गुडची धन वही २०gm 1-0-1 २7 days अधुन क्वाथ 1gm - 0 - 10gm सूर्यनमस्कार ५ Rep. each following तंत्रयुग्म आहार सल्ला - सी.प. कोष्ठा जलपान सूर्यनमस्कार - 10/day गोमूत्र + लवंग - २ कप झामरी, अमूलोम - विलोम following दिनचर्या, तंत्रयुग्म आहार सल्ला - सी.प. कोष्ठा जलपान गुडची धन वही २०gm 1-0-1 सूर्यनमस्कार (५७ Rep.) आहार सल्ला - सी.प. कोष्ठा जलपान, दिनचर्या मेढोहर सुगंध २०gm कपालभाती (१० win)	वाधीक्षमत्व वर्धनाथ वाधीक्षमत्व वर्धनाथ वाधीक्षमत्व वर्धनाथ Total = 10
वाधीक्षमत्ववर्धन			
वाधीक्षमत्ववर्धन			
मातृवृद्धी			
Immunohectic = 90			
Dr. Deepali Manore Swasthavritta Consultant BAMS, MD (Reg. No. 1-39824 A 1) PDEA'S Ayurved Rugnalaya & Sterling Multispeciality Hospital Sector 27, Nigdi, Pradhikaran.			



चिकीत्सकाचे नाव - डॉ.

पुणे जिल्हा
आयुर्वेद
व स्तर्लिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
	Total No of Telemedicine in December 21 =			01	
	Total no of OPD Patients in the year				
	January 2021 -			386	
	February 2021 -			340	
	March 2021 -			394	
	April 2021 -			179	
	May 2021 -			224	
	June 2021 -			323	
	July 2021 -			272	
	August 2021 -			256	
	September 2021 -			243	
	October 2021 -			238	
	November 2021 -			246	
	December 2021 -			329	
	Total -				

2021

विभागाचे नाव :

अनु .क	माहे	रुग्ण संख्या
01	जानेवारी २०२१	386
02	फेब्रुवारी २०२१	340
03	मार्च २०२१	394
04	एप्रिल २०२१	179
05	मे २०२१	224
06	जून २०२१	323
07	जुलै २०२१	272
08	ऑगस्ट २०२१	256
09	सप्टेंबर २०२१	243
10	ऑक्टोबर २०२१	236
11	नोव्हेंबर २०२१	246
12	डिसेंबर २०२१	329
	एकुण	3428

Dr. Manjusha Potdar
Consultant (Swasthavrilla & Yoga)
BAMS, MD (Reg. No. 1-49397-A)
PDEA's Ayurveda Rugnalaya &
Sterling Multispecialty Hospital
Sector 27, Nigdi (P), Pune - 44

Dr. Superintendent
Ayurveda Rugnalaya & Sterling Multispecialty Hospital
Sector 27, Nigdi (P), Pune - 44

Ayurveda Rugnalaya & Sterling Multispecialty Hospital
Sector 27, Nigdi (P), Pune - 44

01/01/22
Saturday



चिकीत्सकाचे नाव - डॉ. जिरे के

पुणे जिल्हा
आयुर्वेद

कडफोड डिग्रीवास्टिंग

पं. ए. ए. ०५४५१२७५ (०५०) से. नं. २७४ मेळा चौक, पुणे

अ. नं.	केस पेपर क्रमांक	रुग्णाचे नाव	प्रकृति	लिंग	वय
	नवीन	जुने			
1.	11	विनायक रावठा		M	50
2.	102	हलीमा सय्यद		F	51
3.	103	बबन पोल		M	41
4.	107	काशन देवपाठे		F	40

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
प्रमेद	BSL & PP HbA1C	① आहार बदला - प्रमेद ② कोषाजलपान ③ Brisk walking 45min daily. ④ धात्री निशा योग (5km) १ च - १ च x 7 days ⑤ आयुने - ⑥ दिनचर्या, तनुचर्या counselling done.	
स्वल्प	lipid profile	① आहार बदला - स्वल्प ② कोषाजलपान ③ Brisk walking 45min ④ मेदोर मुकुर्व 250mg १-०-२ ट से. ज ४ फेब्रु. ⑤ आयुने - सुर्जेनमास्कार भुजंगासन, शिशिरासन, पार्श्वशतानसन स्नातमाती प्राणायाम ⑥ Life style counselling done, तनुचर्या.	
व्याधीक्षितत्ववर्धने		① आहार बदला - भा.प. ② कोषाजलपान ③ नित्य अभ्यास - तैल तैल ④ Daily walking - 30min ⑤ व्यायामाद्वारा 50km रोज सक्रम ⑥ सुर्जेनमास्कार, पार्श्वशतानसन कुमारी, भुजंगातिलिपि ⑦ दिनचर्या, तनुचर्या counselling done.	स्वास्थ्यशास्त्र
कठिणता	X-Ray Lumbar Sph & AP Lateral	① आहार बदला - तांदूळ ② कोषाजलपान ③ स्ना स्नेह - निगुंडी तेल ④ स्ना स्नेह - Hot bag water ⑤ गेज स्ना १ कप ५ घा + १ ⑥ पर्वतासन, शिवाकालन कुमारी, भुजंगातिलिपि ⑦ Life style counselling done.	



पुणे जिल्हा

आयुर्वेद

कॉन्सल्टिंग फिलिअल स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

३३ जून ०१४७/२०८ (०५०)

चिकीत्सकाचे नाव - डॉ.

फिरके

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
५.	१०८		विकास बाभते	M	३७
६.	१३९		रुपाली लंके	F	३७
७.	१६०		निशांत चुवे	M	३५
८.	१९२		मेहर चव्हाण	M	५०

शिक्षण मंडळाचे

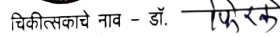
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
व्याधीक्षमत्वदर्शनाथ		① आहार मंत्वा - मा.प. ② कोणजमपात ③ व्यवस्था ९ व सकाळी ④ खरीचे दुधा ९ व रात्री ⑤ भुजनास्कार, अनुमोक्षणयोग ⑥ भुजना ⑦ दिनचर्या अनुचर्या counselling done.	स्वास्थ्यरक्षणार्थ
स्वास्थ्य	Lipid profile	① आहार मंत्वा - स्वास्थ्य ② BMSK परामर्श परामर्श ③ कोणजम + ३ रा मस मस ④ मेहोतर गुळ २०mg १-०-१ ⑤ ट को.ज. १००mg ⑥ उपपेशी अंगण - वृत्तसंस्था ⑦ भुजनास्कार, भुजनालय, क्वालमो - १०mg द्या ⑧ Life style counselling, अनुचर्या adv.	
व्याधीक्षमत्वदर्शनाथ		① आहार मंत्वा - मा.प. ② अंगण - तित तित. ③ Walking - ३० min. ④ संभोगा वरी - २०mg ⑤ व्यवस्था ९.५ सकाळी ⑥ भुजनास्कार, पालिपोलाम अनुमोक्षणयोग, भुजना ⑦ दिनचर्या अनुचर्या counselling done.	स्वास्थ्यरक्षणार्थ
करिगतता		① आहार मंत्वा - विकारी ② कोणजमपात ③ ख्या. खोत - तीव तीव ④ ख्या. खोत - मोठ मोठ ⑤ पर्वतालय, भुजनालय, ताडाल ⑥ भुजना, ख्या. ख्या. ⑦ Life style counselling & अनुचर्या adv	



से. नं. २७, भेळ चौक, निगडी,

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकित्सा	शेरा
मज्जागन्तासात	X-Ray Cervical Ap / lateral	① दाहक मल्ला - वस्तुव्याप ② क्षीणज्ज्वपात ③ श्या - स्तेरला - निवृत्ती ④ श्या - स्तेरला - निवृत्ती ⑤ मज्जागन्तात ⑥ डेज्जापि ⑦ Lifestyle counselling done	
अस्त्वपित		① दाहक मल्ला - वस्तुव्याप ② प्रवाक्युक्त ③ १२ - १२ पुष्पापुन ④ १२ पुष्पापुन ⑤ १२ पुष्पापुन ⑥ १२ पुष्पापुन ⑦ १२ पुष्पापुन ⑧ १२ पुष्पापुन ⑨ १२ पुष्पापुन ⑩ १२ पुष्पापुन ⑪ १२ पुष्पापुन ⑫ १२ पुष्पापुन ⑬ १२ पुष्पापुन ⑭ १२ पुष्पापुन ⑮ १२ पुष्पापुन ⑯ १२ पुष्पापुन ⑰ १२ पुष्पापुन ⑱ १२ पुष्पापुन ⑲ १२ पुष्पापुन ⑳ १२ पुष्पापुन ㉑ १२ पुष्पापुन ㉒ १२ पुष्पापुन ㉓ १२ पुष्पापुन ㉔ १२ पुष्पापुन ㉕ १२ पुष्पापुन ㉖ १२ पुष्पापुन ㉗ १२ पुष्पापुन ㉘ १२ पुष्पापुन ㉙ १२ पुष्पापुन ㉚ १२ पुष्पापुन ㉛ १२ पुष्पापुन ㉜ १२ पुष्पापुन ㉝ १२ पुष्पापुन ㉞ १२ पुष्पापुन ㉟ १२ पुष्पापुन ㊱ १२ पुष्पापुन ㊲ १२ पुष्पापुन ㊳ १२ पुष्पापुन ㊴ १२ पुष्पापुन ㊵ १२ पुष्पापुन ㊶ १२ पुष्पापुन ㊷ १२ पुष्पापुन ㊸ १२ पुष्पापुन ㊹ १२ पुष्पापुन ㊺ १२ पुष्पापुन ㊻ १२ पुष्पापुन ㊼ १२ पुष्पापुन ㊽ १२ पुष्पापुन ㊾ १२ पुष्पापुन ㊿ १२ पुष्पापुन	
उज्ज्वलतदात	Lipid profile	① दाहक मल्ला - वस्तुव्याप ② क्षीणज्ज्वपात ③ श्या - स्तेरला - निवृत्ती ④ श्या - स्तेरला - निवृत्ती ⑤ मज्जागन्तात ⑥ डेज्जापि ⑦ Lifestyle counselling done	
		Total - 11	

Dr. Arti Firke
Swasthyarakshan Consultant
BAMS, MD (Reg No. 130373 A-1)
PDEA'S Ayurved Rugnalaya &
Sterling Multispecialty Hospital
Sector 27, Nigdi, Pradhikaran.

31/12/2022
Saturday



चिकीत्सकाचे नाव - डॉ.

पं. मंदार

पुणे जिल्हा
आयुर्वेद
व स्तलिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
1.		19481	किशोर बाळ	M	40
2.		15459	प्रकाश मुळे	M	40
3.		21393	संकिता चव्हाण	F	36
4.		21392	मनिसा पोळ	F	36

वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
स्वोत्पन्न रोगार्थ		1. आहार सल्ला - स्वोत्पन्न रोग 2. मेडिकेशन - कडु 3. 2 - 2 व्यायाम 4. सर्वांग प्रमाण 5. सूर्यप्रकाश - 6. 10 6. पिंपळी टसायन चूर्ण 7. केलुमर्मा निष्काशन	
व्याधीक्षितत्ववर्गीकरण		1. आहार सल्ला - स्वोत्पन्न 2. स्वयंपाक - 3. 10 3. सर्वांग प्रमाण - 4. 10 4. आहार - 5. 10 5. केलुमर्मा निष्काशन - 6. 10 6. पिंपळी टसायन चूर्ण 7. केलुमर्मा निष्काशन	
स्वोत्पन्न		1. आहार सल्ला - स्वोत्पन्न 2. मेडिकेशन - 3. 10 3. 4. 10 4. 5. 10 5. 6. 10 6. 7. 10 7. 8. 10 8. 9. 10 9. 10. 10 10. 11. 10 11. 12. 10 12. 13. 10 13. 14. 10 14. 15. 10 15. 16. 10 16. 17. 10 17. 18. 10 18. 19. 10 19. 20. 10 20. 21. 10 21. 22. 10 22. 23. 10 23. 24. 10 24. 25. 10 25. 26. 10 26. 27. 10 27. 28. 10 28. 29. 10 29. 30. 10 30. 31. 10 31. 32. 10 32. 33. 10 33. 34. 10 34. 35. 10 35. 36. 10 36. 37. 10 37. 38. 10 38. 39. 10 39. 40. 10 40. 41. 10 41. 42. 10 42. 43. 10 43. 44. 10 44. 45. 10 45. 46. 10 46. 47. 10 47. 48. 10 48. 49. 10 49. 50. 10 50. 51. 10 51. 52. 10 52. 53. 10 53. 54. 10 54. 55. 10 55. 56. 10 56. 57. 10 57. 58. 10 58. 59. 10 59. 60. 10 60. 61. 10 61. 62. 10 62. 63. 10 63. 64. 10 64. 65. 10 65. 66. 10 66. 67. 10 67. 68. 10 68. 69. 10 69. 70. 10 70. 71. 10 71. 72. 10 72. 73. 10 73. 74. 10 74. 75. 10 75. 76. 10 76. 77. 10 77. 78. 10 78. 79. 10 79. 80. 10 80. 81. 10 81. 82. 10 82. 83. 10 83. 84. 10 84. 85. 10 85. 86. 10 86. 87. 10 87. 88. 10 88. 89. 10 89. 90. 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चिकीत्सकाचे नाव - डॉ. पोतदार

पुणे जिल्हा
आयुर्वेद
व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

अ. नं.	केस पेपर क्रमांक		रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
5		23915	अंजली नाईक	F	49
6		23914	रमेश नानेकर	M	41
7		24818	स्वाती मिडे	F	41
8		25423	सिम्रा सांडे	F	28
Total No of OPD Patients in December 2022 are					
= 229					
Dr. Potdar 31/12/22					

शिक्षण मंडळाचे
रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५९४६० रजि. नं. ६६



वेदना विशेष व व्याधि विनिश्चय	परिक्षणे	चिकीत्सा	शेरा
स्थूल		आहार सल्ला - स्थूल	
		कोष्ण जलपान	
		सूर्यनमस्कार, उल्लोमपादस्थ	
		कपालभर्ता, भास्त्रिका	
		ADP - रक्तचर्चा	
कटिगत वात		आहार सल्ला - वातलघ्वी	
		स्थानिक स्नेहन	
		स्थानिक स्वेदन	
		पर्वतासन, भुजंगासन,	
		अनुलोम - विलोम	
चिंम		मिळवणूक दिनचर्या, रक्तचर्चा	
		आहार सल्ला - सा.पु	
		शिरोगंधा - तीक्ष्ण तेल	
		आसिरीपाद चित्री शिवाळ	
		नक्राळ - मधु	
शालापिण		Try to follow दिनचर्या	
		आहार सल्ला - शालपिण	
		रसिमावलेह - २०ml - २x	
		प्रत्येक ५ कडुळकंद १००gm following regimen	
		Total = 8	
		Dr. Potdar	
		31/12/22 3:30pm	
		DR. MANJUSHA POKDAR	
		Consultant (Swasthavritta & Yoga)	
		BAMS, MD (Reg. No. 1-49397-A)	
		PDEA's Ayurved Rugnalaya &	
		Sterling Multispeciality Hospital	
		Sector 27 Nigdi (P), Pune - 44	

W.R.M.O.
Ayurved Rugnalaya & Sterling Multispeciality Hospital,
Sec. 27, Nigdi, Prachinakaran, Pune - 44.

चिकीत्सकाचे नाव - डॉ.

पुणे जिल्हा
आयुर्वेद

व स्टर्लिंग

से. नं. २७, भेळ चौक, निगडी,

शिक्षण मंडळाचे

रुग्णालय

मल्टिस्पेशलिटी हॉस्पिटल

प्राधिकरण, पुणे - ४४ फोन नं. (०२०) २७६५१४६० रजि. नं. ६६



अ. नं.		केस पेपर क्रमांक	रुग्णाचे नाव	लिंग	वय
	नवीन	जुने			
			Total no. of patient in year 2022		
			January 2022 = 282		
			February 2022 = 354		
			March 2022 = 357		
			April 2022 = 260		
			May 2022 = 234		
			June 2022 = 266		
			July 2022 = 259		
			August 2022 = 216		
			September 2022 = 280		
			October 2022 = 268		
			November 2022 = 268		
			December 2022 = 229		
			Total = 3265		

गिरगाव (१)
खेडर हात शिबारा
आयुर्वेद वैद्यकीय शाळा व अस्पताल, खेडर
जिल्हा - सांगली

[illegible]

Sec. 27, Nigdi, Pradhikaran, Pune - 44.

Dy. Superintendent
Ayurved Sugandhaya & Sterling Multispeciality Hospital
Sec. 27, Nigdi, Pradhikaran, Pune - 44.



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



CARC/ NAAC /8.1.8 QnM Activities of Therapeutic Yoga

Sr. No.	DATE	TIME	Name of Program	Arranged By	No. of Participants	Total no.of activities
YEAR August 2022- July 2023						01
1.	16/06/2023	2.30pm-4pm	Guest Lecture on Yogopchar in diseases for students	Swasthavritta dept	108	
YEAR August 2021- July 2022						01
2.	15/06/2022	9.30am-10.30am	Yoga workshop for HTN & Stress for female teaching staff	Swasthavritta dept	16	
YEAR August 2020- July 2021						03
3.	01/06/2021 to 18/06/2021	10am -11am	Certificate Course in Therapeutic Yoga	Swasthavritta dept	51	
4.	11/06/2021	10am -11am	Guest lecture on Yoga for improving Lung Capacity by Mrs Smita Kulkarni	Swasthavritta dept	96	
5.	14/06/2021	10am - 11.30am	Guest lecture on Yoga for Diabetes by Mr Pramod Niphadakar	Swasthavritta dept	90	
6.	17/06/2021	10.30am - 12.30pm	Workshop on yoga for back and neck pain	Swasthavritta dept	86	
YEAR August 2019- July 2020						02
7.	20/06/2020 to 25/06/2020	5pm-6pm	Online Yoga Workshop(disease wise)	Swasthavritta dept	100	
8.	26/06/2020	11am - 12.30pm	National webinar on importance of for prevention of COVID	Swasthavritta dept	94	

*Regular Yoga session for IPD Patients.





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Date- 23/06/2023

Metric no- 7.1. 10/18.1.8

GUEST LECTURE REPORT

Name of the Event-	Guest lecture on Yogopchar in Diseases
Date -	16 June 2023
Organising department-	Swasthavritta
Speaker-	Dr Anuradha oak
Time-	02:30 pm
UG & PG Students:	UG - 88, PG - 10, Teaching staff - 10
Mode of Event:	Offline
Venue:	Auditorium, PDEA's CARC, Nigdi, Pune

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व शस्त्राभ्यास केंद्र
निगडी, पुणे-४११०४४
आवक क्र १२२०/२२३-२४
दिनांक - २६/६/२०२३
लेखनिक (Arti) प्राचार्य

Link for Photos-

https://photos.google.com/u/1/album/AF1QipO93MeZCaMMLc9DJMgS2dGV D2oodeX8_tXNJj0

Summary of the event-

Guest lecture was organized by Swasthavritta Department on occasion of International Yoga Day 2023.

Lecture is started on time at 2:30 am. Dr Kirti Jadhav introduced the guest Dr.Anuradha Oak. Dr.Arati Firke welcomed the guest. Dr.Anuradha Oak explained topic by giving different examples. Including Obesity, Diabetes she explained some spinal diseases which result in body posture abnormality and she also explained Asan and some bandh method for posture correction. UG and PG students enjoyed this lecture very much. Some questions were asked by students and answered by Dr.Anuradha Oak. After that vote of thanks given by Dr. Shubhankar Kulkarni.

H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



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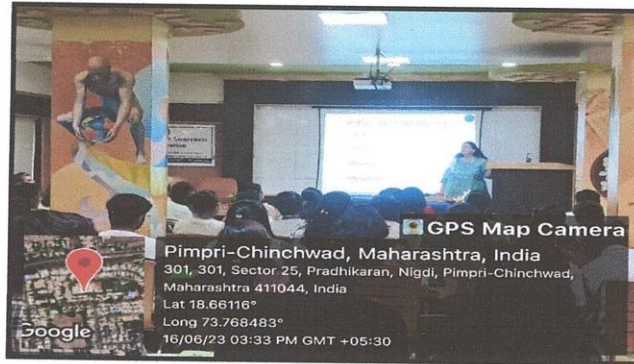
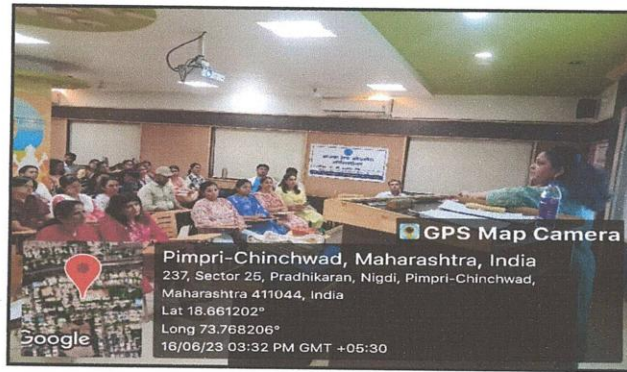


Date- 23/06/2023

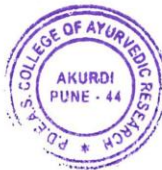
Metric no- 7.1. 10/8.1.8.

Name of the Event- Guest lecture on Yogopchar in Diseases

Date - 16 June 2023



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi



Principal
P.D.E.A.S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



III RAMS

Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

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Department: - Swasthavritta

Name of Event: -Guest Lecture on Yogopchar in diseases

Date: - 16/06/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Sonali Santosh Muxumkar (38)	
2.	Saleshi Anandrao Tadhai (25)	
3.	Pragati Sanjay Bagade (02)	
4.	Arati Sanjay Chaudhary (08)	
5.	Pratiksha Shingade (50)	
6.	Vaishnavi Bharambe (04)	
7.	Vaishnavi Fartade (14)	
8.	Vaishnavi Ram Panmalkar (41)	
9.	Ritika Dasharath More (36)	
10.	Tanvi Kiran Damle (11)	
11.	Pooja Panchakshari Gowda (20)	
12.	Sanskriti Dayaneshwar Hire (21)	
13.	Ankita Ashok Bhandarwar (03)	
14.	Ganesh Hanmantarao Morge (37)	
15.	Himanshu Rajesh Kolhe (33)	
16.	Vaidya Shivey Pandurang (58)	
17.	Hitesh Chunilal Chaudhary (10)	
18.	Yogesh Kishor Kulkarni (34)	
19.	Rahul Arun Raut (46)	
20.	Anand Darling Bhushnar (66)	
21.	YOGESH NITIN INGLE (22)	
22.	Tushar Rajendra Kokate (32)	
23.	Nikhil Dhananjay Sadpute (49)	
24.	Tejas Shivaji Bhure (5)	
25.	Sanket Milind Firke (15)	
26.	Laxman Balaji Rodge (47)	
27.	Madhusudan R. Swami	



28.	mohan shantaram Rokade (43)	Mokade (43)
29.	shantanu lakhchand patil (43)	Patil
30.	shantanu yeole (59)	Yeole
31.	Abhishek bidwe (07)	Bidwe
32.	Viraj Gyrase (19)	Gyrase
33.	Rushikesh Katkade (28)	R. Katkade
34.	Apuwa thube (55)	Thube
35.	Sharvari Sohoni (51)	Sohoni
36.	Madhura Tulshe (56)	Tulshe
37.	Shrushti Pawar (45)	Pawar
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Principal
P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

P.D.E.A.S. College of Ayurved And Research Centre
AKURDI
PUNE - 44.



IV RAMS

Pune District Education Association's

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Department: - Swasthavritta

Name of Event: -Guest Lecture on Yogopchar in diseases

Date: - 16/06/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Sanjana R. Kulkarni (34)	
2.	Sandeep Kolke (33)	
3.	Jayashree Thakur (51)	
4.	Akshay Gadade (13)	
5.	Pradnya Jadhav (20)	
6.	Aisha Khan (30)	
7.	Harshal Dewang (11)	
8.	Samruddhi Patil (44)	
9.	Nikita Pete (46)	
10.	Dipa Kale (25)	
11.	Dhananjay Bagal (03)	
12.	Sanket Mahadar (37)	
13.	Prapti Dhawale (12)	
14.	Omkar Patil (43)	
15.	Oway Icheh Pathan (41)	
16.	Tushar Jure (24)	
17.	md. Taufique (38)	
18.	Piyush Yadav (59)	
19.	Poorn Dale (08)	
20.	Shruti Gupta (18)	
21.	Vishnu Gadade (14)	
22.	Dhaneshree Waghmode (55)	
23.	Sakshi Jagtap (23)	
24.	Vinay Trifale (52)	
25.	Vaishnavi Wayase (57)	
26.	Mansi Ghanwat (15)	
27.	Megha Yadav (58)	



28.	Vaishnavi Mekale	(39)	Mekale
29.	SANKET JADHAV	(22)	Jadhav
30.	Deeksha Sankpal	(47)	Sankpal
31.	Anya Sardeshpande	(49)	Sardeshpande
32.	Talguni Daspute.	(10)	Daspute
33.	Shivpoing Nambiar	(40)	Nambiar
34.	Shravyika Gundapure	(19)	Gundapure
35.	Sakshi Katakute	(29)	Katakute
36.	Ambika Bilapatte	(04)	Bilapatte
37.	Amushka Pandawate	(09)	Pandawate
38.	Pranelli Kothle	(32)	Kothle
39.	Nishtha C. Wagh	(54)	Wagh
40.	Shruti Gupta	(18)	Gupta
41.	Aditi Annigeri	(02)	Annigeri
42.	Pranjal Kumbhar	(35)	Kumbhar
43.	Ravindra Sapkal	(48)	Sapkal
44.	PRATYAKA JADHAV	(21)	Jadhav
45.	Supriya Lekul	(36)	Lekul
46.	Rutuja Gophane	(17)	Gophane
47.	AKANKSHA Wagh	(53)	Wagh
48.	Vishakha Indawalkar	(56)	Indawalkar
49.	Rahul Khomane	(31)	Khomane
50.	Gorind Ghule	(16)	Ghule
51.	Abhay Kaste	(28)	Kaste
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PDEA's College of Ayurved & Research Centre

Department of Swasthavritta

Date: 16/6/23 Time:

PG

Attendance

Event: Guest lecture on Yogopchar in diseases

Sr. Roll No.	Name of Student	Department	Signature
1.	Shubhankar Kulkarni	Swasthavritta	<i>[Signature]</i>
2.	Dr. Kirti H. Jadhav	Swasthavritta	<i>[Signature]</i>
3.	Dr. Nikita Umak	Swasthavritta	<i>[Signature]</i>
4.	Dr. Shivani Lonkar	Swasthavritta	<i>[Signature]</i>
5.	Dr. Kritika Suryawanshi	Swasthavritta	<i>[Signature]</i>
6.	Dr. Prajyoti G. Adhao	Swasthavritta	<i>[Signature]</i>
7.	Dr. Poonam S. Yadav	Swasthavritta	<i>[Signature]</i>
8.	Dr. Simeon S. Kankate	Swasthavritta	<i>[Signature]</i>
9.	Dr. Radha Katti	Swasthavritta	<i>[Signature]</i>
10.	Dr. Smita Makasare	Swasthavritta	<i>[Signature]</i>
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27.		Principal P.D.E.A'S	
28.		College of Ayurved And Research Centre Nigdi, Pune - 411 044.	
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Teaching staff



Pune District Education Association's
College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.
Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Department: - Swasthavritta

Name of Event: -Guest Lecture on Yogopchar in diseases

Date: - 16/06/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Dr. Mayura Jadhav	
2.	Dr. Varsha Sage	
3.	Dr. Sudha Singh	
4.	Dr. Priya Bangar	
5.	Dr. Sumit Chutake	
6.	Mrs. Archana S. Patil	
7.	Dr. Chandana Virkar	
8.	Dr. Yogini R. Kulkarni	
9.	Dr. Japa J. Phadke	
10.	Dr. Manisha Pingale	
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Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411-044.





Pune District Education Association's
College of Ayurved & Research Centre



Post event summary report
Department of Swasthavritta

Date- 16/06/2022

Workshop of Yoga in hypertension and stress for female teaching staff on the occasion of international yoga day 2022

Date of the event- 15 June 2022

Time – 09:30 am- 10:30 am

Organising department – Department of Swasthavritta
PDEA's College of Ayurved and research centre Nigdi.

Location of the event- Yoga Hall, Swasthavritta department
PDEA's College of Ayurved and Research Centre, Nigdi

Number of teachers attending the event-16

Mode of event- Offline

Yoga workshop photos link-

https://photos.google.com/album/AF1QipNDZg0qVW_llz5fAG2fxOprTSk5wQ9focFEmdcJ

Yoga registration link-

<https://forms.gle/Szmzd3BwojaWCR5r7>

Yoga workshop feedback link-

<https://forms.gle/4MJ7UiPK4mpU4hsd6>

पु.जि.शि.मं.चे आयुर्वेद महाविद्यालय व संशोधन केंद्र निगडी, पुणे-४११०४४. आवक क्र. 1082/2022-23 दिनांक - 16/06/2022 लेखनिक (Pati) प्राचार्य

Summary of the event-

Workshop of yoga in hypertension and stress for female teaching staff on the occasion of international yoga day 2022 was planned. Registration for yoga workshop was taken on Google form. All instructions about dress code and workshop time and yoga mat were given to the teachers prior one day. On the event day all teachers and organizing department gathered in yoga hall at 9:00 am. Dr Firke worked as co-ordinator, Yoga teacher Mrs Vaishali Nimbalkar was working a demonstrator, Dr Manore, Dr Potdar helped in organization. All teachers performed yoga with full energy and enthusiasm. Feedback was taken from all teachers and certificates were mailed personally to all teachers.

MADE



H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi

Name of the Department – Swasthavritta

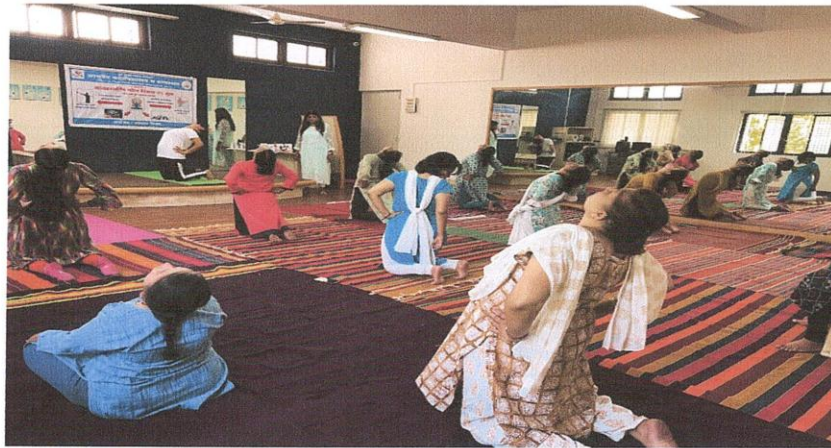
NAAC Metric No.- 7.1.10.8.1.8



Pune District Education Association's
College of Ayurved & Research Centre



Yoga workshop for HTN & Stress for female teaching staff
15/06/2022




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Nigdi, Pune - 411 044.



Name of the Department-Swasthavritta

NAAC Metric No. -7.1.10

PDEA's College of Ayurved & Research Centre

Department of Swasthavritta

Yoga Workshop Attendance

Date: 5/6/22 Time: 9.30am to 10.30am Topic: Yoga workshop for Hypertension & stress on occasion of JYD 2022

Roll No.	Name	Signature
1.	Dr. Madhavi Benare	mbenare
2.	Dr. Madhavi Desai	desai
3.	Dr. Rupali Khobragade	Rupali
4.	Dr. Virkar Chandana	Chandana
5.	Dr. Varsha Sane	Sane
6.	Dr. Divyashree	Divyashree
7.	Dr. More sangita	More
8.	Dr. Vijaya Nyahale	Nyahale
9.	Dr. Laxmi Meenai	Meenai
10.	Dr. Bhosale	Bhosale
11.	Mrs. Vaishali Nimbalkar	Nimbalkar
12.	Dr. Deepali Manore	Manore
13.	Dr. Yogita Jamdade	Jamdade
14.	Anjali Ingle	Ingle
15.	Dr. Manjusha Dildar	Dildar
16.	Dr. Arti Fiske	Arti Fiske
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Principal

P.D.E.A.S

College of Ayurved And Research Centre
Nigadi, Pune - 411 044.





PDEA'S COLLEGE OF AYURVEDA AND RESEARCH CENT
DEPARTMENT OF SWASTHAVRITTA



Date: 21/06/2021

To,
The Principal,
College of Ayurved and research centre,
Nigdi, Pune,

पु.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४-
आवक क्र.१८२/२०२१ दिनांक २३/६/२०२१
टेबल क्र. ३०/६/२०२१

Subject: Report of Certificate course in Therapeutic Yoga .

लेखनिक

प्राचार्य

Respected Madam,

As per your guidance department of Swasthavritta had organized a
Certificate course in Therapeutic Yoga (SUBJECT CODE:CARC/VAC/SW/TY)
for third year UG students during the period 1st June to 18th June 2021.

Detail report of the Course conducted is enclosed with this letter.

Thanking you,

Yours faithfully,

Dr. R. B. Bobade

Dr. A. R. Firke

Course Coordinator



EVENT REPORT

Report of Certificate course in Therapeutic Yoga

Department of Swasthavritta had organized a Certificate course in Therapeutic yoga with prior permission. (Application dated May 21). Dr.Arati Firke was appointed as course coordinator for this course.

Subject code: CARC/VAC/SW/TY

- **Beneficiary-** Course was designed for Third year BAMS students, current students of Aglave batch(Summer 21 MUHS appearing batch)
- **Fees -Nil**
- **Aim and objectives of the course:**
 1. To teach students about importance of Yoga in their own lifestyle in such pandemic situation.
 2. To teach students management of cases of lifestyle disorders with the help of Yoga.
 3. To guide the students about how to manage Pregnancy related cases, Pediatric cases and geriatric cases with the help of yogic practice.
 4. Spreading our "INDIAN Yogic Science" all over the world through our trained and qualified Ayurved students.
- **Duration of Course :** 16 hours ; from 1st June to 18th June 2021
- **Brief description of the event:**
 - A Detail brochure was prepared for the advertisement and information of the course.
 - A Google form was shared for registration for on whats app. G. Form link : <https://forms.gle/xNgaUaspkZooWUvz8>
 - Syllabus: syllabus for this course was with 17 modules divided in 17 hours
 - The course was conducted online using Zoom app on College zoom Id.



- A whats app group was made for sharing the daily updates. Daily link of lectures was sent to the students on the same whats app group.
 - Dr Arti Firke has taken first lecture of Introduction and basics of this course on first day. Dr Deepali Manore, Dr Manjusha Potdar, Dr Supriya Sanap , Dr Madhulika Singh, Dr. Vikas Chothe , Dr. Pratik Patil were appointed as Faculty for this course.
 - Specialist Guest lecturers were also invited for demonstration and experience sharing Mr Amar sant (Director of Amaryoga foundation), Mrs Smita Kulkarni (Yoga teacher), Mr Pramod Niphadakar(Director of Yogavidyadham, Pune) and Dr. Vikas Chothe (Director of Swastiyoga centre, Pune).
 - 3 Practical sessions were conducted based on Pranayam, Aasan, Garbhasanskar, and iyengar yoga practice.
 - One lecture for Scope of Yoga as a career in all over the world was also conducted.
 - A MCQ exam was conducted on Google form for checking the output of the course from students. 51 students gave the exam and all passed the exam with more than 50% marks.
 - Finally E certificate "Certificate of Completion" of the course was issued to all the successful 51 students who passed the MCQ exam.
 - Feedback form was regarding course contain and Faculty was also collected and suggestions were accepted from the students for further improvement.
- **What students gain :**
 - Students gain the confidence of handling yoga cases ,
 - Some additional knowledge about different yoga practices ,
 - They also developed more interest in learning and following yoga practices.
 - Now they can think about spreading our "INDIAN Yogic science" all over the world



• Details of the event /module :

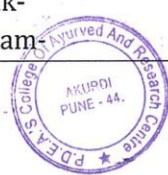
Sr. No	Date & Time	Topic of Lecture & Name of the Teacher/ Speaker	Joining link of lect. And You Tube Link	Link of screenshots
1	01/06/2021 10am-11am	Introduction Dr Arti Firke	https://us04web.zoom.us/j/72556981119?pwd=bktFY045NUphazArb09KV2dOcZEvdz09	https://drive.google.com/drive/folders/1AjxtL27tFWmtjO3YnutWVZ7BQCojFHyG?usp=sharing
2	02/06/2021	Basics of Garbhasanskar Dr Madulika Singh	meet.google.com/gn-shvt-qsg	https://drive.google.com/drive/folders/1hji7hmSRu2qRAAtUiKySPIRuT2aCpGWJ?usp=sharing
3	03/06/2021	Yoga for Pregnancy Dr Madulika Singh	meet.google.com/trv-bvwm-ieo	https://drive.google.com/drive/folders/1iCDDF93To18Rz2w9gjzrarNwy0vQUMY?usp=sharing
4	04/06/2021	Advance yogic Kriya Ncti/Tratak Archana Patil	https://us02web.zoom.us/j/85024801000?pwd=VFJoTXBtUTVuUDZPZCs5NGRrT2xYQT09	https://drive.google.com/drive/folders/1iGuqBKE-C0JJbnI9VuAQqT6U1LH1qlRG?usp=sharing
5	05/6/21 10am-11am	Yoga in Digestive disorders Dr Pratik Patil	You tube link- https://youtu.be/Cd9Yjvci8hU https://us02web.zoom.us/j/81444818653?pwd=VjlpU2o3ZEQzZ3VUM2NyK1VPZlhQQT09	https://drive.google.com/drive/folders/1iW4E7FC8LKfmDni-narngplWFooo2gxF?usp=sharing
6	07/06/2021	Yoga for cardiac Health Dr Vikas Chothe	You tube link- https://www.youtube.com/watch?v=KaE4ol7GNPg	https://drive.google.com/drive/folders/1iaxI9sE5JixUMrVzvlCfFcHWffvsPimF?usp=sharing



			https://us02web.zoom.us/j/85677979603?pwd=M1JDVHlRWlIQSIFKb3NibVhBNm8ydz09	
7	08/06/2021	Yoga in stress & insomnia Dr Vikas Chothe	You tube link- https://www.youtube.com/watch?v=mcloFSI0uw https://us02web.zoom.us/j/83246770076?pwd=YWZvd3h6WktHSzlxY0phcmFGNjRJTU09	https://drive.google.com/drive/folders/1jNeUJLNPdHb4GhF5g4ZMFE02-UKLxDAQ?usp=sharing
8	09/06/2021	Suryanamaskar Dr Deepali Manore	https://us04web.zoom.us/j/71525803011?pwd=UitScHR0Uj9KU2tYMitxc2ZWNTBvdz09	https://drive.google.com/drive/folders/1jimmyF-5hj0rVfg0Pd08y8bW7xKixHMy?usp=sharing
9	10/06/2021	Yoga for Obesity Dr Manjusha Potdar	https://us02web.zoom.us/j/84673316978?pwd=YX7uUEF0OXN0VkpXNFBNRE1NMmFmZz09	https://drive.google.com/drive/folders/1k4-mGIL9PI1xWFFhZ4Ygcv7pf681Um?usp=sharing
10	11/6/21 10am-11am	Yoga in increasing Lung Capacity Mrs.Smita Kulkarni	You tube link- https://youtu.be/S-UKi-WtGtM https://us02web.zoom.us/j/85954758660?pwd=aXpvZnpRWdKzTk5udmlzM1Z6OCs5dz09	https://drive.google.com/drive/folders/114N0KY5j0tMwM9Chmge7pjiwq720-IU?usp=sharing
11	12/06/2021	Yoga in menstrual disorder Dr Supriya Sanap	https://us02web.zoom.us/j/81444366884?pwd=c25telZWanJlb0ZHdHM5T1J0OVZadz09	https://drive.google.com/drive/folders/1lo_d3wzSAL944Ek9N2I0IPP9cqVSwSr?usp=sharing
12	14/6/21	Yoga in Diabetes		https://drive.google.com/d



	1 10am- 11am	Shri.Pramod Niphadkar	You tube link - https://youtu.be/k-CBo_Eza0Q https://us02web.zoom.us/j/88236895890?pwd=Q2NvczVtVVp3T1BZRFozd2RUblRxdz09	rive/folders/1mzNOx40RHqKcBMzMxr2KZrSRPDxbciyg?usp=sharing
13	15/06/ 2021	Yoga in pediatric and geriatric group Dr Vikas Chothe	https://drive.google.com/drive/u/0/my-drive https://us02web.zoom.us/j/85895601729?pwd=cit6UWdnM2lwK1kxRHNkYzVTd1E4QT09	https://drive.google.com/drive/folders/1nBhqGGXuqjGLI4Jv3lzKZX7onMILm-U?usp=sharing
14	16/6/2 1 10am- 11am	Yoga as a career Dr Vikas Chothe	https://drive.google.com/drive/u/1/my-drive https://us02web.zoom.us/j/84288992089?pwd=RIAzbfBIelIpTTUR4WVphdG9TTGNcZ09	https://drive.google.com/drive/folders/1nduCMW5CYaPba0tzCjjZuxVdola43tMh?usp=sharing
15	17/06/ 2021	Yoga for musculoskeletal diseases Dr Amar sant	You tube link - https://youtu.be/MXuDIPEVWuM https://us02web.zoom.us/j/7191635966?pwd=VIFSdkF0dXZRdFJzUzVxYTdlRHRUQT09	https://drive.google.com/drive/folders/1onL_LC1ln89sKtq_ki5LhRC1eplAb2Bc?usp=sharing
16	18/06/ 2021	MCQ exam	Google form link- Exam-	Exam result link- https://docs.google.com/spreadsheets/d/16XU43pnJv

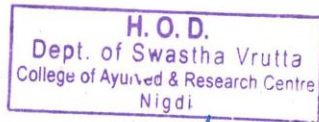


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Feedback form link: <https://forms.gle/EvVngoit6SVgrNfNA>

Enclosed: Brochure of Certificate Course and Sample of Certificate

HOD sign and stamp



Arti Firke
22.6.21
Dr. Arti Firke

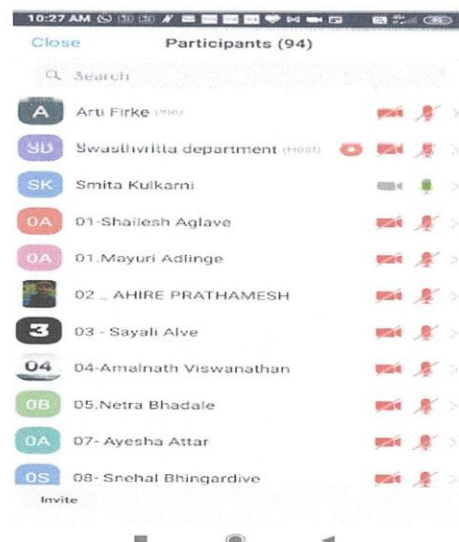
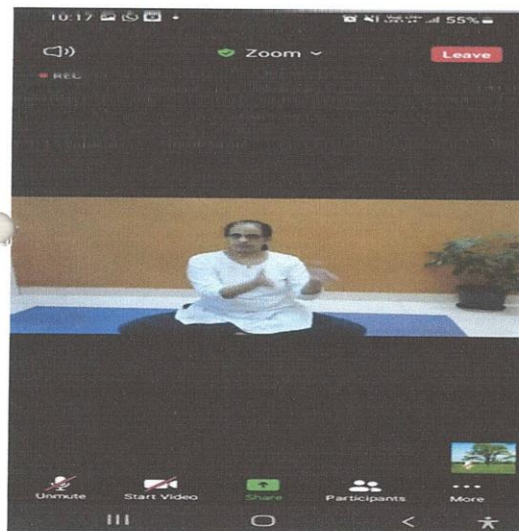
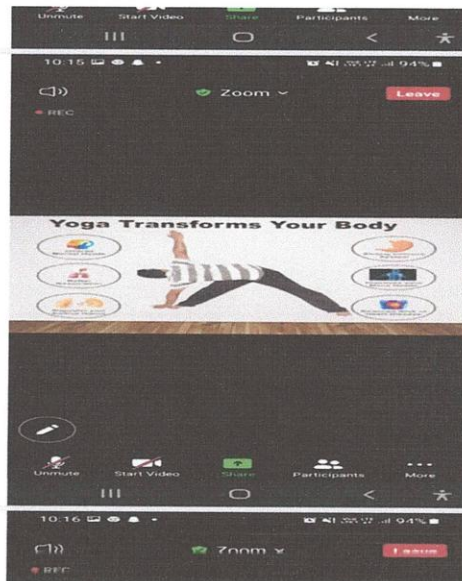
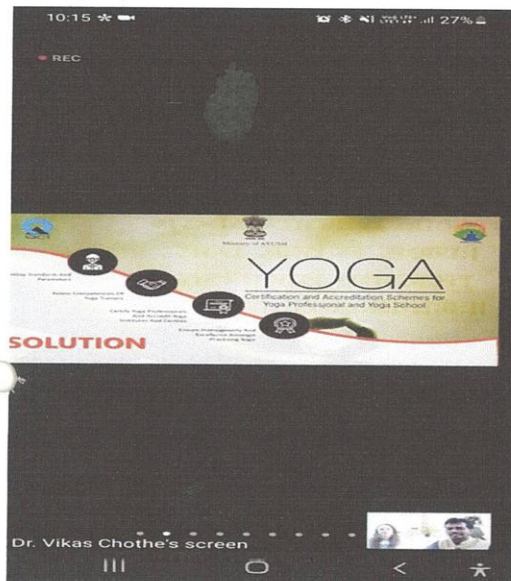
Course Coordinator

Principal sign and stamp

Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Photos of Certificate course in Therapeutic Yoga-2021



Handwritten signature

Principal
Principal

P.D.E.A.S.
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

**SCHEDULE OF LECTURES OF CERTIFICATE COURSE OF THERAPEUTIC
YOGA**

DEPARTMENT OF SWASTHVRITTA

LECTURES	DATE	Topic	FACULTY	TIME
1.	01/06/2021	Introduction	Dr Arti Firke	10am-11am
2.	02/06/2021	Basics of Garbhasanskar	Dr Madulika Singh	10am-11am
3.	03/06/2021	Yoga for Pregnancy	Dr Madulika Singh	10am-11am
4.	04/06/2021	Advance yogic Kriya Neti/Tratak	Archana Patil	10am-11am
5.	05/06/2021	Yoga for digestive disorders	Dr Pratik Patil	10am-11am
6.	07/06/2021	Yoga for cardiac Health	Dr VikasChothe	10am-11am
7.	08/06/2021	Yoga in stress & insomnia	Dr VikasChothe	10am-11am
8.	09/06/2021	Suryanamaskar	Dr Deepali Manore	10am-11am
9.	10/06/2021	Yoga for Obesity	Dr Manjusha Potdar	10am-11am
10.	11/06/2021	Yogopchar for healthy respiratory system.	Mrs Anuradha Oak Kabirbaug, Pune	12pm-1pm
11.	12/06/2021	Yoga in menstrual disorder	Dr Supriya Sanap	10am-11am
12.	14/06/2021	Yoga in Diabetes	Dr Pramod Niphadkar	10am-11am
13.	15/06/2021	Yoga in paediatric & geriatric group	Dr VikasChothe	10am-11am
14.	16/06/2021	Yoga as a career	Dr VikasChothe	10am-11am
15.	17/06/2021	Yoga for musculoskeletal diseases	Dr Amar sant	10.30 am- 11.30 am
16.	18/06/2021	Assessment of students	-	10am-11am



PDEAS COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.

List of Students for Therapeutic Yoga course 2021

Sr No.	Name of Student	Sr No.	Name of Student
1	AGLAVE SHAILESH SHIVAJI	31	KUNJIR VAISHNAVI SHIVAJI
2	AHIRE PRATHAMESH VINOD	32	MACHE BHAGYASHRI RAMDAS
3	ALVE SAYALI SAKHARAM	33	MAGAR VAIBHAV BHARAT
4	AMALNATH K. VISHWANATHAN	34	MAHAKAL RUSHIKESH ASHOKRAO
5	AMBALKAR YASH PADMAKAR	35	MAHAMULKAR AKSHAY ANKUSH
6	ANDHALE PRATIKSHA BABASAHEB	36	MANE SHIVANI SANDEEP
7	AYESHA AKBAR ATTAR	37	MENGADE RUTUJA BHARAT
8	BHINGARDIVE SNEHAL SANJAY	38	MULANI WASIM SIKANDAR
9	BOMBLE VIJAY PANDURANG	39	NAGARGOJE UTKARSHA BARIKRAO
10	BORATE SNEHA SUDAM	40	NAKADE SHUBHANGI DINKAR
11	CHAVAN PAYAL ANIL	41	PASAKANTI RUTUJA AMBADAS
12	CHAVAN PRAVINA HANUMANT	42	PATIL JUHI VISHWAJIT
13	DESHPANDE RUSHIKESH SANTOSH	43	PATODKAR SHABARI SUBHASHRAO
14	DHAJE CHARUSHILA SHIVAJI	44	PAWAR TEJASHRI BHIKAJI
15	DUGANE SHITAL RAMRAO	45	PISE ADITYA DNYANESHWAR
16	GAIKAWAD MINAL KRISHNA	46	KAHOD ASHWINI HANMANTRAO
17	GAIKWAD PALLAVI BHAGWAN	47	RAUT SNFHAL SATISH
18	GAWADE RHUSHI ANILKARAM	48	SALUNKE RENU PARMESHWAR
19	GHATGE SHARAYU DNYANESHWAR	49	SALVEKAR NIVEDITA NARENDRA
20	GHAYAR RACHANA SHESHRAO	50	SAWANT RHUTUJA JAYWANT
21	HINGMIRE VIJAYALAXMI DATTATRAY	51	SHEKADE SHRIHARI BHAGVAT
22	JAMADADE SAGARIKA NITIN	52	SHINDE VAISHNAVI UTTAMRAO
23	KADAM TEJMALA NARAYAN	53	SWAMI SIDDHI RAVISHANKAR
24	KAKDE SHUBHANGI SUNIL	54	TAKPIRE ANIKET GANESH
25	KALSHETTY GEETA SHRIMANT	55	TEKADE KANCHAN RAJKUMAR
26	KALYANKAR GANPAT MOHANRAO	56	THOMBARE RUSHIKESH TARACHAND
27	KHADSE PRAJAKTA PRAFUL	57	TODKARI PRACHI SHAM
28	KHOKLE SANIKA PRABHAKAR	58	VALVI DEVYANI MANOHAR
29	KIRDANT ANAGHA ACHYUTRAO	59	YADAV PRANAL SADHUJI
30	KOLHE VAIBHAV RAMDAS		



PDEAS COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.																		
ATTENDANCE OF CERTIFICATE COURSE IN YOGA THERAPY 2021																		
BATCH NO 1 From 1 st june to 17 june 2021																		
Roll No	NAME OF STUDENT	DATE	1	2	3	4	5	7	8	9	10	11	12	14	15	16	17	18
1	AGLAVE SHAILESH SHIVAJI		P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
2	AHIRE PRATHAMESH VINOD		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	ALVE SAYALI SAKHARAM		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	AMALNATH K. VISHWANATHAN		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	AMBALKAR YASH PADMAKAR		A	A	A	A	A	A	A	P	A	A	A	A	P	P	A	P
6	ANDHALE PRATIKSHA BABASAHEB		P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P
7	AYESHA AKBAR ATTAR		P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
8	BHINGARDIVE SNEHAL SANJAY		P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
9	BOMBLE VIJAY PANDURANG		P	P	P	P	P	P	P	P	P	A	A	A	A	A	A	P
10	BORATE SNEHA SUDAM		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	CHAVAN PAYAL ANIL		P	P	P	P	A	P	P	A	A	A	A	A	A	A	A	A
12	CHAVAN PRAVINA HANUMANT		A	P	A	A	P	A	A	P	P	P	P	P	P	P	A	P
13	DESHPANDE RUSHIKESH SANTOSH		P	P	P	P	P	A	A	A	A	A	A	A	A	A	P	p
14	DHAJE CHARUSHILA SHIVAJI		A	A	P	P	A	A	A	A	A	A	A	P	A	A	A	A
15	DUGANE SHITAL RAMRAO		P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	p
16	GAIKAWAD MINAL KRISHNA		P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
17	GAIKAWAD PALLAVI BHAGWAN		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	GAWADE BHUSHAN TUKARAM		A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A
19	GHATOL SHARAYU DNYANESHWAR		P	P	P	P	P	A	A	A	P	P	A	P	P	P	P	p
20	GHAYAR RACHANA SHESHRAO		P	P	P	P	A	P	P	P	P	P	P	A	A	A	A	A
21	HINGMIRE VIJAYALAXMI DATTATRAY		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	JAMADAR SAGARIKA NITIN		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	KADAM TEJMALA NARAYAN		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
24	KAKDE SHUBHANGI SUNIL		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	KALSHETTY GEETA SHRIMANT		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	p
26	KALYANKAR GANPAT MOHANRAO		P	P	P	P	P	P	A	A	A	P	A	A	A	A	P	P
27	KHADSE PRAJAKTA PRAFUL		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
28	KHOKLE SANIKA PRABHAKAR		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	KIRDANT ANAGHA ACHYUTRAO		P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A
30	KOLHE VAIBHAV RAMDAS		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A
31	KUNJIR VAISHNAVI SHIVAJI		P	P	P	P	P	P	P	A	P	P	P	A	A	A	A	P
32	MACHE BHAGYASHRI RAMDAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	MAGAR VAIBHAV BHARAT		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	MAHAKAL RUSHIKESH ASHOKRAO		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	MAHAMULKAR AKSHAY ANKUSH		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	MANE SHIVANI SANDEEP		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	MENGADE RUTUJA BHARAT		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	MULANI WASIM SIKANDAR		P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P
39	NAGARGOJE UTKARSHA BARIKRAO		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	NAKADE SHUBHANGI DINKAR		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



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Roll No																		Exam
Roll No	NAME OF STUDENT	DATE	1	2	3	4	5	7	8	9	10	11	12	14	15	16	17	18
41	PASAKANTI RUTUJA AMBADAS		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
42	PATIL JUHI VISHWAJIT		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
43	PATODKAR SHABARI SUBHASHRAO		P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
44	PAWAR TEJASHRI BHIKAJI		A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
45	PISE ADITYA DNYANESHWAR		P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
46	RATHOD ASHWINI HANMANTRAO		P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P
47	RAUT SNEHAL SATISH		P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
48	SALUNKE RENU PARMESHWAR		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
49	SALVEKAR NIVEDITA NARENDRA		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
50	SAWANT RHUTUJA JAYWANT		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
51	SHEKADE SHRIHARI BHAGVAT		P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
52	SHINDE VAISHNAVI UTTAMRAO		P	A	A	A	A	P	A	P	A	A	A	A	A	A	A	P
53	SWAMI SIDDHI RAVISHANKAR		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
54	TAKPIRE ANIKET GANESH		P	P	P	P	P	P	P	P	A	A	A	A	P	P	P	P
55	TEKADE KANCHAN RAJKUMAR		P	P	P	P	P	P	A	P	A	P	P	A	P	P	P	P
56	THOMBARE RUSHIKESH TARACHAND		P	A	A	A	P	P	P	P	P	A	P	A	P	P	A	P
57	TODKARI PRACHI SHAM		P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
58	VALVI DEVYANI MANOHAR		P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P
59	YADAV PRANAL SADIHJI		P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P
	Total		51	52	51	50	49	49	46	49	45	42	44	37	46	46	43	51



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Pune - 411 044.

**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA.**

GUEST LECTURE REPORT

Occasion- International Yoga Day

Speaker- Mrs.Smita Kulkarni

Topic- Yoga for improving lung capacity

Date- 11 June 2021

Time- 10 am-11.30 am

Audience-

Total -96

UG Students- 77 PG students- 10 teaching staff-09

Lecture platform- lecture was conducted on online zoom app and uploaded on You tube channel of department i.e. Swasthyarakshan CARC.

Link for joining lecture –

Join Zoom Meeting

<https://us02web.zoom.us/j/85954758660?pwd=aXpvZnpRWdKzTk5udmlzM1Z6OCs5dz09>

Youtube link-

<https://youtu.be/S-UKi-WtGtM>

Lecture started on time at 10 am. Dr Manjusha Potdar introduced the guest Mrs Smita Kulkarni and Dr Arti Firke handled all technical aspects; Mrs Smita Kulkarni shared her knowledge about all aspects of Yoga for improving lung capacity. She teaches the basic types of breathing i.e. Abdominal breathing, Thoracic breathing and clavicular breathing. Later she explained some types of exercises and yogasanas for improving lung capacity, later she demonstrated some types of pranayam like bhrumari and nadishodhan pranayam and shudhikriyas like kapalbhati which helps to increase lung capacity. Some questions were asked by participants in chat and answered by Smita Kulkarni. After that vote of thanks done by Dr Arti Firke.

Audio Video recording was done

Feedback form was sent after the lecture on all whats app groups and filled by attended participants on the same day.

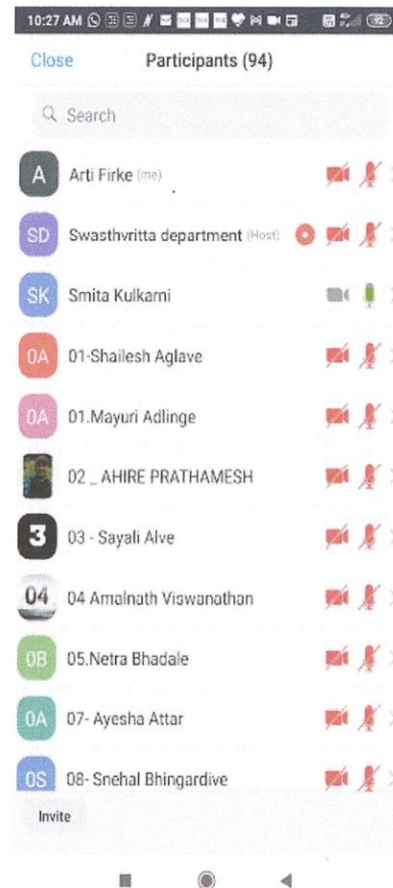
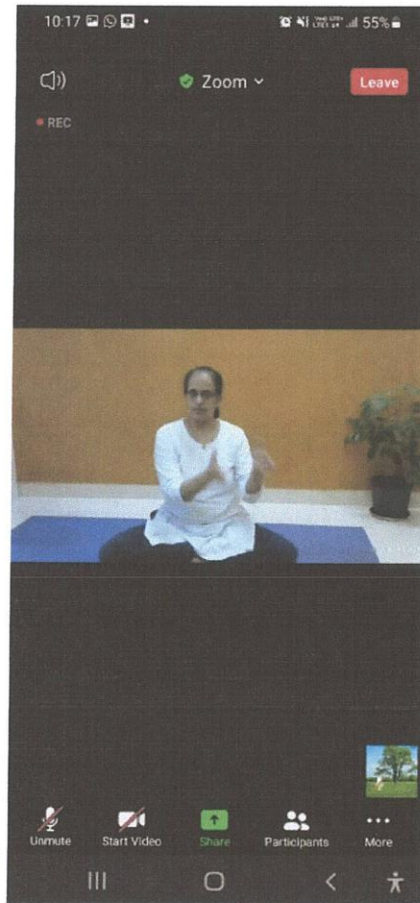
Feedback form link -<https://forms.gle/fTCb3QHxeWi6Asru9>

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MAY 15-6-21
For Dr Arti Firke



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DEPARTMENT OF SWASTHAVRITTA.**

GUEST LECTURE REPORT

Occasion- International Yoga Day

Speaker- Mr.Pramod Niphadkar

Topic- Yoga for Diabetes

Date- 14 June 2021

Time- 10 am-11.30 am

Audience-

Total - 90

UG Students- 71 PG students- 10 teaching staff-09

Lecture platform- lecture was conducted on online zoom app and uploaded on You tube channel of department i.e. Swasthyarakshan CARC.

Link for joining lecture –

Join Zoom Meeting

<https://us02web.zoom.us/j/88236895890?pwd=Q2NvczVtVWp3T1BZRFozd2RUblRxdz09>

YouTube link-

https://youtu.be/k-LB0_EZaUU

Lecture started on time at 10 am. Dr Arti R Firke introduced the guest Mr.Pramod Niphadkar and handled all technical aspects; Mr Pramod Niphadkar shared his knowledge about all aspects of Yoga for Diabetes. He told useful yogopchar in Diabetes like Suryanamaskar, Some yogasanas like dhanurasan, bhujangasan, ardhmatseyndrasan, sarvangasan, halasan, mayurasan etc., Shudhikriyas like kapalobhati, pranayam and dhyana. Some questions were asked by participants in chat and answered by Niphadkar. Sir also offered our students free 2 days Neti workshop. After that vote of thanks done by Dr Firke.

Audio Video recording was done

Feedback form was sent after the lecture on all whats app groups and filled by attended participants on the same day.

Feedback form link -<https://forms.gle/hu58HVeig3qA5u4H8>

For
M.M.C.
ST-14/21

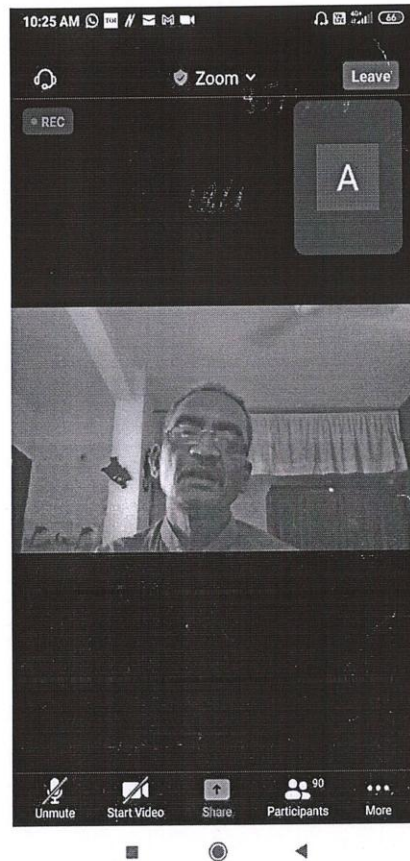
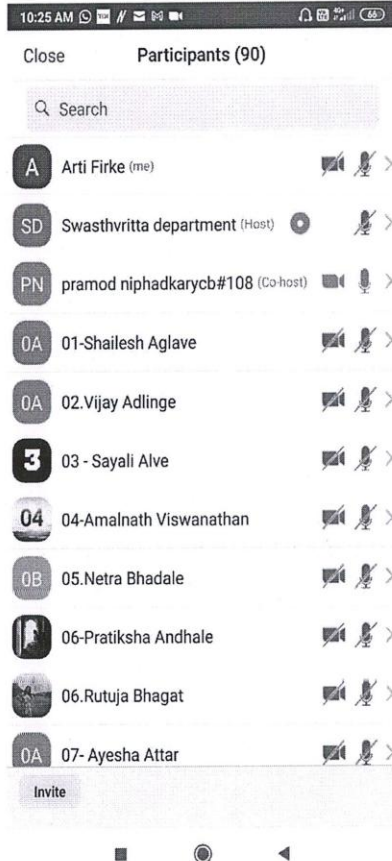
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15-6-21



पु.लि.शि.मं.चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४,
आवक क्र. 869/2021 दिनांक 15/6/2021
टैबल क्र. (3)
लेखनिक
प्राचार्य

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15.6.21
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DEPARTMENT OF SWASTHAVRITTA.**

YOGA WORKSHOP REPORT

Occasion- International Yoga Day

Speaker- Mr. Amar Sant

Topic- Workshop of Yoga for Back and Neck Pain

Date- 17 June 2021

Time- 10.30 am-12.30 pm

Audience-

Total - 86

UG Students- 50 PG students- 09 teaching staff-20 other - 07

Lecture platform- lecture was conducted on online zoom app and uploaded on You tube channel of department i.e. Swasthyarakshan CARC.

Link for joining lecture -

Join Zoom Meeting

<https://us02web.zoom.us/j/7191635966?pwd=VFISdkF0dXZRdFJzUzVxYTdIRHRUQT09>

YouTube link-

<https://youtu.be/MXuDIPEVWuM>

Workshop was started on time at 10.30 am. Dr Arli R Firke introduced the guest Mr. Amar Sant who is the director of Amar Yoga Foundation, Pune and handled all technical aspects; Mr Amar Sant has shared his knowledge about all aspects of Yoga for back and neck pain. He gave demonstration of various postures, Yogasanas in neck and back pain on Swasthviritta P.G. student Dr Shubhankar Kulkarni. He also gave demonstration of sarvangasana, viparitadandasana, tadasana, shalabhasana, bhujangasana, supta-badhakonasana, uttan pavanmuktasana and some modified yogasanas of Iyengar yoga school with scientific explanation. Some questions were asked by participants and answered by Sant Sir. After that vote of thanks done by Dr Firke.

Audio Video recording was done

Feedback form was sent after the lecture on all whats app groups and filled by attended participants on the same day.

Feedback form link -<https://forms.gle/gREHdiy1BRKYCKpW6>

6 unit
Ayurved
for NPAC

Dr. Arli R Firke

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आयुर्वेद महाविद्यालय
ब संशोधन केंद्र निगडी, पुणे-४११०४४.
आवक क्र. 916/2021 दिनांक 18/6/2021
टेबल क्र. डी. फि. र. के
लेखनिक
प्राचार्य

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DEPARTMENT OF SWASTHAVRITTA.**



**PDEA's College of
Ayurved And Research
Centre, Nigdi, Pune**

Organized By Department of Swasthavritta

**International
Yoga Day 2021**

**Workshop on Back &
Neck Pain**
Speaker- Yoga Expert
Amar Sant
Date- 17/06/2021
Time 10:30am-11:30 am

For Registration-
<https://forms.gle/EoeYhHxjwPYDTHW8>

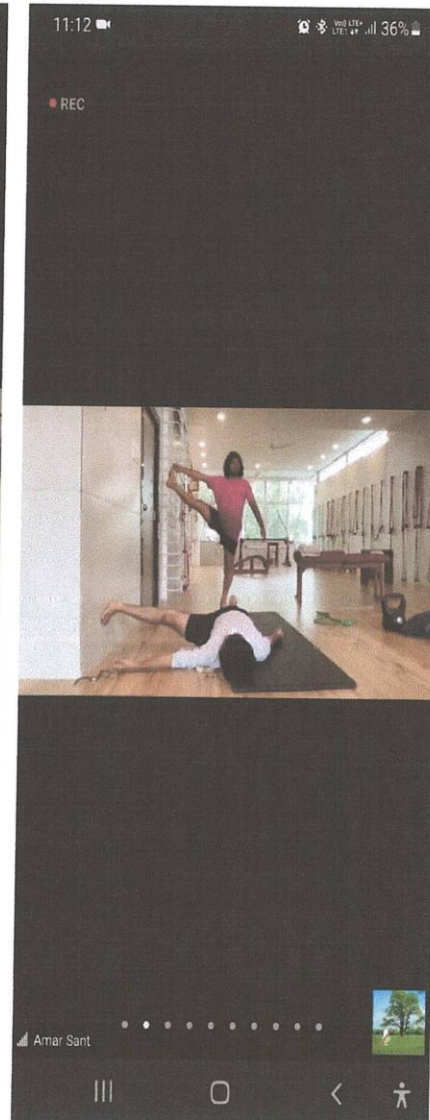
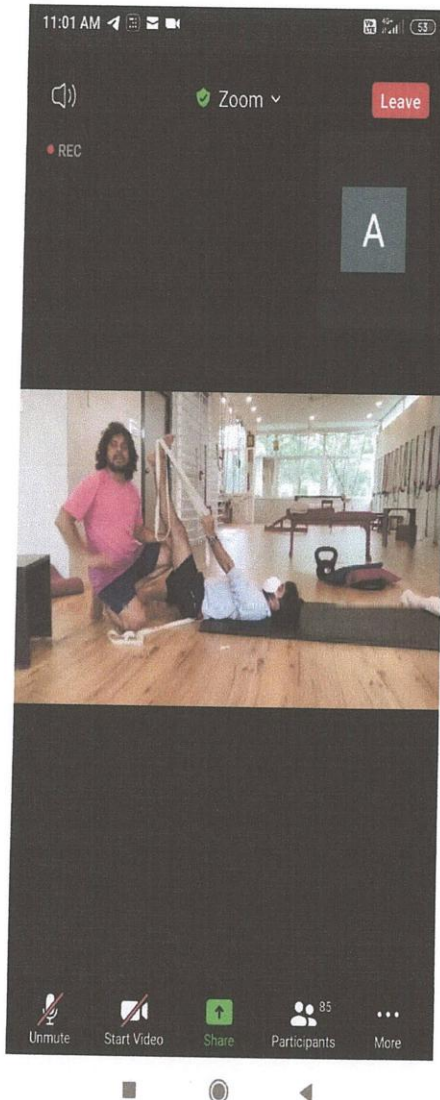
Certificate will be provided
only after filling feedback
form.

For more information
contact- 9881650526
9145738185
Email Id-
iyogaday20@gmail.com



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PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
SWASTHAVRITTA DEPARTMENT

Online yoga workshop by Swasthavritta department

From 20 June 2020 to 25 June 2020

Patron- Dr. Ragini Patil

Secretary of Workshop- Dr R. B. Bobade

Co-ordinator- Dr. Arti Firke

Speaker and demonstrator - Expert Yog Teacher Mr. Amar Sant,
Amar Yog Foundation.

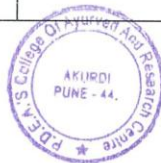
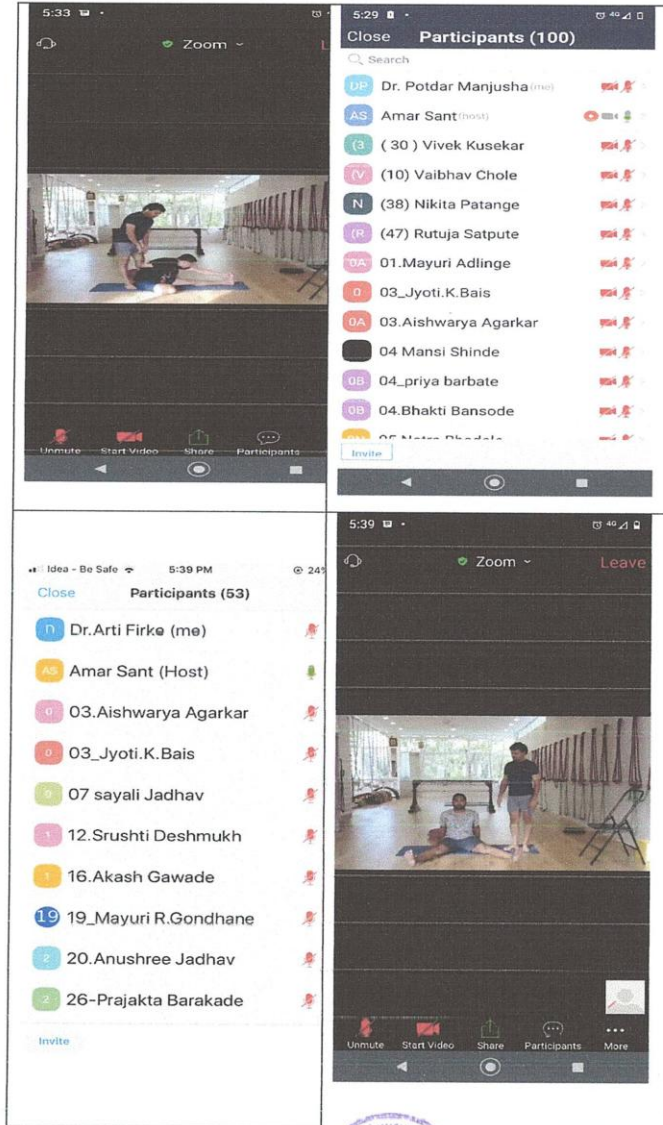
Free workshop for all staff and general people.

DAY	TIME	SPEAKER	TOPIC
20/6/20	5PM- 6PM	Yog Teacher Mr. Amar Sant	INTRODUCTION OF YOGA WHAT IS IYENGAR YOGA RULES FOR YOGA PRACTICE
21/6/20	5PM -6PM	Yog Teacher Mr. Amar Sant	GENERAL YOGASANAS FOR ALL
22/6/20	5PM-6PM	Yog Teacher Mr. Amar Sant	YOGASANAS FOR BACKACHE AND OTHE R BACK PROBLEMS
23/6/20	5PM -6PM	Yog Teacher Mr. Amar Sant	PRANAYAM AND OTHER YOGA TECHNIQUES
24/6/20	5PM-6PM	Yog Teacher Mr. Amar Sant	YOGA FOR PREGNANCY AND GYNEAC COMPLAINTS
25/6/20	5PM-6PM	Yog Teacher Mr. Amar Sant	QUESTION ANSWER SESSION




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Department of Swasthavritta ONLINE YOGA WORKSHOP PHOTOS (SCREENSHOTS)




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 College of Ayurved And Research Centre
 Nigdi, Pune - 411 044.

20/6/2020

5:29

4G

Close

Participants (100)

Search

- DP Dr. Potdar Manjusha (me)
- AS Amar Sant (host)
- (3) (30) Vivek Kusekar
- (V) (10) Vaibhav Chole
- N (38) Nikita Patange
- (R) (47) Rutuja Satpute
- 0A 01.Mayuri Adlinge
- 0 03_Jyoti.K.Bais
- 0A 03.Aishwarya Agarkar
- 04 Mansi Shinde
- 0B 04_priya barbate
- 0B 04.Bhakti Bansode
- 05 Neta Bhodale

Invite



Principal

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- DP Dr. Potdar Manjusha (me) 
- AS Amar Sant (host) 
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- N (38) Nikita Patange 
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- 0 03_Jyoti.K.Bais 
-
- 0A 03.Aishwarya Agarkar 
- 04 Mansi Shinde 
-
- 0B 04_priya barbate 
- 0B 04.Bhakti Bansode 



PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE , NIGDI, PUNE

WEBINAR REPORT

**National webinar on Importance of yoga for prevention of Covid 19 by
Swasthavritta Department on 26 June 2020 (Friday)**

Considering Covid 19 Pandemic on 26 June 2020 Swasthavritta department of CARC had organized national webinar on Importance of Yoga for prevention of Covid 19

Speaker- Mr. Pramod Niphadkar Director of Yogvidyadham , Chinchwad Pune.

Patron- Dr. Ragini Patil (Principal)

Secretary of Webinar- Dr. R. B. Bobade

Convener- Dr. A. R. Firke

Co-ordinator- Dr D. J. Manore

- Date of invitation letter sent to Mr Pramod Niphadkar-24 June 2020 confirmation of same day on phone call.
- Participant Registration – Free through Google form link <http://forms.gle/CZ6azSY2ut84XuxB6>
- Date of advertisement – 23 June 2020 send invitation message and flyer on whats app
- Webinar Platform- Zoom app and Facebook
- Zoom link- <https://us02web.zoom.us/j/86879329221?pwd=MDgzN29YnnJOb0g0Yn gxaVduTFhKUT09>
- FB Link- <https://www.facebook.com/Department-Of-Swasthavritta-CARC-Pune-106794731082260/>
- Date- 26 June 2020 time 11am to 12:30pm



PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE , NIGDI, PUNE

- The webinar link of Zoom Meeting and Facebook Link was sent on whatsapp to all Faculty and students as well as general people one hour prior.
- Webinar started on time at sharp 11am on zoom and live on Facebook Dr Manore (Host) welcomed all delegates, and Introduced Mr Pramod Niphadkar .
- Mr Niphadkar shared his knowledge about Dirghaswasan, pranayam dhyan with respect to Covid 19 prevention. And demonstrated some of them.
- Video and Audio recording has been done.
- Thanks giving letter sent to Mr. Niphadkar on same day 26June 2020
- E-Certificate of participants sent to all on their respective mail

Dr. R.B. Bobade

HOD Swasthavritta department

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College of Ayurved & Research Centre
Nigdi



NATIONAL ONLINE YOGA WEBINAR PHOTOS (SCREENSHOT)

Department Of Swasthritta, CARC, Pune was live.
26 Jun at 10:40 AM •

11 5 Comments • 1 Share • 178 Views

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This post is performing better than 95% of other posts on your Page. Boost it to show it to more people.

Important Next Steps

11:30

Close Participants (93)

1V	13. Varsha Dhage	
1D	15. Vijaya Dhumal	
1G	16. Akash Gawade	
	18. Smruti Hedau	
1D	19. Onkar Hendre	
2J	20. Anushree Jadhav	
2R	23. Rutuja Kale	
2A	23. Aishwarya Kadam	
A	25. Akashata Khatke	
2B	26. Prajakta Barakade	
2C	28. Ankita chikte	
2Y	29. Yogeshwari nande	
3S	30. somesh warhade	

Invite

11:30

Zoom Leave

Recording LIVE on Facebook

Unmute Start Video Share Participants More

11:30

Close Participants (93)

Search

DF	Dr. Potdar Manjusha (me)	
D	Dr. Arti Firke (host)	
	Pramod Niphadkar	
(3	(30) Vivek Kusekar	
(R	(47) Rutuja Satpute	
0A	01. Mayuri Adlinge	
0A	03. Aishwarya Agarkar	
0N	05. Netra Bhadale	
0B	07. Manas Bharule	
0B	08. Mayuri Bhise	
1D	12. Srushti Deshmukh	
1V	13. Varsha Dhage	
	15. Vijaya Dhumal	

Invite



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Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



31/07/2023

Therapeutic Yoga session for IPD patients



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Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in
E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Department: - Swasthavritta

Name of Event: - Therapeutic Yoga for IPD patients

Date: - 31/07/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Sontosh Bhat	
2.	Shitabai Belure	
3.	Saraja Polkam	
4.	manikyam Polkam	
5.	Usha Hetambe	
6.	Shakhandala Kale	
7.	Bushan Lal Bhat	
8.	Shital Patil	
9.	Sitaram Bhosale	
10.	Deepak Tamalkar	
11.	Savita Gore	
12.	Soham Jadhav	
13.	Deepak Kumar	
14.	Vandana Namdar	
15.	Ghanashan Varun	
16.	Nitin Chitte	
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