



Janseva Mandal Trust's

# इवां होमोपॅथीक लैवोटीक टोलीद्वष्ट इ नौपुनानवे होइपोवो

(Approved by C.C.H., New Delhi, Recog. by State Govt, of Maharashtra, Affiliated to M.U.H.S. Nasik.)

Dugad Phata, Tal. Bhiwandi, Dist. Thane - 421 302 (M.S.) ☎ : 02522-288877, Fax : 02522-288866, Mobile : 7710021877.

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Ref. No.: JMT / SHMC / 5964 / 2019

Date : 25 / 06 / 2019

प्रति,  
परिक्षेत्र समन्वयक, मुंबई परिक्षेत्र,  
आंतरराष्ट्रीय योग दिन 2019,  
आयुष संचालनालय,  
महाराष्ट्र राज्य, मुंबई.

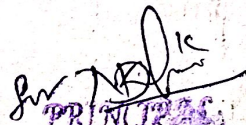
विषय:- दिनांक 21 जून 2019 आंतरराष्ट्रीय योग दिन साजरा केल्याबाबत अहवाल सादर करण्याबाबत...

संदर्भ:- संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई यांचे पत्र जा.क्र.  
आसंमु/आंतरराष्ट्रीय/योगदिन/21 जून/2019/आयु 2/5652-64/दिनांक 10/04/2019.

महोदय,

उपरोक्त संदर्भांकित पत्राच्या अनुषंगाने दिनांक 21 जून 2019 आंतरराष्ट्रीय योग दिनानिमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालीलप्रमाणे सादर करीत आहे.

महाविद्यालयाचे नाव:- साई होमीओपॅथीक मेडीकल कॉलेज भिवंडी जि.ठाणे.

  
PRINCIPAL  
SAI HOMOEOPATHIC MEDICAL COLLEGE  
Dugad Phata, Tal. Bhiwandi, Dist. Thane





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# इसो होमोपैथीक लैवोटीवो टोलीड्ड इ गोपुनानवे होइपोलो

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अ. क्र.	कार्यक्रम	दिनांक	तपशिल	छायाचित्र क्रमांक
1.	साप्ताहिक योग प्रात्यक्षिक अभ्यास	14/06/2019 To 20/06/2019	सरासरी सहभागी संख्या:95	01
2.	Poster Drawing .....स्पर्धा	15/06/2019	स्पर्धक संख्या :26 विजेत्यांची नावे : 1- Shweta Nadar 2-Vishwanath Gund 3- Nisba Shah	02
3.	Essay Writing ..... स्पर्धा	17/06/2019	स्पर्धक संख्या :23 विजेत्यांची नावे : 1- Aishwarya Mhatre 2- Mrunal Jadhav 3- Bhagyashree Dhumal	03
4.	Elocution..... स्पर्धा	18/06/2019	स्पर्धक संख्या :18 विजेत्यांची नावे : 1- Arbina Shaikh 2- Piyush Samthani 3- Fiza Khan	04
5.	Shlok..... स्पर्धा	19/06/2019	स्पर्धक संख्या :20 विजेत्यांची नावे : 1- Gayatri Dixit 2- Sakshi Dhanawade 3- Sonali Mirkar	05
6.	Yoga Talent Hunt ..... स्पर्धा	20/06/2019	स्पर्धक संख्या :10 Interns विजेत्यांची नावे : 1- Shivani Gunjal 2- Hemlata Gupta 3- Ankita Koli	06-08
7.	योगदिंडी	21/06/2019	सहभागी संख्या :120	09-10
8.	अतिथी व्याख्यान : वक्ता : Pradeep Kothe Shree Ambika Yog Kutir ,Thane	21/06/2019	विषय : Yoga Pranayam सरासरी सहभागी संख्या :120	11
9.	आंतरराष्ट्रीय योग दिन सामूहिक योग अभ्यास	21 जून 2019	सहभागी संख्या : 120	12-13

*Sai Homoeopathic Medical College*  
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**साई होमोपैथिक मेडिकल कॉलेज & नित्यानंद हॉस्पिटल**

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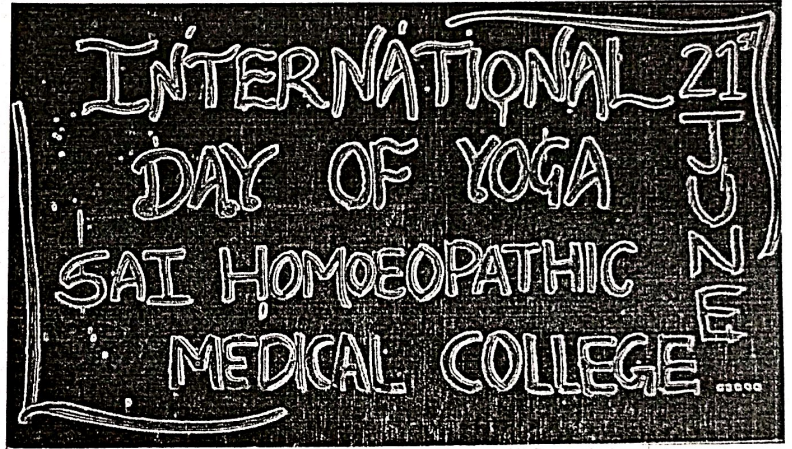
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Ref. No.: JMT / SHMC / 5965 / 2019

Date : 27 / 06 / 2019

### 5<sup>th</sup> INTERNATIONAL DAY OF YOGA REPORT

As instructed by MUHS / AYUSH, we at SAI Homoeopathic Medical College (Teachers, Staff & Students) took pride in celebrating 5<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June, 2019. Program began with Welcome Speech by Mr. Rajan S. Chaurasiya member of student council. Prayer along with different Yoga Asanas was conducted by students under the

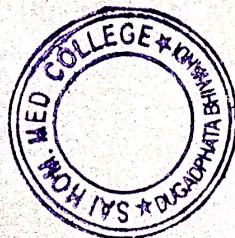


supervision of Dignitaries from "AMBIKA YOG KUTIR, Thane" who guided and gave us the importance of Yoga. Information and Importance of Hathyoga, Suryanamaskar, ShuddiKriya, Pranayam, Omkar Meditation were discussed and shared with the other students and staff. Finally program was concluded with the felicitation of Dignitaries by our O. S. D. Dr. B. B. Desai.

Like last year, College had arranged yoga sessions for hospital patients. College had also organized various competitions like poster drawing, essay writing, elocution, sholk competitions & yoga talent hunt. Also yoga march was performed by college students & staff on 21<sup>st</sup> June 2019.

This year yoga day was in accordance of the theme.

**"HUM FIT TOH INDIA FIT"**



*[Signature]*  
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# सई होमोपैथीक मेडिकल कॉलेज व नौयानंद हॉस्पिटल

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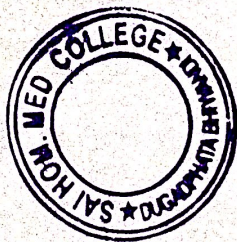
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Date : / /

Program	Date	Summary
Poster Drawing	15/06/2019	Winners : 1- Shweta Nadar 2- Vishwanath Gund 3- Nisba Shah
Essay Writing	17/06/2019	Winners 1- Aishwarya Mhatre 2- Mrunal Jadhav 3- Bhagyashree Dhumal
Elocution	18/06/2019	Winners 1- Arbina Shaikh 2- Piyush Samthani 3- Fiza Khan
Shlok	19/06/2019	Winners 1- Gayatri Dixit 2- Sakshi Dhanawade 3- Sonali Mirkar
Yoga Talent Hunt	20/06/2019	Winners : 1- Shivani Gunjal 2- Hemlata Gupta 3- Ankita Koli
Yoga March	21/06/2019	



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