



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

3. YOGA AND WELLNESS

Campus:

RIICO Institutional Area, Sitapura, Tonk Road, JAIPUR – 302 022 (Raj.) INDIA | Phone : +91-141-2771804 • 2771777 | Fax : +91-141-2771805 • 2771807
Website : www.mgumst.org | Email : info@mgumst.org | **Sponsoring Body : India Education Trust**



Mahatma Gandhi Physiotherapy College
MAHATMA GANDHI UNIVERSITY OF MEDICAL SCIENCES & TECHNOLOGY, JAIPUR
(Sponsoring Body : India Education Trust)
RIICO Institutional Area, Sitapura, Tonk Road, JAIPUR - 302 022 (Raj.) INDIA
Phone : 0141 2770798, 2771777, 2771001-2-31 Fax : 0141 2770900, 2770303
Website : www.mgumst.org • email : physiotherapycollegemgmch@gmail.com

Date :-15/06/23

Notice

This is to inform all students of BPT 1st and 2nd year that yoga class will be organized by department of wellness, Naturopathy and Yoga Science MGMCH on 17/06/2023 from 9:00 am to 10:00 am in MG Physiotherapy college. All concern students have to participate in this yoag class. Strict compliance is desired.


Principal & Dean

Copy to-

1. HOD Department of wellness, Naturopathy and Yoga Science MGMCH
2. Notice board
3. Office file





Event Report

Conference/ Seminars/ CMEs/ Workshop/ Training/ Quiz/ Debate/ Guest Lecture/ Cultural

| S. No. | Event Report |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Name & Level of Event Celebrating 100 days countdown to International Day of Yoga 2023 |
| 2. | Background/ Introduction Yoga Mahotsav "Celebrating 100 days countdown" with 10 days yoga stress free programme |
| 3. | Venue :- Mahatma Gandhi Physiotherapy College |
| 4. | Sponsors:- MGUMST |
| 5. | Speakers/ Judges/ Chairman/ Panel Team :- Speaker – Dr Madhusudan Tiwari Guest Speaker -Dr Jyoti Vaidik(Head of Dept.of Yoga & Naturopathy) |
| 7. | Participants & Delegates :- Faculties of MGPC , BPT 1 st year and BPT 2 nd year students |
| 8. | Highlights of the Event Yoga Class was conducted by Dr Jyoti Vaidik . She demonstrated important yogic posture .She enlightened participants about the enriching life with yoga and how daily yoga practice improves quality of life . |

GEO TAG PHOTO

Madhusudan Tiwari

Principal & Dean





Mahatma Gandhi Physiotherapy College

MAHATMA GANDHI UNIVERSITY OF MEDICAL SCIENCES & TECHNOLOGY, JAIPUR

(Sponsoring Body - India Education Trust)

Rly. G Institutional Area, Sitapura, Post-Dandi, JAIPUR - 302015

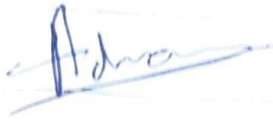






Phone: 0141 2740700, 2741111, 2741001, 2741100, 2741101, 2741102

Website: www.mgmt.ac.in * email: physiotherapy@mahatmamedical.edu

Date: 17/06/2023

BPT-II (2022-23)

Attendance ^{international} yoga day participants

| S. No. | Name of Students | Signature |
|--------|-----------------------|---------------------------------------------------------------------------------------|
| 1. | Abhimanyu Singh | |
| 2. | Aditi Sabnani | |
| 3. | Aditya Soni | |
| 4. | Adnan Khan |  |
| 5. | Ajay Yadav | |
| 6. | Aman Mittal |  |
| 7. | Ankit Bhardwaj |  |
| 8. | Anuj Kumar Gurjar | |
| 9. | Anushka Gupta | |
| 10. | Apeksha Dewra | |
| 11. | Ashwani Chauhan | |
| 12. | Ayush Bhagat |  |
| 13. | Bhumika Jain |  |
| 14. | Chhagan Singh Rathore | |
| 15. | Deeksha Dhakad |  |
| 16. | Deepak Kumar |  |
| 17. | Deepali | |
| 18. | Deshraj Gurjar | |

| | | |
|-----|-------------------------|---------------------|
| 19. | Divya Singh | |
| 20. | Efrahan Anjum Khan | |
| 21. | Ekta Bhardwaj | <u>Ekta</u> |
| 22. | Gunjan Mangal | |
| 23. | Gunjan Bissa | |
| 24. | Harsha Sharma | |
| 25. | Harshit Saini | |
| 26. | Harshita Swami | |
| 27. | Harshvardhan Singh Negi | <u>Harsh</u> |
| 28. | Harshwardhan Shekhawat | |
| 29. | Janhavi Suresh Wakde | |
| 30. | Jatin Goyal | <u>Jatin</u> |
| 31. | Kaushik Kumar Sharma | <u>Kaushik</u> |
| 32. | Keshav Kumar Sain | <u>Keshav</u> |
| 33. | Khushal Sharimal | |
| 34. | Khushi | <u>Khushi</u> |
| 35. | Khushi Goyal | <u>Khushi</u> |
| 36. | Khushi Gupta | <u>Khushi Gupta</u> |
| 37. | Komal Sharma | <u>Komal</u> |
| 38. | Krishna Charan | <u>Krishna</u> |
| 39. | Kuldeep Kumar Khichi | |
| 40. | Kuldeep Singh Jat | |

| | | |
|----|-----------------------|--|
| 66 | Sakshi Gupta | |
| 66 | Sayveda Anam Razmi | |
| 67 | Sesal Chaudhary | |
| 68 | Shashwat Sachai | |
| 68 | Shradha Bhargava | |
| 70 | Shubham Jain | |
| 71 | Shubham Singh Rathore | |
| 72 | Sidra Khan | |
| 73 | Sourabh Kaviya | |
| 74 | Brishti Jain | |
| 75 | Surbhi Kumari | |
| 76 | Tanu Shree Chhipa | |
| 77 | Vidisha Mathur | |
| 78 | Vivek Sharma | |
| 79 | Yashi Yadav | |
| 80 | Yashika Kumawat | |

Madh...
Principal & Dean

| | | |
|-----|---------------------|-----------------------------|
| 39. | NAHID AHMED LASKAR | Nahid Ahmed Laskar |
| 40. | NEERAJ JANGID | Neeraj Jangid |
| 41. | NIKHIL NEGI | Nikhil Negi |
| 42. | NIKITA SHARMA | Nikita Sharma |
| 43. | NIRMA CHOUDHARY | Nirma |
| 44. | NISHA BAIRWA | Nisha |
| 45. | POOJA RAIKA | |
| 46. | PRIYANSH SONI | Priyanshi |
| 47. | PRIYANSHI JAIN | Priyanshi Jain |
| 48. | PRIYANSHI SHARMA | Priyanshi Sharma |
| 49. | RAHUL CHOUDHARY | Rahul Choudhary |
| 50. | RAHUL MALI | Rahul |
| 51. | RANU KUMAWAT | |
| 52. | RAVINA KUMAWAT | |
| 53. | RITU KUNTAL | |
| 54. | RIYA SAHARYA | Riya |
| 55. | ROHAN | |
| 56. | ROHIT SHARMA | Rohit |
| 57. | ROSHNI JAIN | |
| 58. | SANDEEP SHARMA | |
| 59. | SANSKRITI SONI | Sanskriti |
| 60. | SATVEER CHANDELA | Satveer |
| 61. | SATWIK NANDWANI | |
| 62. | SHREYA GAUR | Shreya |
| 63. | SUBHI SYED | Subhi |
| 64. | SUMAN KANWAR DEWASI | Suman |
| 65. | SUNIL KUMAR | Sunil Kumar |
| 66. | TANMAY CHOUDHARY | Tanmay |
| 67. | VANSHEEKA MALHOTRA | |
| 68. | VINITA SAINI | Vinita |
| 69. | VISHWAS PATIDAR | |
| 70. | VIVEK DAGUR | |
| 71. | YASH MISHRA | |
| 72. | YASHASWI GOSWAMI | Yashaswi Goswami |
| 73. | YASHIKA SAINI | Yashika |
| | YOGEEETA | Yogeeta |
| | YUKTA AGARWAL | Yukta Agarwal |
| | YUVRAJ SINGH | |
| | KOMAL JANGID | |
| | NEHA SHARMA | Neha Sharma |
| | PALAK JAIN | |
| | RUCHIKA MEHRA | Ruchika |

Madhusudan
Principal & Dean



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

No. : MGUMST/Misc./2023/1663

June 20, 2023

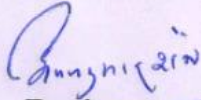
NOTICE

The University shall celebrate "**International Day of Yoga**" on **Wednesday, June 21, 2023**. Faculty members, teaching and non-teaching staff, nursing staff and students of the constituent units of the University should reach **the R.K. Academic and University Block GROUND FLOOR at 6.30 A.M. to perform Yoga activities and celebrate International Day of Yoga.**

All the Heads of the Departments of all the Institutions are advised to motivate the students of their departments and ensure that maximum number of students participate in the Yoga Day Celebration.

All the Principals, faculty members, teaching and non-teaching staff, nursing staff and students including interns & PG students of the Medical College & Hospital, Dental College & Hospital, Nursing College & Nursing School, Physiotherapy College, Occupational Therapy College, College of Hospital Administration, Institute of Health Informatics and Institute of Allied Health Sciences are requested to assemble in the R.K. Academic and University Block GROUND FLOOR at 6.30 A.M. on Wednesday, June 21, 2023 for the Yoga Day Celebration.

This bears approval of the President.


Registrar

Copy to -

1. PS to Chairperson, MGUMST.
2. PS to Emeritus Chairperson, MGUMST.
3. PS to President, MGUMST
4. PS to Pro-President, MGUMST.
5. Principal Adviser to Chairperson and Director, Advanced Academic Affairs, MGUMST.
6. CEO and Chief Finance & Accounts Officer, MGUMST.
7. Director, Hospital Administration, MGUMST.
8. All the Deans and Principals of the University Colleges/Institutes.
9. Medical Superintendent, MGH.
10. Director Purchase, MGUMST.
11. Controller of Examinations, MGUMST.
12. All the Officers/Executives of the University.
13. All the Heads of the Departments of all the Colleges/Hospitals.
14. Chief Warden, University Hostels, MGUMST.
15. Director, HRD, MGUMST.
16. Director, Marketing & PR, MGUMST.
17. Director IQAC, MGUMST.
18. Librarian, Dr. K.D. Gupta Knowledge Resource Centre, MGUMST.
19. Chief Security Officer, MGUMST.

Campus:

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Dept. of Wellness Naturopathy & Yogic Science
Mahatma Gandhi Institute of Allied Health Sciences

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RIICO Institutional Area, Sitapura, Tonk Road, Jaipur-302022 (Raj.) INDIA
Phone No. :0141-2770798, 2771777, Fax: 277030

Event Report

| | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| Name of College | Dept. of Wellness Naturopathy & Yogic Science Mahatma Gandhi Institute of Allied Health Sciences, MGUMST | |
| Type of the Event (Academic/Research/Sport/Other) | Academic | |
| Name of the Event (Webinar, Guest- Lecture, Seminar, Conference, International Conference, Competition, Industrial/field Visit etc.) | National Work Shop Yoga | |
| Topic of the Event | Contribution of Yoga in Releasing Stress in the Digital ERA | |
| Date | 21.06.2023 | |
| Time and duration | 09 : 00 AM to 04 : 00 PM | |
| Venue | Vivekananda Hall, MGMC & H, Jaipur | |
| Purpose | Yoga Awareness and Provided Mental & Physical Health | |
| Initiator/Coordinator of Event | Name | Dr Jyoti Vadik |
| | Designation | HOD, Dept. of Wellness Naturopathy & Yogic Science |
| Resource Person (if any) | Name | Dr. S. K. Meena |
| | Designation | Director |
| | Organization | MGIAHS |
| | Contact Number | 9414058796 |
| | Email ID | director.mgiahs@mgumst.org |
| Brief Report | The event started with the formal inauguration of Dr. Sudhir Sachdev, President MGUMST and Guests of the workshop Swami Muktanand Nirmohi ji, Dr Harish Kumar ji and Dr Sugan Chand. First joint session conducted on Yoga Introduction. discussion of therapeutic aspects on yoga Therapy for stress management. Then and Now on yoga demonstration. Development for Importance of the use of Yoga in resealing stress. | |



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| | |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Attended by (No. of Students/ No. of Faculty/ No. of Guests/Parents/ Students of other colleges) | No. of Guest - 03, No. of Faculty - 20, No. of Students - 175 |
| Outcome | Faculty and Students got about the following. 1. Provided Mental & Physical Health. 2. Lifestyle management through yoga. 3. Role of Satvik Diet. 4. Role of Yoga knowledge reliving stress. |

Attach 02 best pictures of the event

[Handwritten signature]



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Jaipur, Rajasthan, India

QVC4+5M8, Ricco Industrial Area, Sitapura,

Jaipur, Rajasthan 303905, India

Lat 26.770432°

Long 75.856816°

21/06/23 11:08 AM GMT +05:30





Dept. of Wellness Naturopathy & Yogic Science
Mahatma Gandhi Institute of Allied Health Sciences

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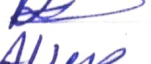
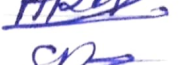
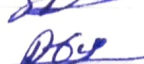

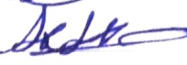


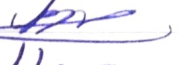


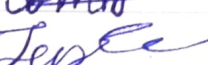

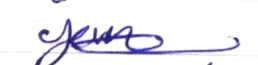


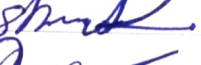

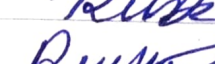


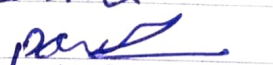







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Phone No. :0141-2770798, 2771777, Fax: 277030



Attendance Sheet

| S. No. | Name | Signature |
|--------|---------------------|---------------------------------------------------------------------------------------|
| 1 | Graa Janki |  |
| 2 | Aniket waghchawre |  |
| 3 | shivam saxena |  |
| 4 | AxJUN Jichkar |  |
| 5 | Akankishu shiradh |  |
| 6 | snehal sirsat |  |
| 7 | preeti Jthape |  |
| 8 | Asmide mahind |  |
| 9 | Artila Kalmiyu |  |
| 10 | Dnyanshwari harele |  |
| 11 | Abhishek seini |  |
| 12 | Laksh Meena |  |
| 13 | Rishi meena |  |
| 14 | Ridhi Kulkar |  |
| 15 | Amil sharma |  |
| 16 | Jandeep Singh |  |
| 17 | Devender yadev |  |
| 18 | Dr. Yogesh Daryani |  |
| 19 | Dr. Sheela sharma |  |
| 20 | Dr. Sonal Gupta |  |
| 21 | Shubham sharma |  |
| 22 | Dipender Singh |  |
| 23 | Kushi Jain |  |
| 24 | Riya Gupta |  |
| 25 | mahima boss sharma |  |
| 26 | Anshika Khedraol |  |
| 27 | pranil poonia |  |
| 28 | Bhagychand Kachhawa |  |
| 29 | murari seini |  |
| 30 | gauri Seini |  |
| 31 | subhash mohar |  |
| 32 | Tony Singh | |

| | | |
|----|--------------------|----------------------|
| 33 | Sammer Raza | Sammer |
| 34 | Komal Saxena | Komal |
| 35 | Mohit Solanki | M |
| 36 | Piyush Sharma | Piyush |
| 37 | Lubdha Panclarkol | Lubdha |
| 38 | Nitanshi Goyal | Nitanshi |
| 39 | Deependra Gurjar | Deependra |
| 40 | Sakshi Jain | Sakshi |
| 41 | Mehal Shukla | Mehal |
| 42 | Shyan Sharma | Shyan |
| 43 | Deepak Nama | Deepak |
| 44 | Manvendra Singh | Manvendra |
| 45 | Komakshi Gurjar | Komakshi |
| 46 | Neha Sharma | Neha |
| 47 | Priyanshi Sharma | Priyanshi |
| 48 | Yukta Agarwal | Yukta |
| 49 | Rohit Saini | Rohit |
| 50 | Aayushi Dadhich | Aayushi |
| 51 | Shayab Khan | Shayab |
| 52 | Shreemidhi Sharma | Shreemidhi |
| 53 | Malik Abdul Ra22Ad | Malik |
| 54 | MANUJ Joshi | Manuj |
| 55 | SANIYA Jain | Saniya |
| 56 | Supna Kumari | Supna |
| 57 | Aashi Pareek | Aashi |
| 58 | Mohit Solanki | Mohit |
| 59 | Manvendra Singh | Manvendra |
| 60 | Harshita Rajwat | Harshita |
| 61 | Sneha Kuniwat | Sneha |
| 62 | Azmi Khanam | Azmi |
| 63 | Pratishtha Mathur | Pratishtha |
| 64 | Pooja Jangid | Pooja |
| 65 | Himanshu | Himanshu |
| 66 | Lakhan Singh | Lakhan |

| | | |
|-----|---------------------|-------------|
| 67 | Aashu bans | Ashu |
| 68 | chetna | Chans |
| 69 | nitu kemari | Nitu |
| 70 | Rabeena | Rab |
| 71 | Amali Gyanigid | Ames |
| 72 | Kavita Meena | Kavita |
| 73 | Neelam Meena | Neelam |
| 74 | Kajal bai Duggupt | Kajal |
| 75 | Madhya Dhalwal | Madhya |
| 76 | Maehadi dhakad | Maehadi |
| 77 | Mathya gurjar | Mathya |
| 78 | Khushiya Mahawari | Khushiya |
| 79 | Shristi Jain | Shristi |
| 80 | Kavita Sharma | Kavita |
| 81 | Deependra gurjar | Deependra |
| 82 | Kamal Malhotra | Kamal |
| 83 | Prinasha Sar. | Prinasha |
| 84 | ganshe Kumar | Ganshe |
| 85 | Sheetal bharti | Sheetal |
| 86 | Sarabi chanderkumar | Sarabi |
| 87 | Pravist Kumar | Pravist |
| 88 | bhagchandra Saini | Bhagchandra |
| 89 | Kushal Mohan | Kushal |
| 90 | Akash Kumar | Akash |
| 91 | Siya Sharma | Siya |
| 92 | Dilip Gurjar | Dilip |
| 93 | Disha Saini | Disha |
| 94 | Prinasha Saini | Prinasha |
| 95 | baby Kumar | Baby |
| 96 | Kishor Jain | Kishor |
| 97 | Megha Saini | Megha |
| 98 | Nandini | Nandini |
| 99 | Sumita Manu | Sumita |
| 100 | Asaharan | Ashu |

| | | |
|-----|-------------------|-----------------|
| 101 | Grobu. Saini | B |
| 102 | Himanshu Saini | A |
| 103 | Balram Saini | B |
| 104 | Deepak | 32 |
| 105 | Vicky | Vik |
| 106 | Sonu | S |
| 107 | Umesh | Umesh |
| 108 | Chetan | Chet |
| 109 | Bahul | chs |
| 110 | Vikram Kumar | V |
| 111 | Rajju | Vikram |
| 112 | Arvind Khan | Raj |
| 113 | Papu Lal | Pap |
| 114 | Ram Bhooshi | Ram |
| 115 | Mohan Singh | Moh |
| 116 | Beju | Beju |
| 117 | Papita Bai | Pap |
| 118 | Santi Parjapat | S |
| 119 | Kushi | K |
| 120 | Prayanka De Barua | P |
| 121 | Nitu | N |
| 122 | Maresh. Melna | M |
| 123 | Dilkush | D |
| 124 | Rinku | R |
| 125 | Sonu | Sonu |
| 126 | Rajveer Melna | Raj |
| 127 | Vishal | V |
| 128 | Rishi Kumar | R |
| 129 | Utkarsh | U |
| 130 | Gopal Singh | G |
| 131 | Vinod | V |
| 132 | Ashok Raj | A |
| 133 | Pinki | P |
| 134 | Sita | Sita. |

| | | |
|-----|-----------------|--------|
| 135 | Kevika gupta | Ju |
| 136 | priya goyal | pran |
| 137 | KaJal goyal | Kesach |
| 138 | divya goyal | Arka |
| 139 | Akshay gupta | Arka |
| 140 | mohaka Khan | medal |
| 141 | Rushal Seeni | Kush |
| 142 | gaku mahar | gaku |
| 143 | Himanshu Seeni | Hu |
| 144 | boby mali | babu |
| 145 | Timpu gupta | Timpu |
| 146 | Remneeth gujjar | Ar |
| 147 | Ramleel goyal | Ar |
| 148 | Suman Seeni | Ar |
| 149 | Ankit Seeni | Ar |
| 150 | shivani gupta | shakti |
| 151 | Rittu yadav | Ar |
| 152 | elvish yadav | Ar |
| 153 | Najiya Bano | refar |
| 154 | firdosh Bano | Ar |
| 155 | Dixt singh | Ar |
| 156 | Asharam mahar | Ar |
| 157 | Kelesh chodhary | Kalesh |
| 158 | Harsh saku | Harsh |
| 159 | Devesh saku | Devesh |
| 160 | Annv Annv saku | Ar |
| 161 | mamata singh | Ar |
| 162 | manisha seeni | Ar |
| 163 | KaJal goyal | Ar |
| 164 | nitin chohan | Ar |
| 165 | midul yadav | Ar |
| 166 | minerkahi meena | Ar |
| 167 | Deepak meena | Ar |
| 168 | Deepak gujjar | Deep |

| | | |
|-----|----------------|---------------------|
| 169 | Somda Kansar. | Somy |
| 170 | Vicky | wicky |
| 171 | Ranjandra | Ran |
| 172 | Vijay | vijay |
| 173 | Himanshu Simi | Himanshu |
| 174 | gauru gaur | gauru |
| 175 | Pint Meera | Pint |
| 176 | Kamlesh gaur | Kamlesh |
| 177 | Ramial Mayar | Ra |
| 178 | Hemata | hemata |
| 179 | Dayal bai | payal |
| 180 | Mandal kar | Mandal |
| 181 | nitya charn | nitya |
| 182 | Kushal gupt | Kushal |
| 183 | shaguna | shaguna |
| 184 | shwini Mohar | shwini |
| 185 | kittu yadar | kittu |
| 186 | Abhisak yadar | Abhis |
| 187 | faiz Mulay | Faiz |
| 188 | feroz hus Khan | Feroz |
| 189 | quddam shamma | quddam |
| 190 | Himshi gaur | Himshi |
| 191 | Dina gaur | Dina |
| 192 | samiya Khan | samiya |
| 193 | Harsh gaur | Harsh |
| 194 | Papita bai | Papita |
| 195 | Mosmi sam | Mosmi |
| 196 | gitaru | gitaru |
| 197 | Phani Kumar | Phani |
| 198 | Mahid bai | Mahid |
| 199 | gyathi Meen | gyathi |
| 200 | Suman lewani | Somy |



Department of Wellness, Naturopathy and Yogic Science
Mahatma Gandhi Medical College & Hospital

(MAHATMA GANDHI UNIVERSITY OF MEDICAL SCIENCES & TECHNOLOGY)

(Sponsoring Body: A Unit of India Education Trust)

RIICO Institutional Area, Sitapura, Tonk Road, Jaipur-302022 (Raj.) INDIA

Phone No. :0141-2770798, 2771777, Fax: 277030

Event Report

10 Days Yoga Stress Free Programme 12-21 June 2023

| S. No. | Event Report |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Name & Level of Event- National Yoga Training Programme |
| 2. | Objectives- <ul style="list-style-type: none">• International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.• Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.• World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine. |
| 3. | Venue: R K Academic & University Block, MGUST Jaipur Rajasthan |
| 4. | Sponsors: MGUMST. Jaipur |
| 5. | Inauguration: N/A |

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| | |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6. | Organizing Team: MGMC&H, MGUMST Jaipur |
| 7. | Participants & Delegates: Faculty MGUMST |
| 8. | Prize Distribution etc; N/A |
| 9. | Valedictory Ceremony: N/A |
| 10. | Highlights of the Event: 1. Yoga practices 2. Surya Namaskara 3. Pranayama Practices. |
| 11. | Geo-Tagged Photographs: Attached |
| 12. | Summary of The Event: The event started with the prayer guided by HOD of Wellness Naturopathy and Yogic Science MGUMST Dr. Jyoti Vaidik conducted One hour Yoga session including Introduction, Loosening exercises, Standing Yoga Asana, Sitting Asanas, Prone Asanas, Supine Asanas, Pranayama Practices and Meditation. all the data have been compiled and kept on cloud. |

Jyoti

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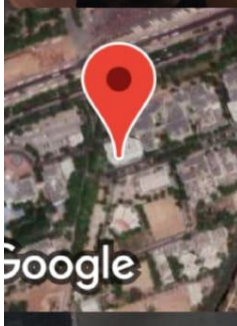
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 GPS Map Camera



Jaipur, Rajasthan, India

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303905, India

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GPS Map Camera

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Sheet1

Attendance Sheet

| S. No. | Name | Signature |
|--------|--------------------|-------------|
| 1 | Dipti Banchal | Dipti |
| 2 | Dhagwanshay | Dhagwanshay |
| 3 | Mamta Jain | Mamta |
| 4 | Manoj Kumar Sharma | Manoj |
| 5 | Devendra Shingh | Dev |
| 6 | Suresh Kumar Meena | Suresh |
| 7 | Deepak Sharma | Deep |
| 8 | Giriraj Soni | Giriraj |
| 9 | Rajesh | Rajesh |
| 10 | Neha Jain | Neha |
| 11 | Sneha Sharma | Sneha |
| 12 | Isika | Isika |
| 13 | Jubdha | Jubdha |
| 14 | Elipsita | Elipsita |
| 15 | Tarini Sharma | Tarini |
| 16 | Rajesh Sharma | Rajesh |
| 17 | Raghuvir Singh | Raghuvir |
| 18 | Kishan Singh | Kishan |
| 19 | Vishnu Kumar | Vishnu |
| 20 | Vaidaji | Vaidaji |
| 21 | Shruti Sharma | Shruti |
| 22 | Divya Sharma | Divya |
| 23 | Riyanshi | Riyanshi |
| 24 | Gargi Chauhan | Gargi |
| 25 | Vikas Vikash | Vikas |
| 26 | Vimal Paroik | Vimal |
| 27 | Vijay Sharma | Vijay |
| 28 | Vinod Jaiswal | Vinod |
| 29 | Sakshi | Sakshi |
| 30 | Manju Bhaskar | Manju |
| 31 | Mohit Saini | Mohit |
| 32 | Bhanika Gupta | Bhanika |

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| 3 | Mamta Jain | Mamta |
| 4 | Manoj Kumar Sharma | Manoj |
| 5 | Devendra Shingh | Dev |
| 6 | Suresh Kumar Meena | Suresh |
| 7 | Deepak Sharma | Deep |
| 8 | Giriraj Soni | Giriraj |
| 9 | Rajesh | Rajesh |
| 10 | Neha Jain | Neha |
| 11 | Sneha Sharma | Sneha |
| 12 | Isika | Isika |
| 13 | Jubdha | Jubdha |
| 14 | Elipsita | Elipsita |
| 15 | Tarini Sharma | Tarini |
| 16 | Rajesh Sharma | Rajesh |
| 17 | Raghurves Singh | Raghurves |
| 18 | Kishan Singh | Kishan |
| 19 | Vishnu Kumar | Vishnu |
| 20 | Vaidaji | Vaidaji |
| 21 | Shrisha Sharma | Shrisha |
| 22 | Divya Sharma | Divya |
| 23 | Riyanshi | Riyanshi |
| 24 | Gargi Chauhan | Gargi |
| 25 | Vikas Vikash | Vikas |
| 26 | Vimal Paroik | Vimal |
| 27 | Vijay Sharma | Vijay |
| 28 | Vinod Jaiswal | Vinod |
| 29 | Sakshi | Sakshi |
| 30 | Manju Bhaskar | Manju |
| 31 | Mohit Saini | Mohit |
| 32 | Bhanika Gupta | Bhanika |

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**National workshop on Significance &
Importance of the use of Yoga in Modern Medicine**

Date : 23 to 25 May 2022

M.G. HOSPITAL
+ महात्मा गांधी अस्पताल

**ANNOUNCEMENT
BROCHURE**

Venue : Mahatma Gandhi University of Medical Sciences & Technology (MGUMST)
Sitapura Institutional Area, Tonk Road, Jaipur (Raj.) - 302022

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Advisory Committee



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Emeritus Chairperson
MGUMST



Dr Vikas C. Swarankar
Chairperson-cum-Chancellor
MGUMST



Dr Sudhir Sachdev
President
MGUMST



Dr G N Saxena
Pro-President
MGUMST



Dr Swati Garg
Dean & Principal
MGMC&H

Eminent Speakers



Muni Saytajeet Ji
अधिष्ठाता, प्रबंधक न्यासी
Vaanaprastha Sadhak Ashram
Gujarat
Mantri Paropkarini Sabha, Ajmer



Swami Muktanand Nirmohi Ji
President,
World Health Research &
Development Organisation, (Raj.)



Dr. Jaideep Arya Ji
Chairman,
Haryana Yog Ayog at
AYUSH Department, Govt. of Haryana
Secretary General, NYSF



Swami Yagyadev Ji
Patanjali Yogpeeth
Haridwar



Dr. Somveer Arya Ji
Yoga expert CEC-UGC New Delhi



Dr. Harish Kumar Ji
Founder & CEO
Kanad Academy, Rishikesh

organising Committee



Dr. Munish Kakkar
PHOD
Pediatric, MGMC&H
Organising Chairperson



Dr. Jyoti Vaidik
HOD
Wellness, Naturopathy &
Yogic Science, MGMC&H
Organising Secretary
9588948373



Mr. Abhishek Jadaun
Associated Professor, MGIHI
Organising Convener
9950808512



Ms. Anisha Khan
Asst. Professor, MGIHI
Workshop co-ordinator
7725942323

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Phone No. :0141-2770798, 2771777, Fax: 277030

Event Report

National Workshop On “significance & Importance of The Use of Yoga in Modern Medicine – 23th May to 25^h May 2022.

| S. No. | Event Report |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Name & Level of Event- National Workshop On “significance & Importance of The Use of Yoga in Modern Medicine. National Workshop. |
| 2. | Objectives- To Involve Multidisciplinary professionals will to deliberate on the need for developing the Interdisciplinary subject of Yoga. To analyze for a Importance of The Use of Yoga in Modern Medicine value to deliver health care services. To Define a Curriculum that advances yoga at multiple levels for the future in a Morden Era. |
| 3. | Venue: Vivekanand Hall MGUST Jaipur Rajasthan |
| 4. | Sponsors: MGUMST. Jaipur |
| 5. | Inauguration: Formal Inauguration done by guests |
| 6. | 1. Organizing Team: 1 Chief Patron – Dr. ML Swarankar, Emritus Chairperson, MGUMST 2. Patron - Dr. Vikas Chandra Swarankar, Chairperson, MGUMST 3. Patron - Dr. Sudhir Sachdev, President MGUMST 4. Patron - Dr. G N Saxena Pro-President MGUMST 5. Patron - Dr. Swati Garg Principal & Controller MGMC&H, MGUMST 6. Organizing Chairperson- Dr. Munish Kakkar, PHOD, Pediatric, MGMC&H ,MGUMST 7. Organizing Secretary- Dr. Jyoti Vaidik, HOD Wellness, Naturopathy and Yogic Science, MGMC&H MGUMST 8. Organizing Convemor- Abhishek Jadaun ,Associate Professor MGIHI, MGUMST 9. Co-ordinator-Anisha Khan Assistant Professor MGIH, MGUMST |
| 7. | Participants & Delegates: Faculty Members & Students |
| 8. | Prize Distribution etc; N/A |
| 9. | Valedictory Ceremony: Deepti Bansal, MGUMST |
| 10. | Highlights of the Event: 1. Formal Inauguration 2.joint sessions 3. discussion of therapeutic aspects on yoga therapy 4.collaborative discussion |
| 11. | Geo-Tagged Photographs: Attached |
| 12. | Summary of The Event: The event started with the formal inauguration of Dr. Sudhir Sachdev, President MGUMST and Guests of the workshop Muni Satyajeet ji, Swami Muktanand Nirmohi ji, Swami Yagyadev ji and dr. Somveer Arya .First joint session conducted on Yoga Introduction. discussion of therapeutic aspects on yoga therapy- Then and Now on yoga demonstration . development for Importance |

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of The Use of Yoga in Modern Medicine. Three days workshop are on You-Tube and all the data have been compiled and kept on cloud.

You-Tube link-

<https://youtu.be/arLW6Y3riwg>

<https://youtu.be/7SBObwLy0cE>

<https://youtu.be/i-Z-Elpf1nk>

<https://youtu.be/vFNuvhk0Vuo>

Jyoti

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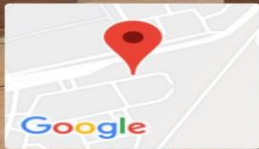
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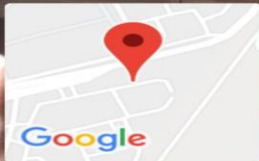
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Jaipur, Rajasthan, India
mahatma gandhi hospital, Ricco Industrial Area, Sitapura,
Jaipur, Rajasthan 302022, India
Lat 26.77163°
Long 75.858398°
23/05/22 12:11 PM



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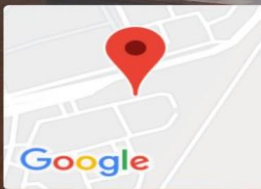
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Jaipur, Rajasthan 302022, India

Lat 26.77163°

Long 75.858398°

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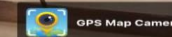
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ATTENDANCE SHEET

| S. No. | NAME | SIGNATURE |
|--------|--------------------|-----------|
| 1. | Rohan Sarma | Rohan |
| 2. | Rahul Inkiya | Rahul |
| 3. | Ajab Singh | Ajab |
| 4. | Akash Sharma | Akash |
| 5. | Bhumikamal | Bhumika |
| 6. | Gaurav Soni | Gaurav |
| 7. | Heetika Sharma | Heetika |
| 8. | Jatin mandawat | Jatin |
| 9. | lakshay pachar | Lakshay |
| 10. | manoj Soni | Manoj |
| 11. | Hriday Pareek | Hriday |
| 12. | Anchal Lakhotia | Anchal |
| 13. | peeya choudhary | Peeya |
| 14. | Gaagi Mathur | Gaagi |
| 15. | prinka Soni | Prinka |
| 16. | Rahul Yadav | Rahul |
| 17. | Payal meena | Payal |
| 18. | Angamika choudhary | Angamika |
| 19. | Lasita Rathor | Lasita |
| 20. | Abhishek Sharma | Abhishek |
| 21. | Anisha Khan | Anisha |
| 22. | Anuradha Patel | Anuradha |
| 23. | Dipak gupta | Dipak |
| 24. | Bhagwanshay | Bhagwan |
| 25. | Lalit verma | Lalit |
| 26. | babulal | Babulal |
| 27. | Laxman Singh | Laxman |
| 28. | Vinod Badotiya | Vinod |
| 29. | Ajay Sharma | Ajay |
| 30. | gen Syam Berwa | Gen Syam |
| 31. | Kapil keshry | Kapil |
| 32. | haray deep | Haray |
| 33. | priya sharma | Priya |
| 34. | diya Soni | Diya |
| 35. | Piyush sharma | Piyush |
| 36. | Gopal inkiya | Gopal |
| 37. | Asutosh Sarma | Asutosh |
| 38. | shohab Khan | Shohab |
| 39. | Anuradha divyaya | Anuradha |

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| | | |
|-----|---------------------|-------------|
| 40. | Shohel Khan | Shohel |
| 41. | Harsheeta Soni | harsheeta |
| 42. | Rohan Tombi | Shobha T. |
| 43. | Abhijit Sharma | Abhijit |
| 44. | Aradhya Inkiya | Aradhya |
| 45. | B. R. Inkiya Virat | B.R. Inkiya |
| 46. | Mohanlal | Mohan |
| 47. | Gewar Ram | Gewar |
| 48. | Kona Singh Bhati | Kona Singh |
| 49. | Jaydeep | Jaydeep |
| 50. | Ankur patel | Ankur |
| 51. | Aditiya choudhary | Aditiya |
| 52. | Bilal Khan | Bilal |
| 53. | Alok Ranjan | Alok Ranjan |
| 54. | Rajaram | Rajaram |
| 55. | Sonil choudhary | Sonil |
| 56. | Jatendra Saini | Jatendra |
| 57. | Atul Agarwal | Atul |
| 58. | Rahul Saini | Rahul |
| 59. | mahi Saini | Mahi |
| 60. | Abhilasha choudhary | Abhilasha |
| 61. | Anurka Sharma | Anurka |
| 62. | Ranjit Bhatia | Ranjit |
| 63. | Apsara sihara | Apsara |
| 64. | khushi soni | Khushi |
| 65. | sonali mathur | Sonali |
| 66. | Lokesh Yadav | Lokesh |
| 67. | Kuljeet kumar | Kuljeet |
| 68. | mukesh kumar | Mukesh |
| 69. | Babita choudhary | Babita |
| 70. | Bhavana patel | Bhavana |
| 71. | Deepti chandel | Deepti |
| 72. | trishati chohan | Trishati |
| 73. | Ishika | Ishika |
| 74. | Hemendra Singh | Hemendra |
| 75. | Jharvi madhusat | Jharvi |
| 76. | lovedeep yadav | Lovedeep |
| 77. | Bavya Solanki | Bavya |
| 78. | Uswa | Uswa |
| 79. | Vanisha Badiwal | Vanisha |
| 80. | Vishal mina | Vishal |
| 81. | Priyanshi sharma | Priyanshi |

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| | | |
|------|-------------------|----------|
| 82. | payal sharma | Payal |
| 83. | Rahul shastri | Rahul |
| 84. | vishal gujjar | Vishal |
| 85. | yash kumarawat | Yash |
| 86. | Rayneesh joshi | Raj |
| 87. | vishnu | Vishnu |
| 88. | yugal kishor | Yugal |
| 89. | Panchali mathor | Panchali |
| 90. | Ritik Gupta | Ritik |
| 91. | Rohan jambi | Rohan |
| 92. | Vdit jain | Vedant |
| 93. | Sounali choudhary | Sounali |
| 94. | Subhomita Buzman | Subho |
| 95. | Nithin Choudhary | Nithin |
| 96. | Ankit Soni | Ankit |
| 97. | Bhavya saehdera | Bhavya |
| 98. | Sagar sharma | Sagar |
| 99. | Riyamshi Sharma | Riyamshi |
| 100. | Siya mathor | Siya |
| 101. | Alok Rajjan | Alok |
| 102. | Pradeep Saini | Pradeep |
| 103. | Atul choudhary | Atul |
| 104. | Rohit Saini | Rohit |
| 105. | Seemeeen Gupta | Seemeeen |
| 106. | Shasvi Goyal | Shasvi |
| 107. | Gensyam patel | Gensyam |
| 108. | Raghu patel | Raghu |
| 109. | Rakshit Gupta | Rakshit |
| 110. | Atulya addwani | Atulya |
| 111. | Susmita choudhary | Susmita |
| 112. | Susendra meena | Susendra |
| 113. | Anusika Sain | Anusika |
| 114. | pawu badotiya | Pawu |
| 115. | Ravi Higra | Ravi |
| 116. | Bhesh patidar | Bhesh |
| 117. | Sankar Lal padodi | Sankar |
| 118. | Mahaveer Gupta | Mahaveer |
| 119. | Ruchi Patel | Ruchi |
| 120. | Sonali choudhary | Sonali |
| 121. | Rohan | Rohan |
| 122. | prachi Bisnoi | Prachi |
| 123. | Rahul Rajpurohit | Rahul |

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| | | |
|------|--------------------|--------|
| 124. | Shreya Garga | Dr. G. |
| 125. | Anuradha Beniwal | Dr. A. |
| 126. | Anil Panwar | Dr. A. |
| 127. | Urmila Panwar | Dr. U. |
| 128. | Laxya Deep Choubey | Dr. L. |
| 129. | Monu Baskar | Dr. M. |
| 130. | Nancy Bishnoi | Dr. N. |
| 131. | Aishweta Choudhary | Dr. A. |
| 132. | Anuska Panchal | Dr. A. |
| 133. | Hukmesh Gradveer | Dr. H. |
| 134. | Utam Jaipal | Dr. U. |
| 135. | Radhika Rathor | Dr. R. |
| 136. | Dipshikha Patel | Dr. D. |
| 137. | Lal Singh Bhati | Dr. L. |
| 138. | Gopal Singh Inda | Dr. G. |
| 139. | Pragya Mudra | Dr. P. |
| 140. | Bharwani | Dr. B. |
| 141. | Sheesabha Sharma | Dr. S. |
| 142. | Hari Mohan Verma | Dr. H. |
| 143. | Mahendra Beiravta | Dr. M. |
| 144. | Divya Agarwal | Dr. D. |
| 145. | Muskan Saini | Dr. M. |
| 146. | Lokesh Panchal | Dr. L. |
| 147. | Arun Kumar | Dr. A. |
| 148. | Vikram Palihar | Dr. V. |
| 149. | Mahendra Jaipal | Dr. M. |
| 150. | Ravi Kumar | Dr. R. |
| 151. | Raju Patel | Dr. R. |
| 152. | Priya Meena | Dr. P. |
| 153. | Babulal Patel | Dr. B. |
| 154. | Gopal Panwar | Dr. G. |
| 155. | Siya Bishnoi | Dr. S. |
| 156. | Garima Verma | Dr. G. |
| 157. | Drishiti Raipuri | Dr. D. |
| 158. | Aarth Berry | Dr. A. |
| 159. | Bhavya Nahata | Dr. B. |
| 160. | Vinod Mahata | Dr. V. |
| 161. | Kamishka Patel | Dr. K. |
| 162. | Shokat Jangir | Dr. S. |
| 163. | Virat Singh | Dr. V. |
| 164. | Anuprit Sharma | Dr. A. |
| 165. | Vikas Kumar Vaysh. | Dr. V. |

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| | | |
|------|--------------------|----------|
| 166. | Jyoti sharma | Jyoti |
| 167. | Rahul Saini | Rahul |
| 168. | Deenesh Bishnoi | Deenesh |
| 169. | Hashvardhan | Hash |
| 170. | Himanshu kapur | Himanshu |
| 171. | Aryan Balot | Aryan |
| 172. | Jaldev Sharma | Jaldev |
| 173. | Krati choudhary | Krati |
| 174. | Vijendra soni | Vijendra |
| 175. | Yash Jain | Yash |
| 176. | Sejal Solanki | Sejal |
| 177. | Yashika Goyal | Yashika |
| 178. | Himank Balot | Himank |
| 179. | Anjali Shingh | Anjali |
| 180. | Gauri Saini | Gauri |
| 181. | Arun Shakyawal | Arun |
| 182. | madhu Gadveer | Madhu |
| 183. | Ishika Khendelwal | Ishika |
| 184. | Kalpesh Choudhary | Kalpesh |
| 185. | Bhumika patel | Bhumika |
| 186. | Nupur Parihar | Nupur |
| 187. | Nakul patodi | Nakul |
| 188. | Nalini Singh | Nalini |
| 189. | Poo prabhat Sharma | Poo |
| 190. | Hemlata Kapur | Hemlata |
| 191. | lokesh meena | Lokesh |
| 192. | Ramkesh kapur | Ramkesh |
| 193. | Rohit Saini | Rohit |
| 194. | Manoj Sharma | Manoj |
| 195. | Raja prahar | Raja |
| 196. | Hetal Gadhaveer | Hetal |
| 197. | Heetika Sain | Heetika |
| 198. | Atulya Agrawal | Atulya |
| 199. | Mamta choudhary | Mamta |
| 200. | Vaibhav Gauri | Vaibhav |

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MAHATMA GANDHI UNIVERSITY
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JAIPUR

No. : MGUMST/Misc./2022/498

June 20, 2022

NOTICE

The University shall celebrate "**International Day of Yoga**" on **Tuesday, June 21, 2022**. All the Heads of the Departments of all the Institutions are advised to motivate the students of their departments and ensure that maximum number of students participate in the Yoga Day Celebration.

All the Principals, faculty members, teaching and non-teaching staff, nursing staff and students including interns & PG students of the Medical College & Hospital, Dental College & Hospital, Nursing College & Nursing School, Physiotherapy College, Occupational Therapy College, College of Hospital Administration, Institute of Health Informatics and Institute of Allied Health Sciences are requested to assemble in the R.K. Academic and University Block GROUND FLOOR at 6.15 A.M. on Tuesday, June 21, 2022 for the Yoga Day Celebration.

This bears approval of the President.


Registrar

Copy to -

1. PS to Chairperson, MGUMST.
2. PS to Emeritus Chairperson, MGUMST.
3. PS to President, MGUMST
4. PS to Pro-President, MGUMST.
5. Principal Adviser to Chairperson and Director, Advanced Academic Affairs, MGUMST.
6. CEO and Chief Finance & Accounts Officer, MGUMST.
7. Director, Hospital Administration, MGUMST.
8. All the Deans and Principals of the University Colleges/Institutes.
9. Medical Superintendent, MGH.
10. Director Purchase, MGUMST.
11. Controller of Examinations, MGUMST.
12. All the Officers/Executives of the University.
13. All the Heads of the Departments of all the Colleges/Hospitals.
14. Chief Warden, University Hostels, MGUMST.
15. Director, HRD, MGUMST.
16. Director, Marketing & PR, MGUMST.
17. Director IQAC, MGUMST.
18. Librarian, Dr. K.D. Gupta Knowledge Resource Centre, MGUMST.
19. Chief Security Officer, MGUMST.

Campus:

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Event Report

International Yoga Day-21 June 2022

| S. No. | Event Report |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Name & Level of Event- International Yoga Day-21 June 2022. International Yoga Day. |
| 2. | Objectives- <ul style="list-style-type: none">• International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.• Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.• World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine. |
| 3. | Venue: R K Academic & University Block, MGUST Jaipur Rajasthan |
| 4. | Sponsors: MGUMST. Jaipur |
| 5. | Inauguration: N/A |

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| | |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | |
| 6. | Organizing Team: Department of Wellness, Naturopathy and Yogic Science Faculty Members & Students |
| | |
| 7. | Participants & Delegates: Faculty Members & 200 Students |
| | |
| 8. | Prize Distribution etc; N/A |
| | |
| 9. | Valedictory Ceremony: N/A |
| | |
| 10. | Highlights of the Event: 1. Yoga practices 2. Surya Namaskara 3. Pranayama Practices. |
| | |
| 11. | Geo-Tagged Photographs: Attached |
| | |
| 12. | Summary of The Event: The event started with the prayer guided by Honorable Guest Dr. Kapil Kesari. Accompanying the honorable guest, HOD of Wellness Naturopathy and Yogic Science MGUMST Dr. Jyoti Vaidik conducted One hour Yoga session including Introduction, Loosening exercises, Standing Yoga Asana, Sitting Asanas, Prone Asanas, Supine Asanas, Pranayama Practices and Meditation. with Artistic Yoga demonstration Performed by Yoga students and instructed by faculty. all the data have been compiled and kept on cloud. |

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Sheet1

Attendance Sheet

| S. No. | Name | Signature |
|--------|--------------------|--------------------|
| 1 | Abhishek | Abhishek |
| 2 | Anisha Khan | Anisha Khan |
| 3 | Jyoti Vedik | Jyoti Vedik |
| 4 | Mamta Jain | Mamta Jain |
| 5 | Agreema Agrawal | Agreema Agrawal |
| 6 | Sushmita | Sushmita |
| 7 | Ashok Kumar | Ashok Kumar |
| 8 | Vaibhav Goue | Vaibhav Goue |
| 9 | Greetika Sain | Greetika Sain |
| 10 | Rajw pahar | Rajw pahar |
| 11 | Ramkesh moena | Ramkesh moena |
| 12 | Suresh kumar Meena | Suresh kumar Meena |
| 13 | probjot Sharma | probjot Sharma |
| 14 | Hetal Gadveer | Hetal Gadveer |
| 15 | Jshika Goyal | Jshika Goyal |
| 16 | Monaj Shalma | Monaj Shalma |
| 17 | Bhumika patel | Bhumika patel |
| 18 | Nupur Sharma | Nupur Sharma |
| 19 | Diya Bisnoi | Diya Bisnoi |
| 20 | Anuradha Agrawal | Anuradha Agrawal |
| 21 | Atul garg | Atul garg |
| 22 | kalpesh Sharma | kalpesh Sharma |
| 23 | Kapil Kashary | Kapil Kashary |
| 24 | Akesh Saini | Akesh Saini |
| 25 | yashika Singh | yashika Singh |
| 26 | Nakul | Nakul |
| 27 | Gopal Inkiya | Gopal Inkiya |
| 28 | Rahul Jaini | Rahul Jaini |
| 29 | Praghya mudra | Praghya mudra |
| 30 | Vikram Sharma | Vikram Sharma |
| 31 | Shravya Garga. | Shravya Garga. |
| 32 | Lal Singh Bhati | Lal Singh Bhati |

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Sheet1

| | | |
|----|------------------|---------------|
| 33 | Binesh kumar | Binesh |
| 34 | Gaggi Jain | Gaggi |
| 35 | Yash Jain | Yash |
| 36 | mandhu Goyal | Mandhu |
| 37 | Ishika panchal | Ishika |
| 38 | Anurudh Sharma | Anurudh |
| 39 | Bhawana Beirawa | Bhawana |
| 40 | Priya Sharma | Priya |
| 41 | Sejal solanki | Sejal |
| 42 | Sonali mathur | Sonali |
| 43 | Hari Mohan Verma | Hari Mohan |
| 44 | Lalit kumar | Lalit |
| 45 | mehendra Soni | Mehendra |
| 46 | Rajendra Sharma | Rajendra |
| 47 | Rajneesh Bose | Rajneesh |
| 48 | Hanuman Soni | Hanuman |
| 49 | Vijay Bisnoi | Vijay |
| 50 | Kavita Rati | Kavita |
| 51 | Jatin Beniwal | Jatin |
| 52 | Ankit Saini | Ankit |
| 53 | Kailash kumar | Kailash |
| 54 | Alok Ranjan | Alok |
| 55 | Gaurav Bhati | Gaurav |
| 56 | Diya sihag | Diya |
| 57 | Adviya mittal | Adviya |
| 58 | Harsh Swami | Harsh |
| 59 | Laxita Khariya | Laxita |
| 60 | Vikash patel | Vikash |
| 61 | Priya meena | Priya |
| 62 | Garima Verma | Garima |
| 63 | Vidat shing | Vidat |
| 64 | B. R. Sankhya | B. R. Sankhya |
| 65 | Anuprit Sharma | Anuprit |
| 66 | Gopal Singh | Gopal |

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Sheet1

| | | |
|-----|--------------------------|-----------|
| 67 | Dipshikha Patel | Dimple |
| 68 | Bhavika Sharma | Bhavika |
| 69 | Mehendra Mahendra Jaipal | Mehendra |
| 70 | Raju Parihar | Raju |
| 71 | Batalal Verma | Batalal |
| 72 | Vinod Bhatnagar | Vinod |
| 73 | Siya Sharma | Siya |
| 74 | Deishi Raipuri | Deishi |
| 75 | Urmila Panwar | Urmila |
| 76 | Mahu Choudhary | Mahu |
| 77 | Rishweta Choudhary | Rishweta |
| 78 | Anuska Sain | Anuska |
| 79 | Dipshikha Panchal | Dipshikha |
| 80 | Utam Gadveer | Utam |
| 81 | Divya Agasthal | Divya |
| 82 | Muskan Saini | Muskan |
| 83 | Arun Kumar | Arun |
| 84 | Vikram Parihar | Vikram |
| 85 | Ravi Kumar | Ravi |
| 86 | Rakesh Meena | Rakesh |
| 87 | Anjali Sharma | Anjali |
| 88 | Aryan Sidhu | Aryan |
| 89 | Devendra Singh Chaneja | Devendra |
| 90 | Aruna | Aruna |
| 91 | Yuvraj Rathor | Yuvraj |
| 92 | Dhan Singh | Dhan |
| 93 | Graj Raj | Graj |
| 94 | Payal Sharma | Payal |
| 95 | Rahul Shastri | Rahul |
| 96 | Vishal Juyar | Vishal |
| 97 | Yash Kumar | Yash |
| 98 | Rajneesh Joshi | Rajneesh |
| 99 | Vishnu | Vishnu |
| 100 | Yugal Kishor | Yugal |

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Sheet1

| | | |
|-----|-------------------|-----------|
| 101 | Panchali mathur | Panchali |
| 102 | Ritik Gupta | Ritik |
| 103 | Vdiya Jain | Vdiya |
| 104 | Souabh Shazma | Souabh |
| 105 | Nithin Gupta | Nithin |
| 106 | Sounali choudhali | Sounali |
| 107 | Riyanshi Sharma | Riyanshi |
| 108 | Rohan tambi | Rohan |
| 109 | Ankit soni | Ankit |
| 110 | Bhavya Sachdeva | Bhavya |
| 111 | Sagar sharma | Sagar |
| 112 | Pradeep Saini | Pradeep |
| 113 | Atul Agrawal | Atul |
| 114 | Rohit Saini | Rohit |
| 115 | Seema choudhary | Seema |
| 116 | Sharvi Goyal | Sharvi |
| 117 | Aarush Soni | Aarush |
| 118 | Gensyam patel | Gensyam |
| 119 | Rafin patel | Rafin |
| 120 | Rakesh Gupta | Rakesh |
| 121 | Atulya adawahi | Atulya |
| 122 | Anuska sarma | Anuska |
| 123 | Ravi tiaga | Ravi |
| 124 | Kaitash Kumar | Kaitash |
| 125 | Kushal sharma | Kushal |
| 126 | Gaurav sharma | Gaurav |
| 127 | Ashutosh Pteha | Ashutosh |
| 128 | Prachi Bisnoi | Prachi |
| 129 | Rahul Rajput | Rahul |
| 130 | Vikram Singh | Vikram |
| 131 | Jaideep Meena | Jaideep |
| 132 | Shohab Khan | Shohab |
| 133 | Jhanvi kapur | Jhanvi |
| 134 | Priyamshi sharma | Priyamshi |

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| | | |
|-----|---------------------|----------|
| 135 | Harseeta Soni | Amr |
| 136 | Rohan patel | Rohm |
| 137 | Azadhya shaama | Arum |
| 138 | mohan Lal | mon |
| 139 | Gewal Ram | Greum |
| 140 | Ankey shaama | Amr |
| 141 | Mahi Saini | Anaini |
| 142 | Abhilasha choudhary | Abam |
| 143 | Anuzudha mathur | Anuds |
| 144 | Ranjit patodi | Rjht |
| 145 | Apsara Sihara | Asihara |
| 146 | kuljeet Soni | Kdeep |
| 147 | kushbu Bistnoi | Kum |
| 148 | Gunjan chohan | Gun |
| 149 | ishika chohan | Ishu |
| 150 | Harendra | Haru |
| 151 | lovedeep yadav | Lovedeep |
| 152 | Jhahvi Madnawat | Jam |
| 153 | Bhavya sdamki | Bhaves |
| 154 | Vsha panwar | Vanisha |
| 155 | Vanisha Beniwal | Vishes |
| 156 | Vishal Meena | Vm |
| 157 | Priyanka Bairawa | Pm |
| 158 | Rohit tambdiya | Rm |
| 159 | Alok Ranjan | Lalmit |
| 160 | Lalit Guzjar | Dilip |
| 161 | Dilip Beshla | Kapil |
| 162 | Kapil Sharma | Priya |
| 163 | Priya Sharma | Pm |
| 164 | Dipak Gupta | Dipak |
| 165 | Kanak Choudhary | Kanak |
| 166 | Jetendra meena | Jet |
| 167 | den Guzjar | Kanika |
| 168 | Kanika pillai | Kanika |



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Sheet1

| | | |
|-----|------------------|----------|
| 169 | Rajeev khoja | Rajeev |
| 170 | Mohamad samir | Mohammad |
| 171 | Adil Sierra | Adil |
| 172 | Krati Jindal | Krati |
| 173 | Bhavesh Soni | Bhavesh |
| 174 | Ayush Jain | Ayush |
| 175 | Praneet Natasa | Praneet |
| 176 | Vimla Sidhu | Vimla |
| 177 | Chahat Agarwal | Chahat |
| 178 | Yash malik | Yash |
| 179 | Taniska Dular | Taniska |
| 180 | Shubham bairawa | Shubham |
| 181 | Priya sharma | Priya |
| 182 | Pray Jain | Pray |
| 183 | Rajshree Meena | Rajshree |
| 184 | Virendra Solanki | Virendra |
| 185 | Shubham Kanada | Shubham |
| 186 | Himank pushpad | Himank |
| 187 | Aryan Jain | Aryan |
| 188 | Yash palwal | Yash |
| 189 | Neha choudhary | Neha |
| 190 | Maya | Maya |
| 191 | Rakshita | Rakshita |
| 192 | Suhani Meena | Suhani |
| 193 | Utkarsh Harshwal | Utkarsh |
| 194 | Vikhash kalak | Vikhash |
| 195 | Vishnu Sharma | Vishnu |
| 196 | Malavika Verma | Malavika |
| 197 | Johani Khidher | Johani |
| 198 | Kapil choudhary | Kapil |
| 199 | Gauri Soni | Gauri |
| 200 | Gopal Balotra | Gopal |

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Mahatma Gandhi Medical College & Hospital

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Phone : 0141-2770677, 2770798, 2771777, 2771001 – 3 Fax : 0141-2770677

Website : www.mgmch.org ; email : principal.medical@mgumst.org

No./MGMCH/Est./2022/1679/

09th June, 2022

Notice

As per the NMC guidelines, a 10-day program on Yoga training program on the occasion of International Yoga day is to be celebrated prior to the international Yoga day which is on **21st June 2022**. This event is being organized by **Department Of Wellness, Naturopathy and Yogic Science & Department of PMR MGMCH, Jaipur**.

The Program Schedule is as follows-

Date - 12th June 2022 – 21th June 2022.

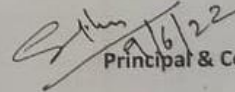
Time - 6:30 A.M To 7:30 A.M.

Place – Amphi Theatre, MGUMST Campus.

All the MBBS students are mandatory to attend the programme at the scheduled time .


Strict compliance is desired.

For any further query please contact Dr Jyoti Vaidik, Head of Department of Wellness, Naturopathy and Yogic Science : drjyotivaidik@mgumst.org


Principal & Controller

Copy to :-

- P.S. to the Chairperson, MGUMST
- P.S. to the Managing Trustee, MGUMST
- P.S. to Director Hospital Administration, Member of Management, MGUMST
- P.S. to the President, MGUMST
- P.S. to the Pro-President, MGUMST
- The Registrar, MGUMST
- The Heads of the Department - Anatomy/ Physiology/ Biochemistry/ Pharmacology/ Pathology/ Microbiology/ Forensic Medicine/ Community Medicine/ General Medicine/ Respiratory Medicine/ Dermatology/ Psychiatry/ Paediatrics/ General Surgery/ Orthopaedics/ ENT/ Ophthalmology/ Obstetrics & Gynaecology/ Anaesthesiology/ Radio-diagnosis/ Emergency Medicine/ Physical Medicine and Rehabilitation/ Radiation Oncology / Immuno Haematology and Blood Transfusion/Nuclear Medicine/ Family Medicine/ Sports Medicine/ Traumatology & Surgery/ Hospital Administration/ Palliative Medicine/Casualty / Medical Gastroenterology/ Neurology/ Nephrology / Cardiology/ Cardiac Anaesthesia/ Medical Oncology/ Urology / Neurosurgery/ Plastic and Reconstructive Surgery / Cardiac Vascular & Thoracic Surgery (CTVS)/ Reproductive Medicine & Surgery/ Surgical Oncology/ Surgical Gastroenterology/ Endocrinology/ Neonatology/ Hepato Pancreato Biliary Surgery/ Critical Care Medicine/ Neuro Anaesthesia / Organ Transplant Anesthesia & Critical Care/ Interventional Radiology
- Girls Hostel/Boys Hostel
- Guard File


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Event Report

10 Days Yoga Training Programme

| S. No. | Event Report |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. | Name & Level of Event- National Yoga Training Programme |
| 2. | Objectives- <ul style="list-style-type: none">• International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.• Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Proper oxygen and blood supply to all the vital organs helps to diminish the occurrence of major diseases related to the heart, lungs, kidneys and other vital organs.• World Yoga Day aims to educate people about the various means of overcoming stress naturally without resorting to any artificial medicine. |
| 3. | Venue: R K Academic & University Block, MGUST Jaipur Rajasthan |
| 4. | Sponsors: MGUMST. Jaipur |
| 5. | Inauguration: N/A |

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| | |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | |
| 6. | Organizing Team: MGMC&H, MGUMST Jaipur |
| | |
| 7. | Participants & Delegates: 32 MBBS Students |
| | |
| 8. | Prize Distribution etc; N/A |
| | |
| 9. | Valedictory Ceremony: N/A |
| | |
| 10. | Highlights of the Event: 1. Yoga practices 2. Surya Namaskara 3. Pranayama Practices. |
| | |
| 11. | Geo-Tagged Photographs: Attached |
| | |
| 12. | Summary of The Event: The event started with the prayer guided by HOD of Wellness Naturopathy and Yogic Science MGUMST Dr. Jyoti Vaidik conducted One hour Yoga session including Introduction, Loosening exercises, Standing Yoga Asana, Sitting Asanas, Prone Asanas, Supine Asanas, Pranayama Practices and Meditation. all the data have been compiled and kept on cloud. |

Jyoti

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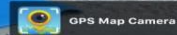
Jaipur, Rajasthan, India

QV94+WF9, Ricco Industrial Area, Sitapura, Jaipur, Rajasthan
303905, India

Lat 26.769749°

Long 75.856776°

16/06/22 08:07 AM



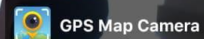
Jaipur, Rajasthan, India

QVC4+2V5, Ricco Industrial Area, Sitapura, Jaipur, Rajasthan 303905, India

Lat 26.769923°

Long 75.856826°

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Sheet1

Attendance Sheet

| S. No. | Name | Signature |
|--------|--------------------|-------------|
| 1 | Dipti Banchal | [Signature] |
| 2 | Dhagwanshay | [Signature] |
| 3 | Manita Jain | [Signature] |
| 4 | Manoj kumar Sharma | [Signature] |
| 5 | Devendra shingh | [Signature] |
| 6 | suresh kumar Meena | [Signature] |
| 7 | Deepak Sharma | [Signature] |
| 8 | Giriraj Soni | [Signature] |
| 9 | Rajesh | [Signature] |
| 10 | Neha Jain | [Signature] |
| 11 | sneha Sharma | [Signature] |
| 12 | Isika | [Signature] |
| 13 | Jubdha | [Signature] |
| 14 | Elipsita | [Signature] |
| 15 | Tarini sharma | [Signature] |
| 16 | Rajesh sharma | [Signature] |
| 17 | Raghuvir Singh | [Signature] |
| 18 | kishan Singh | [Signature] |
| 19 | Vishnu kumar | [Signature] |
| 20 | Vaidaji | [Signature] |
| 21 | shiya sharma | [Signature] |
| 22 | Divya sharma | [Signature] |
| 23 | Riyanshi | [Signature] |
| 24 | Gargi chauhan | [Signature] |
| 25 | Vitika Vikash | [Signature] |
| 26 | Vimal praik | [Signature] |
| 27 | Vijay sharma | [Signature] |
| 28 | Vinod Jaiswal | [Signature] |
| 29 | sakshi | [Signature] |
| 30 | Manju Bhaskar | [Signature] |
| 31 | Mohit Saini | [Signature] |
| 32 | Bharnika Gupta | [Signature] |

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Date: -18/06/2022

NOTICE

This is to inform all that Mahatma Gandhi occupational therapy college will be taking initiative to celebrate **International yoga day** on **21st June**. Kindly be a part of this celebration

Venue- MGOTC college

Timing- 6-7am

Principal

Mahatma Gandhi Occupational College, Jaipur

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2. PS to pro-president, MGUMST
3. PS to registrar, MGUMST
4. IQAC office
5. Office copy



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REPORT ON THE ACTIVITY

ON

YOGA DAY

Held on 21st June, 2022

On the occasion of International Yoga Day, "fitness" program was held on 21st June at Mahatma Gandhi Occupational Therapy College in collaboration with Yoga department of MGUMST.

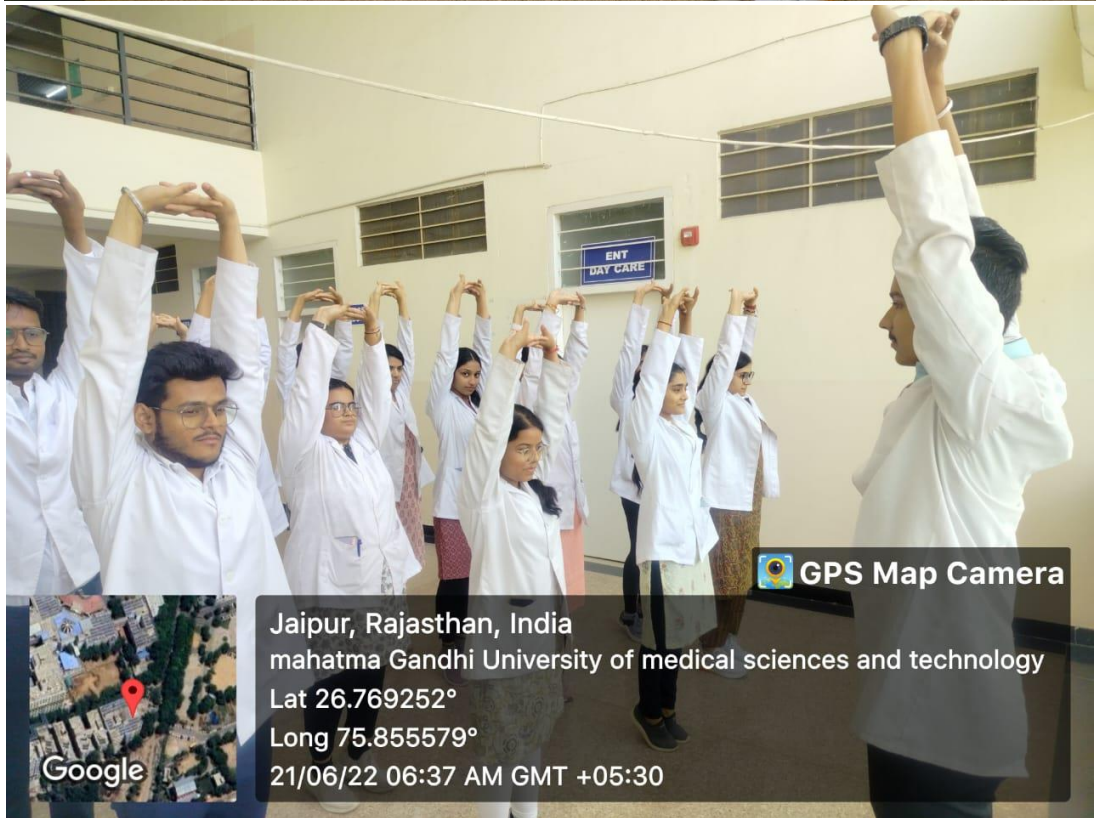
| | |
|------------------------------------|----------------------------------------------------------|
| Title of the activity | International Yoga Day |
| Date & time of the activity | 21 st June 6am |
| Place | MGOTC college |
| Nature of the activity | Physical and Mental fitness program |
| Organized by | MGOTC |
| Total no of students participated | 60 |
| Total no. of teachers participated | 6 |
| Topics: | Meditation, yoga flow for stress relief, Surya namaskar. |

The above program was successfully organized by Mahatma Gandhi occupational therapy college, Jaipur

Principal
Mahatma Gandhi Occupational Therapy College, Jaipur

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2. PS to pro-president, MGUMST
3. PS to registrar, MGUMST
4. IQAC office
5. Office copy



| Sr. No. | Name | Sign |
|---------|----------------------|-----------------|
| 1. | Ashu Sharma | Ashu |
| 2. | Adyashis Chakraborty | Adyashis |
| 3. | AISWARRIYA N S | AIS |
| 4. | Ajisha farvin p.j | Ajisha |
| 5. | Akanshi Sachdeva | Akanshi |
| 6. | Akshay biyala | Akshay |
| 7. | Amar Biswas | Amar |
| 8. | Anchalika Nayak | Anchalika |
| 9. | Anjali jalwaniya | Anjali |
| 10. | Anjali Sinha | Anjali |
| 11. | Ankita sharma | Ankita |
| 12. | Anushri Raut | Anushri Raut |
| 13. | Archana Ray | Archana |
| 14. | Archana Kaushik | Archana |
| 15. | Ashutosh Rajoria | Ashutosh |
| 16. | Ashish kumar Dwivedi | Ashish |
| 17. | Astha chandankhede | Astha |
| 18. | Bavatarani.G.P | Bav |
| 19. | Bhagyashree kalia | Bhagyashree |
| 20. | Bhawna Gupta | Bhawna |
| 21. | Celeste Jessica Roy | Celeste |
| 22. | Chanchal Sharma | Chanchal |
| 23. | Charu sharma | Charu |
| 24. | D. Harini | D. Harini |
| 25. | Daljeet Kaur | Daljeet |
| | Darshan Mahendrabhai | |
| 26. | Makwana | Darshan |
| 27. | Debarati sau | Debarati |
| 28. | Debasish Sahoo | Debasish |
| 29. | Deepak Pancholi | Deepak |
| 30. | DEEPALI | Deepali |
| 31. | Deepika. T.R.S | Deepika |
| 32. | DevaPrasanna C | Deva |
| 33. | Dhivya.S | Dhivya |
| 34. | Dhivyadharshini.M | Dhivyadharshini |

| | | |
|-----|-----------------------|---------------|
| 35. | Dibyajyoti Srichandan | Dibela |
| 36. | Diksha gupta | Diksha |
| 37. | Dipak Kumar | Dipak |
| 38. | Divya dharshini.g | Divya |
| 39. | Divya Parwani | Divya parwani |
| 40. | Dr Ankit Kumar singh | Ankit |
| 41. | Dr Kajol Poladia | Kam |
| 42. | Dr. Divesha Shikerkar | Diver |
| 43. | Dr. Jasmine Sheikh | Jane |
| 44. | Dr. Muskan bhatiya | Muskan |
| 45. | Dr. Pooja Kamble | Pooja |
| 46. | Drashti Suketu Vyas | Drashti |
| 47. | Emima.B | Emma |
| 48. | Faiza tabassum | Faiza |
| 49. | G. Shalini shree | G. Shalini |
| 50. | G.N.Priti | G.N. Priti |
| 51. | G.vanitha | G. Vanitha |
| 52. | Gaurav sharma | Gaurav |
| 53. | Geetha.M | Geetha |
| | Hannah Jane Angelina. | |
| 54. | J | Hannah |
| 55. | Haripriya C | Hari |
| 56. | Harshita Garg | Hari |
| 57. | Hiteshi | Him |
| 58. | Imtiyaz Alam Siddiqui | Imtiyaz |
| 59. | Indhu s | Indhu |
| 60. | Ipsita Samantasinghar | Ipsita |
| 61. | Ishita sharma | Ishita sharma |
| | JERALD | |
| 62. | ROBINSON.E | Jerald |
| 63. | Jeyashree Thulasi SD | Jeyashree |
| 64. | Jolly Gupta Jain | Jolly |
| 65. | K Siva sanhari | K.S. |
| 66. | K. Vishali Karthick | K.V. |
| 67. | Kamal Raj P | Kamran |
| 68. | Kanishka Mehta | Kam |
| 69. | Keerthishree.T | Keerthi |

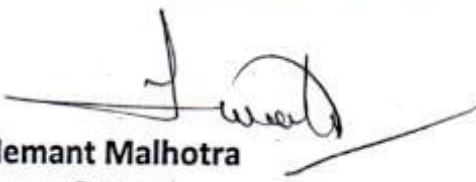
Department of Medical Oncology

ACADEMIC EVENT REPORT

3

Date : 21st -27th /06/2021

| | |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| No. | EVENT REPORT |
| 1. | Name and Level of Event- International Yoga Day |
| 2. | Background/Introduction- Yoga Se Hoga- Beating Stress Together (Date – 21 st - 27 th June, 2021) |
| 3. | Venue - Virtual |
| 4. | Sponsors - Mahatma Gandhi University of Medical Sciences & Technology, Jaipur |
| 5. | Inauguration - |
| 6. | Speaker/Judges/Chairman/Panel Team- Dr. Vikas Swarankar, Chairman, MGUMST, Jaipur Dr. M.L. Sawarankar, Emeritus Chairman, MGUMST, Jaipur Mr. R.R. Soni, Managing Trustee, India Education Trust Dr. Shobhit Swarankar, Director, Hospital Administration Dr. Sudhir Sachdev, Vice-Chancellor, MGUMST, Jaipur Dr. G.N. Saxena, Pro. Vice Chancellor, MGUMST, Jaipur Dr. A.K. Sharma, Registrar, MGUMST, Jaipur Dr. Swati Garg, Principal & Controller, MGMCH, Jaipur Dr. Lalit Mohan Sharma, Program Coordinator Mrs. Urvashi – Trainer (certified by Min. of Ayush) |
| 7. | Participants & Delegates- >100 |
| 8. | Prize Distribution etc. |
| 9. | Valedictory Ceremony |
| 10. | Highlights of the events <ul style="list-style-type: none">• Health & Awareness & Motivation• Understanding components of Health, Check your health in 10 seconds, Integration of health in lifestyle• Exercises for neck shoulders and upper back• Importance of Breathing in Yoga, Correct Way of Breathing• Therapeutics asans to control and avoid constipation, indigestion & gastric issues• Understanding Pranayam – Technique and Procedure• Lifestyle Improvement• Diet Improvement Tips |
| 11. | Geo-Tagged Photographs/Normal Photographs |
| | Brochure of the Event is attached. |


Dr. Hemant Malhotra
Professor & Head
Medical Oncology Department
Mahatma Gandhi Medical College & Hospital, Jaipur

Yoga se Hoga



Yoga Instructor – Urvashi
Certified Trainer by Ministry of AYUSH



Mahatma Gandhi Hospital, Jaipur

Join Zoom Meeting

Date June 21 – 27, 2021

Time 06:45 – 08:00 am

<https://zoom.us/j/99674376344?pwd=WDdVek1PTFIWcnNCUFVMMHN4YjVhQT09>

Meeting ID: 996 7437 6344; Passcode: 829251



beating stress together



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR



Dr. Vikas Swarankar
Chairman



Dr. M.L. Swarankar
Emeritus Chairman



Mr. R.R. Soni
Managing Trustee



Dr. Shobhit Swarankar
Director Hospital Administration



Dr. Sudhir Sachdev
Vice-Chancellor



Dr. G.N. Saxena
Pro Vice-Chancellor



Dr. A.K. Sharma
Registrar



Dr. Swati Garg
Principal & Controller



Dr. Lalit Mohan Sharma
Program Coordinator

Know Your Trainer



- Urvashi has a rich experience in conducting Wellness Services to various healthcare organizations.
- Learn about Workplace Wellness, Desk Yoga, Rapid Yoga, Computer Ergonomics & Chair Yoga, Power Yoga, Yoga OPD, Therapeutic Yoga, Meditation & Stress Management, Mindfulness Sessions, Yogic Diet Management, Weight Management etc
- Urvashi has received various Awards. She is a certified instructor from the Ministry of Ayush, Govt. of India .She conducted many workshops and sessions for several corporate and Hospitals.

General Instructions

- Participants are advised to wear loose, comfortable clothing for session.
- We recommend to stay empty stomach (no eating) 2 ½ to 3 hours prior to sessions.
- Participants with physical or health complications should seek medical advice before beginning the sessions.
- Yoga is safe and beneficial but like any other health program it needs to be practiced judiciously, correctly and cautiously.



Yoga se Hoga



| Day | Program | Details |
|------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------------------------------|
| June 21 (Can be done on Chair or Standing) 6:45 – 8:00 am | Health Awareness & Motivation | Introduction to Yoga |
| | Health & Lifestyle | Understanding components of Health, check your health in 10 seconds, Integration of health in lifestyle |
| | Ergonomics & Chair Yoga | Exercises for eyes, neck, shoulders and back sitting on chair |
| | One Minute to Fitness | Learning short exercises of 1-5 minutes for good health |
| | Laughter | To increase immunity, reduce stress, weight loss |
| Question & Answer | | |
| June 22 (Require Yoga Mat) 7:00 – 8:00 am | Avoiding and handling Cervical Spondylosis | Exercises for neck shoulders and upper back |
| | Back Pain | Exercises for lower back pain, increasing flexibility & strength of back |
| | Breathing | Importance of breathing in Yoga, correct way of breathing |
| Question & Answer | | |
| June 23 (Require Yoga Mat) 7:00 – 8:00 am | Stomach Ailments | Therapeutic Asanas to control and avoid constipation, indigestion & gastric issues |
| | Reducing Tummy | Asanas for reduction of tummy fat |
| Question & Answer | | |

Yoga se Hoga



| Day | Program | Details |
|--------------------------------------------------------|-------------------|-----------------------------------------------------------------------------------------------------------------------|
| June 24 (Require Yoga Mat) 7:00 – 8:00 am | Surya Namaskar | Introduction |
| | | Precautions and correct procedure |
| | Bandhas | Introduction to different Bandhas like Uddyan, Jalandhar and Mool |
| | Pranayam | Understanding Pranayam – technique and procedure |
| Question & Answer | | |
| June 25 (Require Yoga Mat) 7:00 – 8:00 am | Stress management | Understanding stress and reasons |
| | Relaxation | Learning simple techniques of meditation |
| | Yoga Nidra | Yogic sleep, a state of conscious deep sleep for extreme relaxation |
| Question & Answer | | |
| June 26 (Require Yoga Mat) 7:00 – 8:00 am | Weight Loss | Understand reasons for gain and how to lose it by simple principles, integrating weight loss activities in daily life |
| | Practice | Practice weight loss exercises with emphasis on breathing & cardio exercises |
| | Diet Management | Diet according to Ancient Principles (Satvik, Rajsik and Tamsik) |
| Question & Answer | | |
| June 27 (Require Yoga Mat) 7:00 – 8:00 am | Laughter Yoga | Practice different laughter, benefits of laughter |
| | Revise | Briefly revise all exercises |
| | Follow Up | Conclusion (continuing practice) |
| | Open discussion | |

View

Participants (28)

Find a participant

- D Dhawal
- D Divyendu
- DV Dr Vineeta Bansal
- HS Himanshu Soni
- MP manish purohit
- MS Munish Sharma
- NL naresh ledwani
- PK Pramod Kumar
- RS RAJENDERA SUREKA
- R Redmi
- SS Sanjay Sharma
- SC Saroj choudhary
- S Shalu
- VK Vinod Kumar Trivedi

Invite

Mute All

Grid of video thumbnails and participant names:

- Vivek Mishra
- Ayush Bhardwaj
- Vinod Kumar Trivedi
- Dr. Ankur Shah
- 66f5fd77
- Ayush Bhardwaj
- Manoj Sharma
- Deepti's iPad
- Munish Sharma
- Dhawal
- manish purohit
- Deeksha Khurana
- Divyendu
- amit sharma
- Dr Sudhir Sachd...
- Ashish
- naresh ledwani
- Dr Jaishree Goyal
- RAJENDERA SU...
- Dr Vineeta Bansal

Meeting controls bar:

- Start Video
- Security
- Participants (28)
- Chat
- Share Screen
- Pause/Stop Recording
- Reactions
- Leave

View

Participants (34)

Find a participant

- AB Ayush Bhardwaj (Co-host, m
- VM Vivek Mishra (Host)
- Ayush Bhardwaj (Co-host)
- U URVASHI
- 0 004c295d
- C Chitralekha
- DK Deeksha Khurana
- DI Deepti's iPad
- D Dhawal
- D Divyanshi Upadhyay 39
- D Divyendu
- DA Dr Archana Paliwal MGM JA
- DN Dr Nikhil Bansal
- DA Dr. Ankur M. Shah

Invite

Mute All

Ayush Bhardwaj

URVASHI

Ayush Bhardwaj

OPPO A55

Dr. Ankur M. Shah

Redmi Note 8 Pro

Vinod Kumar Triv...

004c295d

sumit shikha

Dhawal

Dr Archana Pali...

Deeksha Khurana

1/2

R S Thakur

Yashraj

Indu

Divyanshi Upadh...

Deepti's iPad

drindu mohan

Sandeep Kumar

Dr Nikhil Bansal



Leave

Search here to search



URVASHI is talking...



Dr. Lalit Mohan Singh



004c295d



Dr. Ankur Shah

Gopal Rawal



Divyanshi Upadh...



Khushi Maheshw...

Saroj choudhary

Anjali Jain



Ayush Bhardwaj

Sandeep Kumar

Dr Archana Pali...

Galaxy Tab A

Dhawal

Deeksha

manish purohit



Saurabh Vashistha

Munish Sharma

Indu

Dr Nikhil Bansal

Pramod Kumar

Dr.naresh fedwani

Chitrlekha



Deep Thakur

Yashraj

HW



here to search

Participants 28

Chat

Share Screen

Record

Reactions





URVASHI



Vivek Mishra

Ayush Bhardwaj



Dr. Lalit Mohan S...



004c295d

Connecting to au... ~..

Divyendu

Dr. Ankur Shah

manish purohit



Ayush Bhardwaj

Dr. Deeksha Khu...

Dhawal



Divyanshi Upadh...

Sandeep Kumar

Munish Sharma

Saroj choudhary

Sagar



Deep Thakur

Yashraj



amit sharma

Dr Archana Pali...

Nandini Sharma

stuti sharma

Start Video

Participants 23

Chat

Share Screen

Record

Reactions

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**MAHATMA GANDHI UNIVERSITY
OF MEDICAL SCIENCES & TECHNOLOGY, JAIPUR**

EVENT REPORT

MGUMST

**REPORT ON THE ACTIVITY
ON
INTERNATIONAL YOGA DAY
HELD ON 21st JUNE 2019**

Introduction: International Yoga Day was celebrated at **MGUMST, Jaipur** on **21st June 2019**. The program was open for all Faculty Members, Teaching and Non Teaching Staff, Nursing Staff and Students including interns and PG students of MGUMST.

| | |
|----------------------------------------|-------------------------------------------------|
| Title of the Activity | International Yoga day Celebration |
| Date & Time of the Activity (Duration) | 21 st June 2019 6:30 am - 7:30 am |
| Place | Reading Hall of Central Library, MGUMST, Jaipur |
| Nature of the Activity | Lifestyle |
| Organized by | MGUMST |
| Total No. of Students Participated | 60 |
| Total No. Teachers Participated | - |

The above event was successfully celebrated by the Mahatma Gandhi University of Medical Sciences and Technology.


Registrar

MGUMST

Encl:

1. Notice/Circular of the event
2. Brochure of the event
3. List of participants signed by the coordinator
4. Photos of the program



Date:-18/06/2019

NOTICE

The University shall celebrate "International Yoga Day" on 21st June 2019. Following activities during the celebration will be adopted in the Reading Hall, Central Library of the University.

1. Yoga demonstration : 6.30 A.M. to 7.30 A.M.

All the Head of the Departments of all the Institutions are advised to motivate the students of their departments.

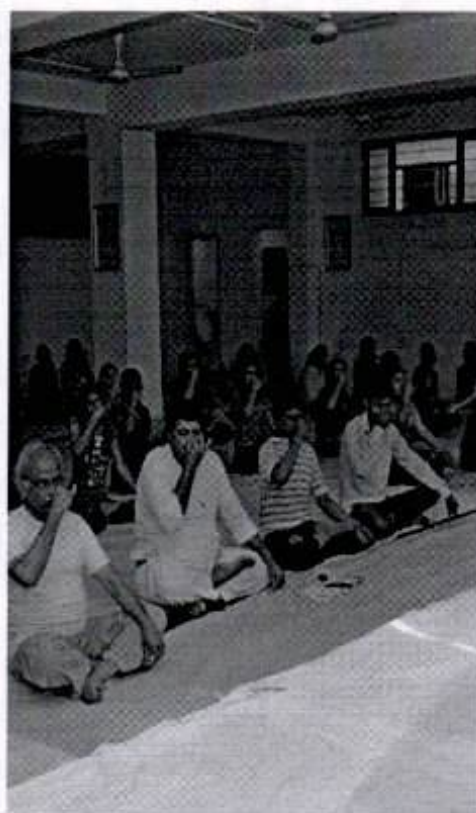
All faculty members, teaching and non-teaching staff, nursing staff and students including interns & PG students of the Medical College & Hospital, Dental College & Hospital, Nursing College & Nursing School and Physiotherapy College are requested to assemble in the Reading Hall of the Central Library at 6.15 A.M. on 21st June, 2019 to celebrate the Yoga activities.

Registrar

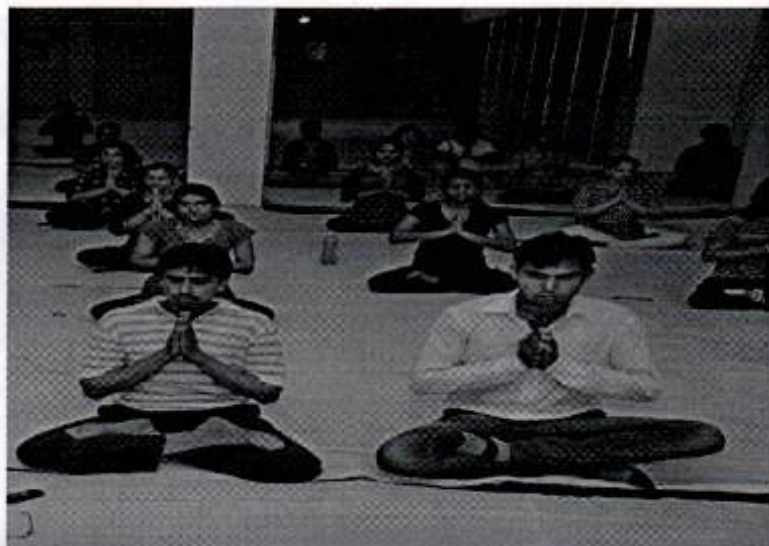
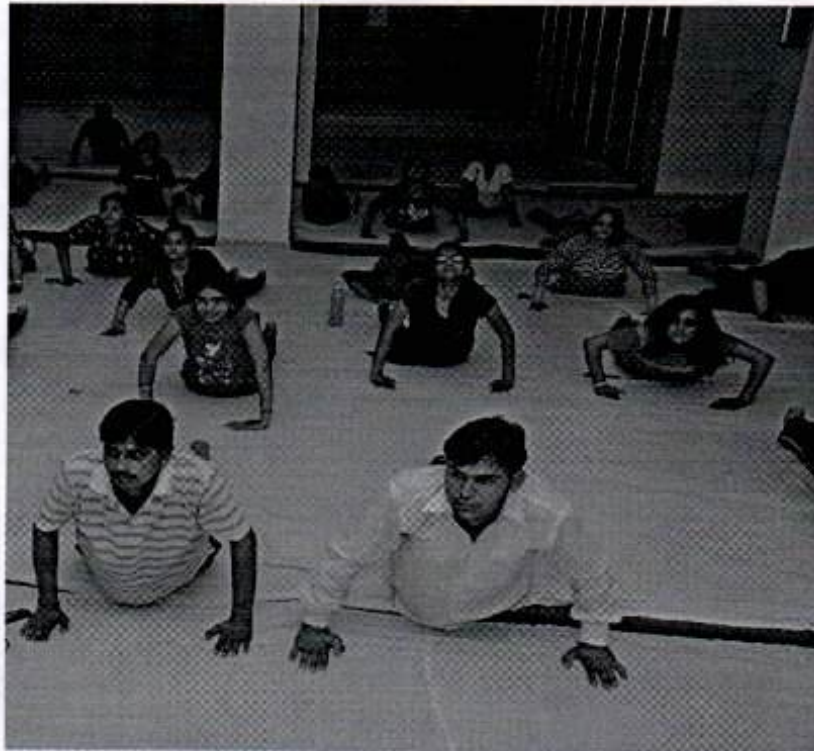
Copy to -

1. The Chairperson, MGUMST.
2. Shri R.R. Soni, Managing Trustee, IET & Chief Finance & Accounts Officer, MGUMST.
3. Principal Adviser to Chairperson and Director, Advance Academic Affairs, MGUMST.
4. President, MGUMST.
5. Pro-President, MGUMST.
6. Dean, Principal & Controller, MGMC&H.
7. Dean & Principal, MGDC&H.
8. Dean & Principal, Nursing College.
9. Dean & Principal, Physiotherapy College.
10. Additional Principal, MGMC&H.
11. Medical Superintendent, MGH.
12. Heads of the Departments - Anatomy/Biochemistry/Pathology/Microbiology/Community Medicine/Physiology/ Forensic Medicine/Pharmacology/Anaesthesia/General Medicine/ Respiratory Medicine/ Skin & VD/ Psychiatry/Paediatrics/General Surgery/ Orthopaedics/ Ophthalmology/ Obst. & Gynae/ RadioDiagnosis/ Urology/Cardio-thoracic Surgery/Neuro Surgery/Plastic Surgery/ Cardiology/ Nephrology/ Neurology/ENT/ Gastroenterology.
13. Heads of the Departments - Oral & Maxillofacial Surgery/Oral Medicine & Radiology/Orthodontics & Dentofacial Orthopaedics/Prosthodontics and Crown & Bridge/Periodontology/Pedodontics & Preventive Dentistry/ Conservative Dentistry & Endodontics.
14. Director Purchase, MGUMST.
15. Financial Adviser, Accounts & Finance Department, MGUMST
16. Additional Registrar cum OSD, MGUMST.
17. Controller of Examinations, MGUMST.
18. In-charge, Transport, MGUMST.
19. Principal, MG school of Nursing.
20. Nursing Superintendent, MGH.
21. Dietician, MGH.
22. Librarian, Dr. K.D. Gupta Memorial Central Library, MGUMST.
23. Chief Warden - Boys and Girls Hostel.
24. Wardens - Boys and Girls Hostel.
25. Chief Security Officer, MGH.
26. HRD/MRD/PRO/PTI/Laundry/Store/Hospital Store
27. Notice Board of the University/MGMC&H/MGDC&H/MGNC/MGPC/Boys and Girl Hostels/Library

INTERNATIONAL YOGA DAY 21ST JUNE 2019



INTERNATIONAL YOGA DAY 21st JUNE 2019



**MAHATMA GANDHI UNIVERSITY
OF MEDICAL SCIENCES & TECHNOLOGY, JAIPUR**

EVENT REPORT

MGUMST

**REPORT ON THE ACTIVITY
ON
INTERNATIONAL YOGA DAY
HELD ON 21st JUNE 2018**

Introduction: International Yoga Day was celebrated at **MGUMST, Jaipur** on **21st June 2018**. The program was open for all Faculty Members, Teaching and Non Teaching Staff, Nursing Staff and Students including interns and PG students of MGUMST.

| | |
|----------------------------------------|-------------------------------------------------|
| Title of the Activity | International Yoga day Celebration |
| Date & Time of the Activity (Duration) | 21 st June 2018 6:30 am - 7:30 am. |
| Place | Reading Hall of Central Library, MGUMST, Jaipur |
| Nature of the Activity | Lifestyle |
| Organized by | MGUMST |
| Total No. of Students Participated | 38 |
| Total No. Teachers Participated | - |

The above event was successfully celebrated by the Mahatma Gandhi University of Medical Sciences and Technology.



Registrar

MGUMST

Encl:

1. Notice/Circular of the event
 2. Brochure of the event
 3. List of participants signed by the coordinator
 4. Photos of the program
-



Date:- 16/06/2018

NOTICE

The University shall celebrate "International Yoga Day" on 21st June 2018. Following activities during the celebration will be adopted in the Reading Hall, Central Library of the University.

Yoga demonstration : 6.30 A.M. to 7.30 A.M.

All the Head of the Departments of all the Institutions are advised to motivate the students of their departments.

All faculty members, teaching and non-teaching staff, nursing staff and students including interns & PG students of the Medical College & Hospital, Dental College & Hospital, Nursing College & Nursing School and Physiotherapy College are requested to assemble in the Reading Hall of the Central Library at 6.15 A.M. on 21st June, 2018 to celebrate the Yoga activities.

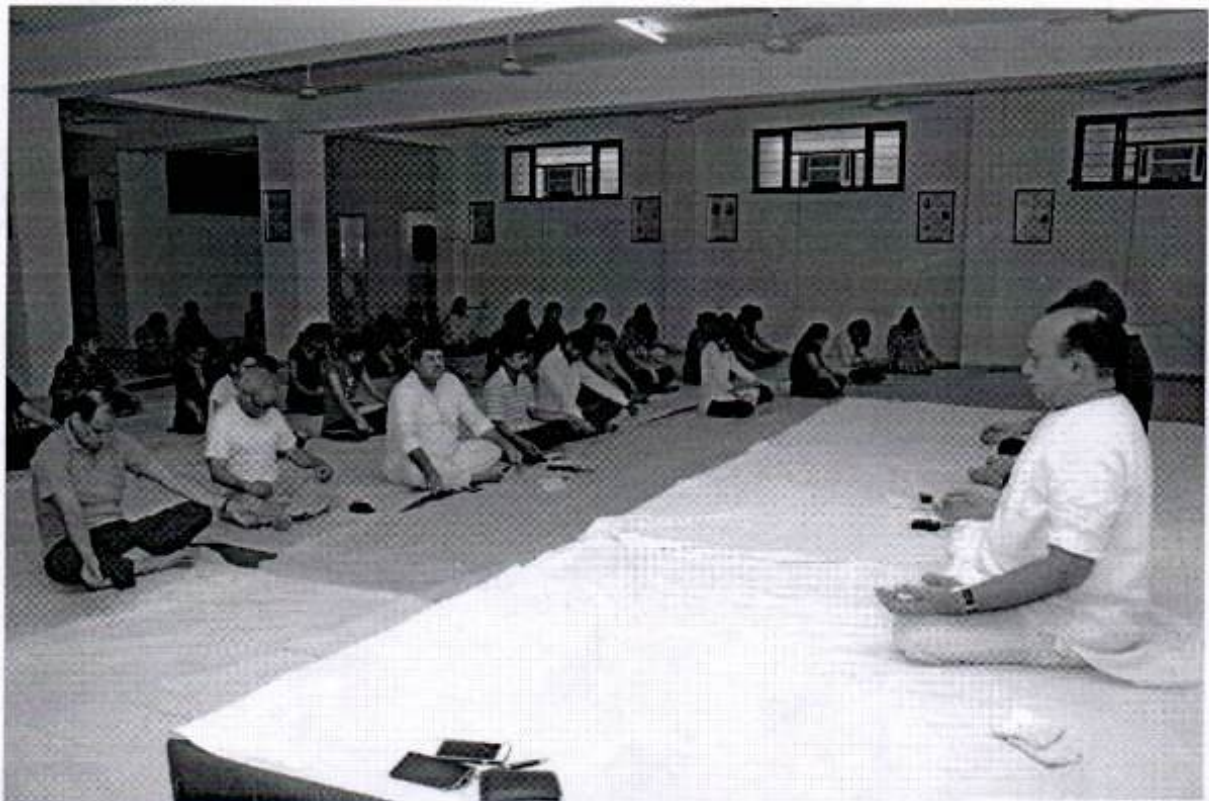
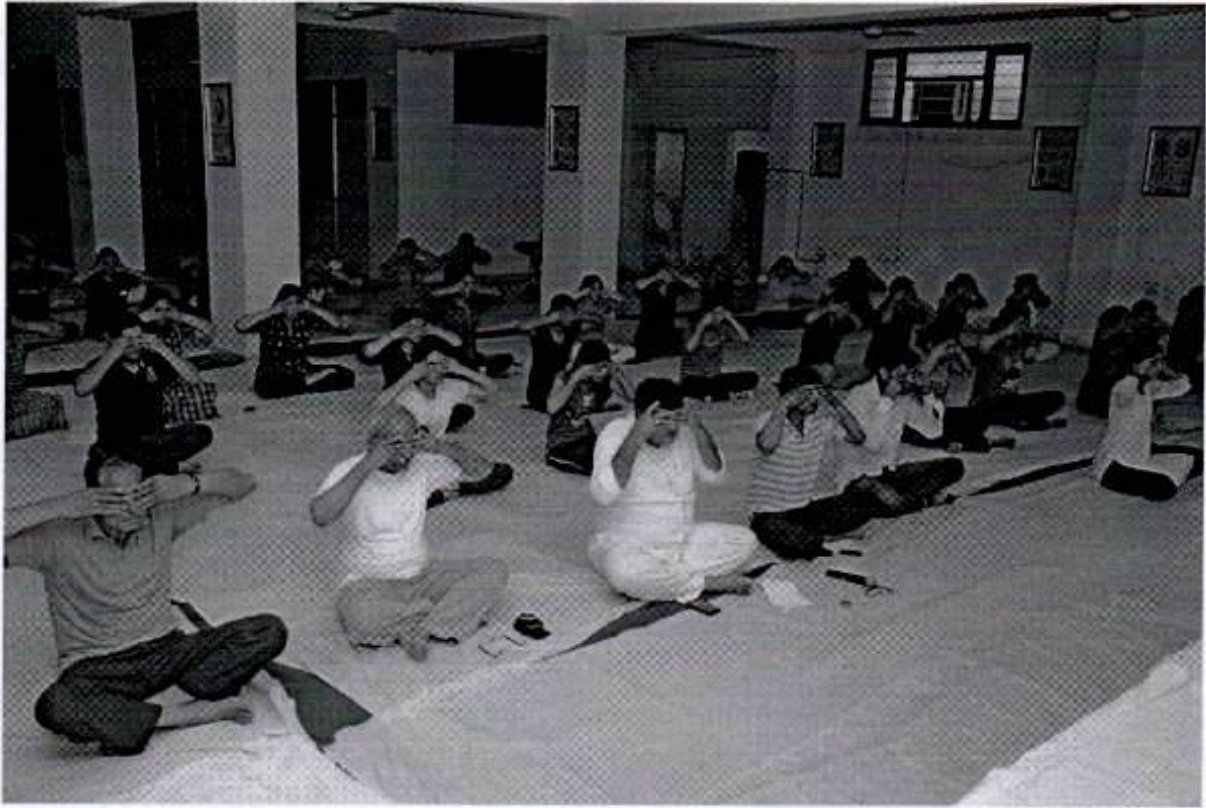

Registrar

Copy to -

1. The Chairperson, MGUMST.
2. Shri R.R. Soni, Managing Trustee, IET & Chief Finance & Accounts Officer, MGUMST.
3. Principal Adviser to Chairperson and Director, Advance Academic Affairs, MGUMST.
4. President, MGUMST.
5. Pro-President, MGUMST.
6. Dean, Principal & Controller, MGMC&H.
7. Dean & Principal, MGDC&H.
8. Dean & Principal, Nursing College.
9. Dean & Principal, Physiotherapy College.
10. Additional Principal, MGMC&H.
11. Medical Superintendent, MGH.
12. Heads of the Departments - Anatomy/Biochemistry/Pathology/Microbiology/Community Medicine/Physiology/ Forensic Medicine/Pharmacology/Anaesthesia/General Medicine/ Respiratory Medicine/ Skin & VD/ Psychiatry/Paediatrics/General Surgery/ Orthopaedics/ Ophthalmology/ Obst. & Gynae/ RadioDiagnosis/ Urology/Cardio-thoracic Surgery/Neuro Surgery/Plastic Surgery/ Cardiology/ Nephrology/ Neurology/ENT/ Gastroenterology.
13. Heads of the Departments - Oral & Maxillofacial Surgery/Oral Medicine & Radiology/Orthodontics & Dentofacial Orthopaedics/Prosthodontics and Crown & Bridge/Periodontology/Pedodontics & Preventive Dentistry/ Conservative Dentistry & Endodontics.
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16. Additional Registrar cum OSD, MGUMST.
17. Controller of Examinations, MGUMST.
18. In-charge, Transport, MGUMST.
19. Principal, MG school of Nursing.
20. Nursing Superintendent, MGH.
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23. Chief Warden - Boys and Girls Hostel.
24. Wardens - Boys and Girls Hostel.
25. Chief Security Officer, MGH.
26. HRD/MRD/PRO/PTI/Laundry/Store/Hospital Store
27. Notice Board of the University/MGMC&H/MGDC&H/MGNC/MGPC/Boys and Girl Hostels/Library

International Yoga Day

21st June



**MAHATMA GANDHI UNIVERSITY
OF MEDICAL SCIENCES & TECHNOLOGY, JAIPUR**


**EVENT REPORT
MGUMST**

**REPORT ON THE ACTIVITY
ON
VOLUNTARY YOGA CAMP on INTERNATIONAL YOGA DAY
HELD ON 21st JUNE 2017**

Introduction: A voluntary Yoga camp was organized on International Yoga Day at **Sawai Man Singh Stadium, Jaipur** on **21st June 2017**. The program was open for all the Doctors, Nurses, UG, PG Students and Administrative Staff

| | |
|----------------------------------------|---------------------------------|
| Title of the Activity | voluntary Yoga camp |
| Date & Time of the Activity (Duration) | 21 st June 2019 |
| Place | Sawai Man Singh Stadium, Jaipur |
| Nature of the Activity | Lifestyle |
| Organized by | Govt. Of Rajasthan |
| Supported by | MGUMST |
| Total No. of Students Participated | Open for all (220) |
| Total No. Teachers Participated | - |

The above camp was successfully supported by the Mahatma Gandhi University of Medical Sciences and Technology.


Pro - President

Encl:

1. Notice/Circular of the event
2. Brochure of the event
3. List of participants signed by the coordinator
4. Photos of the program

PRO-PRESIDENT
Mahatma Gandhi University of
Medical Sciences & Technology
JAIPUR 302 022



No. : MGUMST/Misc./2017/

June 20, 2017

NOTICE

It is informed to all that a **Voluntary Yoga Camp** shall be organized at **Sawai Man Singh Stadium, Jaipur** on the International Yoga Day - **June 21, 2017 (Wednesday)** at 6:00 A.M. All the Doctors, Nurses, Administrative Staff, Students are requested to attend and support the Noble initiative for Mental & Physical Health.

The vehicles for the Doctors, Nurses and Staff with family members will depart from **Hospital Porch at 5:30 A.M. on June 21, 2017 (Wednesday)** and return back after the program.

Camp In-charge -

- Mr. Virendra Pareek (Director, Marketing & PR) - 8107041111

Coordinators contact -

- Dr. M.S. Rathore - 9461037914
- Mr. Giriraj Soni - 9001890251
- Mr. Madhusudhan Tiwari - 9002892116
- Mr. Subodh Beaspal - 7727010232
- Mr. Digambar Singh - 9829301432
- Mr. Sudhir Sharma - 9468857404
- Mr. Nand Singh - 9001890284

In-charge, Transport is directed to arrange 2 Innova Cars, 2 Swift Dzire cars and 2 Buses for transport services from Mahatma Gandhi Hospital to Sawai Man Singh Stadium and back.

Handwritten signature
Dr. D.P. Punia
President

Handwritten signature

Handwritten signature: Under Counter to file

Copy to -

- Chairperson, MGUMST
- Managing Trustee, IET
- President, MGUMST
- Pro-President, MGUMST
- Dean, Principal & Controller, MGMC&H
- Principal, M.G. Dental College & Hospital
- Director Purchase, MGMC&H
- Director, Projects & Works
- Additional Registrar, MGUMST
- Controller of Examinations, MGUMST
- Medical Superintendent, M.G.H.
- Additional Medical Superintendent, MGH
- M.G. Cardiac & Critical Care Centre
- Liver Transplant Centre
- Shri Ram Cancer Centre
- General Manager, Materials & Logistics (Central Store)
- Principal, M.G. Physiotherapy College
- Principal, Occupational Therapy College
- Principal, M.G. Nursing College
- Principal, M.G. Nursing School
- Sr. Manager Hospital Operations
- Nursing Superintendent, MGMC&H
- Medical Records Officer
- Head PR & Media Section, MGUMST
- Assoc. Director HR
- Head, Dept. of Anatomy/Physiology/ Biochemistry/Pharmacology/Pathology/ Microbiology/Forensic Medicine/Community Medicine/General Medicine/ Skin & VD / Psychiatry/Chest & TB/Paediatrics/General Surgery/Orthopaedics/Ophthalmology/ENT/ Obst. & Gynae/Anaesthesiology/Radio-Diagnosis
- Head, Dept. of Urology/Plastic Surgery/ Neurosurgery/Gastroenterology/ Nephrology/ Paediatric Surgery/Blood Bank /Casualty/ICU/CCU
- Manager Accounts, MGMC&H
- Chief Security Officer, MGUMST
- TPA Section
- Dietician, MGMC&H
- Incharge Central Library
- Manager Maintenance
- In-charge, Auditorium
- Civil Engineering Dept.
- Housekeeping Department
- Incharge Reception
- Incharge EPABX
- Mr. Lal Chand, Incharge, House keeping
- Notice Board - MGH/MGMC&H/MGDC&H/ MGPC/MGOTC/MGNC
- Guard file

Campus:



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

ATTENDANCE SHEET

This is to certify that following students attended the International yoga day

| SR.NO | NAME |
|-------|------------------------|
| 1. | Aakanksha Bindal |
| 2. | Aarushi Rastogi |
| 3. | Aayushi Chholak |
| 4. | Abhayan Som |
| 5. | Abhilasha Maru |
| 6. | Abhinav Meena |
| 7. | Ajit Singh |
| 8. | Akanksha Ujjainia |
| 9. | Alokik Bharadwaj |
| 10. | Amit Choudhary |
| 11. | Anish Raja |
| 12. | Anita |
| 13. | Ankit |
| 14. | Ankit Vyas |
| 15. | Ankita Kumari |
| 16. | Apurv Mathur |
| 17. | Apurva Lunia |
| 18. | Arti Arun |
| 19. | Arti Salvi |
| 20. | Arushi Mittal |
| 21. | Arushi Solanki |
| 22. | Arvind Kumar Choudhary |
| 23. | Arvind Singh |
| 24. | Ashok Kumar Suman |
| 25. | Ashutosh Kshetrapal |



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

| | |
|-----|---------------------|
| 26. | Atul Kumar Nimawat |
| 27. | Ayushi Dubey |
| 28. | Bharat Paliwal |
| 29. | Bhavesh Upman |
| 30. | Bhim Singh |
| 31. | Chanchal Arora |
| 32. | Charu Prabhakar |
| 33. | Chirag Gupta |
| 34. | DeekshaBuliwal |
| 35. | Deekshant Choudhary |
| 36. | Deepak Kumar |
| 37. | Deepika |
| 38. | Diksha Choudhary |
| 39. | Dipesh Katara |
| 40. | Diwakar Sharma |
| 41. | Garvita |
| 42. | Gaurav Sh Chaudhary |
| 43. | Gauri Devasthali |
| 44. | Gautam Harsh |
| 45. | Aakanksha Chopra |
| 46. | Aarushi Yadav |
| 47. | Abhi Chauhan |
| 48. | Abhinav Mittal |
| 49. | Abhishek Charpota |
| 50. | Abhishek Saini |
| 51. | Abjini Mehta |
| 52. | Aditya Shah |
| 53. | Aishwarya Bokoliya |
| 54. | Aishwarya Mathur |
| 55. | Ajay Mahla |



MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

| | |
|-----|-----------------------------|
| 56. | Akansha Pandey |
| 57. | Akshay Kumar |
| 58. | Akshita Yadav |
| 59. | Ambika Sharma |
| 60. | Aniruddha Krishna Bharadwaj |
| 61. | Anjali Bansal |
| 62. | Anupam Vashishtha |
| 63. | Apoorva Shaktawat |
| 64. | Archana |
| 65. | Archana Verma |
| 66. | Arushi Singh |
| 67. | Asha Choudhary |
| 68. | AsthaAbusaria |
| 69. | Bhaskar Dubey |
| 70. | Bhawani Meena |
| 71. | Bhupendra Singh |
| 72. | Deepak Yadav |
| 73. | Disha Mittal |
| 74. | Dviyansh Goyal |
| 75. | Gajanand Yadav |
| 76. | Geeta Khatri |
| 77. | Harshit Gupta |
| 78. | Hemendra Shekhawat |
| 79. | Himantika Yadav |
| 80. | Jessica Saraiya |
| 81. | Jolly Mertia |
| 82. | Juhi Choudhary |
| 83. | Kamal Kumar Moga |
| 84. | KanuKumawat |
| 85. | Khushbu Aggarwal |



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| | |
|------|-------------------------|
| 86. | Kiran Kumawat |
| 87. | Kritika Khanna |
| 88. | Kritish Pareek |
| 89. | Aabhas Bhansali |
| 90. | Aadhar Mathur |
| 91. | Aafrin |
| 92. | Aarushi V. Parewaria |
| 93. | Abhilasha |
| 94. | Abhinav Sharma |
| 95. | AbhiruchiKulhari |
| 96. | Aditi Singh |
| 97. | Akanksha Kala |
| 98. | Akash Kumar Sonwal |
| 99. | Akshay Sharma |
| 100. | Aman Bagriya |
| 101. | Anita Kanwar |
| 102. | Anjali Sharma |
| 103. | Ankita Choudhary |
| 104. | Ankita Jakhar |
| 105. | Ankita Natani |
| 106. | Ankita Singh Poonia |
| 107. | Anupama |
| 108. | Apoorva Bhardwaj |
| 109. | Apoorva Saini |
| 110. | Apoorva Singh Shekhawat |
| 111. | Arpit Agarwal |
| 112. | Arushi Arora |
| 113. | Ashish Tungaria |
| 114. | Ashok Choudhary |
| 115. | Banwari Lal |



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| 116. | Bhawana Singh |
| 117. | Brij Mohan Sharma |
| 118. | Chandra Shekhar Purohit |
| 119. | Chetna Chhabra |
| 120. | ChhayaKaradia |
| 121. | Deepak Sharma |
| 122. | DeependraSewda |
| 123. | Dhruv Chaudhary |
| 124. | Dinesh Choudhary |
| 125. | Gaurav Sharma |
| 126. | Giriraj Badiwal |
| 127. | Giriraj Kumawat |
| 128. | HardikaPoonia |
| 129. | Harshita Basniwal |
| 130. | Himani Rathore |
| 131. | Himanshu Jain |
| 132. | Hritik Sharma |
| 133. | AanchalRajwans |
| 134. | Aarish Kaur Dhillon |
| 135. | Aayushi Kothari |
| 136. | Abhi Gupta |
| 137. | Abhineet Kumar Sinha |
| 138. | Aditi Sharma |
| 139. | Ajay Garg |
| 140. | Ajay Kumar Meena |
| 141. | Akash Arora |
| 142. | Aman Meena |
| 143. | Anil Kumar Suresha |
| 144. | Anita |
| 145. | Anita Yadav |



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| 146. | Anjali |
| 147. | Anjali Gupta |
| 148. | Anju Choudhary |
| 149. | Anju Sharma |
| 150. | Anshu Dev |
| 151. | Anupriya Meena |
| 152. | Anurag Nimawat |
| 153. | Arkaja Singh |
| 154. | Aryan Meel |
| 155. | Ashwani Kumar Nimawat |
| 156. | AsthaKhunteta |
| 157. | Ayush Gupta |
| 158. | Bharat |
| 159. | Bhavya Choudhary |
| 160. | Bhupesh Pahadiya |
| 161. | Chandra Pal Meena |
| 162. | Charu Singhal |
| 163. | Deepa Kumari |
| 164. | Deepak Gurjar |
| 165. | Deepika Choudhary |
| 166. | Devang Jain |
| 167. | Dinesh Goyal |
| 168. | Gagan Meena |
| 169. | GarvitShivran |
| 170. | Gaurav Mishra |
| 171. | GauraviJhirwal |
| 172. | Gudia |
| 173. | Gunjan Singhal |
| 174. | Harjeet Singh |
| 175. | Harsh Sigar |



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| | |
|------|-----------------------|
| 176. | Hemant Pabri |
| 177. | Aanchal Singh |
| 178. | Aayush Gaur |
| 179. | Abhilasha Gautam |
| 180. | Abhinav Garg |
| 181. | Abhishek Kundara |
| 182. | Aditi Meena |
| 183. | Aisha Syed |
| 184. | Ajeet Saharan |
| 185. | Akanksha Yadav |
| 186. | Aman Yadav |
| 187. | Amisha Garg |
| 188. | Amisha Singh |
| 189. | Anamika Singh |
| 190. | Ankur Meena |
| 191. | Anubhuti Sharma |
| 192. | Anurag Bhatt |
| 193. | Anurup Gupta |
| 194. | Anushansa Meena |
| 195. | Anushka Khatri |
| 196. | Aparna Mimrot |
| 197. | Arbaz |
| 198. | Arin Choudhary |
| 199. | Arpita Singh |
| 200. | Arun Sharma |
| 201. | Aseshta Sharma |
| 202. | Ashi Choudhary |
| 203. | Ashok Choudhary |
| 204. | Ayushi Jain |
| 205. | Bhadur Singh Karsolia |



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| | |
|------|--------------------|
| 206. | Bharat Verma |
| 207. | Bhavendra Fageria |
| 208. | Bhumika Karad |
| 209. | Bushra |
| 210. | Deeksha Swami |
| 211. | Dev Charan |
| 212. | Devanshi Choudhary |
| 213. | Dimple Deora |
| 214. | Divanshi Sharma |
| 215. | Divya Naruka |
| 216. | Divya Yadav |
| 217. | Dori Lal Saini |
| 218. | Eshu Choudhary |
| 219. | Gauransh Arora |
| 220. | Gaurav Kumar Garg |


Dean and Principal

Principal & Controller
Mahatma Gandhi Medical College and Hospital
Mahatma Gandhi Medical College & Hospital
Sitapura, JAIPUR



GLIMPSES INTERNATIONAL YOGA DAY

अन्तर्राष्ट्रीय योग दिवस कार्यक्रम

21 जून 2016

स्वास्थ्य रहे तन सपरिवार पधारें स्वास्थ्य रहे मन

स्थान - सवाई मानसिंह स्टेडियम, जयपुर | समय - प्रातः 7 बजे

महात्मा गाँधी अस्पताल से कार्यक्रम स्थल तक निःशुल्क बस सुविधा प्रातः 5:30 बजे

महात्मा गाँधी अस्पताल, जयपुर

संयुक्त इन्टरनैशनल एजुकेशनल ट्रस्ट, जयपुर, 302001

अन्तर्राष्ट्रीय योग दिवस कार्यक्रम

21 जून 2016

स्वास्थ्य रहे तन सपरिवार पधारें स्वास्थ्य रहे मन

स्थान - सवाई मानसिंह स्टेडियम, जयपुर | समय - प्रातः 7 बजे

महात्मा गाँधी अस्पताल से कार्यक्रम स्थल तक निःशुल्क बस सुविधा प्रातः 5:30 बजे

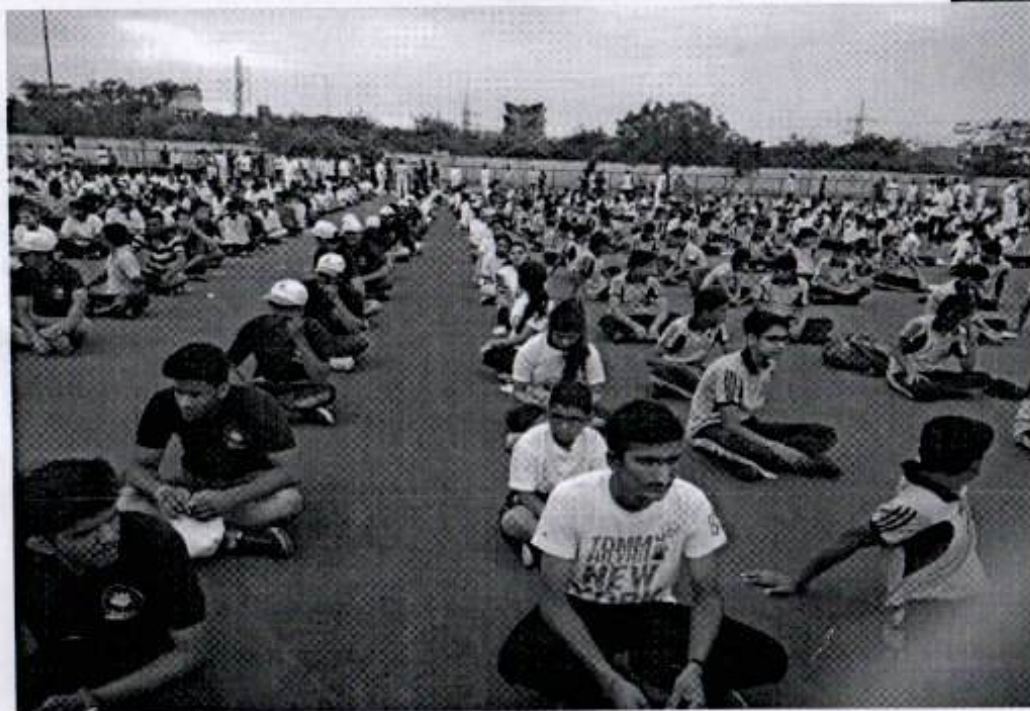
महात्मा गाँधी अस्पताल, जयपुर

संयुक्त इन्टरनैशनल एजुकेशनल ट्रस्ट, जयपुर, 302001





International Yoga Day Event - 21st June 17



**INTERNATIONAL
YOGA DAY-21ST JUNE**





MAHATMA GANDHI UNIVERSITY
of
MEDICAL SCIENCES & TECHNOLOGY
JAIPUR

No.MGUMST/Acad./UGC-GEN/2016/3652

August 13, 2016

Prof. (Dr.) Jaspal S. Sandhu
Secretary,
University Grants Commission,
Bahadur Shah Zafar Marg,
New Delhi - 110002.

Subject - Observance of International Day of Yoga on June 21, 2016.


Sir,

This is in compliance to the directions as contained in your D.O. letter No. F.1-1/2016(Secy) dated May 09, 2016 regarding Observance of International Day of Yoga on June 21, 2016.

The Mahatma Gandhi University of Medical Sciences & Technology, Jaipur decided to celebrate the International Day of Yoga in collaboration with the State Government. Accordingly over three hundred medical doctors, nurses, students and other administrative staff of the University and its various units actively participated in the events organized by the State Government at SMS Stadium, Jaipur in collaboration with this University. Over 50 banners of Mahatma Gandhi Hospital, Jaipur - a unit of this University were placed around the Jaipur city to promote the event. Few photographs depicting the participation of this University the International Day of Yoga celebrations in collaboration with the State Government are sent herewith for your perusal and record.

Thanking you,

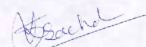
Yours Sincerely


(Registrar)

Enclosed - As above

Copy to -

1. PS to the President, MGUMST.
2. PS to the Pro-President, MGUMST.



PRESIDENT
Mahatma Gandhi University of
Medical Sciences & Technology
Sitapura, JAIPUR-302 022