



DATTA MEGHE INSTITUTE OF MEDICAL SCIENCES
[Declared as Deemed to be University Under Section 3 of UGC Act, 1956]
Re-accredited by NAAC (3rd Cycle) with 'A+' Grade

Jawaharlal Nehru Medical College

Sawangi (Meghe), Wardha - 442107, Maharashtra, India

Ph. : 07152 - 287701, 287702, 287703, 287704, 287705, 287706

Medical_wda@sancharnet.in Website: www.dmimsu.edu.in



Yoga Training Programme in MBBS Course Curriculum

Date: 12th June 2022 to 21st June 2022

As per the circular by National Medical Council dated 2nd May 2022, Yoga training has to be introduced during foundation course for maximum 1 hour every day for a period of 10 days beginning from 12th June 2022 to be culminated on International Day of Yoga on 21st June in all Medical colleges across the country.

As per this Circular, Yoga activities was organized at Jawaharlal Nehru Medical College, Wardha for all the students of 1st MBBS participants for a period of 10 days; 7 AM to 8 AM daily in the morning for 250 students of 1st MBBS 2021-22 batch.

**Director
Student Welfare**

REGISTRAR

**Datta Meghe Institute of Higher Education &
Research (Deemed to be University)
Sawangi (Meghe), WARDHA-442 107 (M.S.)**



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Datta Meghe Institute of Medical Sciences
(Deemed to be University)

JAWAHARLAL NEHRU MEDICAL COLLEGE

Sawangi (Meghe), Wardha-442107 (Maharashtra State, India), India

Tel. :- (07152) 30400, 287701/02/03/04/05/06, Fax: 07152-287714

E-mail ID: -medical_wda@sancharnet.in

Visit us at: - www.dmimsu.edu.in

Ref: - JNMC/2022-23/630

Date- 09.06.2022

Circular

As per NMC guideline YOGA Activities has been organized for all the students of 1st MBBS. Participants should come in Track Pant and T-shirt.

Venue: - In-front of Auditorium

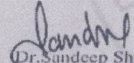
Date: - 12/06/2022 TO 21/06/2022

Time: - 7.00 am to 8.00am

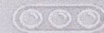
Please Note that JNMC Yoga Activities is schedule on 20th June 2022 & International Yoga Day will be celebrated on 21st June 2022. from 7 am to 8 am in front of AUDITORIUM

Batches are below:-

Date	Activity	Teacher Incharge
12/06/2022	Importance of Yoga	Mrs. Sheetal Anjankar
13/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Vaibhav Anjankar and Mr. Roshan Jha
14/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Ashish Anjankar and Mr. Roshan Jha
15/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Sneha Hingwe
16/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Archana Dhok
17/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Sunita Vagha
18/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Alka Rawekar
19/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Dr. Smarth Shukla
20/06/2022	Yoga Activity	Mrs. Sheetal Anjankar, Mr. Roshan Jha
21/06/2022	Yoga Activity	All Respected Faculties


Dr. Sandeep Shrivastava
DEAN, JNMC
Jawaharlal Nehru Medical College
Sawangi (Meghe) WARDHA

- 1) DEAN Academics
- 2) Hostel AO to circulate to all Warden to co-ordinate to send to students for activities.
- 3) Respected Faculties



Samsung Triple Camera
Shot with my Galaxy A50

Circular of Yoga Activities

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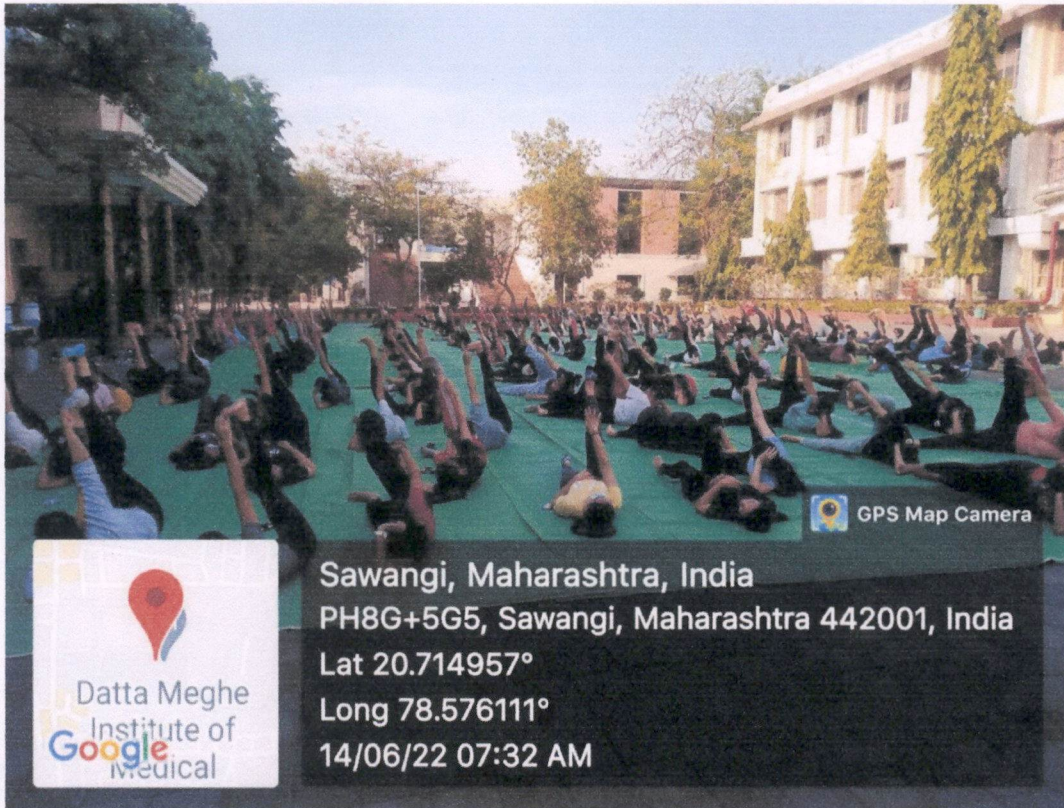
Sawangi (Meghe), Wardha - 442107, Maharashtra, India

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Yoga training activities were conducted daily for one hour under the guidance of Yoga trainer Mrs Sheetal Anjankar and teacher incharges- Dr Sunita Vagha, Dr Alka Rawekar, Dr Sneha Hingwe, Dr Archana Dhok, Dr Vaibhav Anjankar, Dr Ashish Anjankar, Mr Roshan Jha were present for maintaining discipline amongst the students. Few students from the 1st MBBS batch volunteered as Coordinator for the smooth conduction of these activities.



Yoga Training Programme students participated

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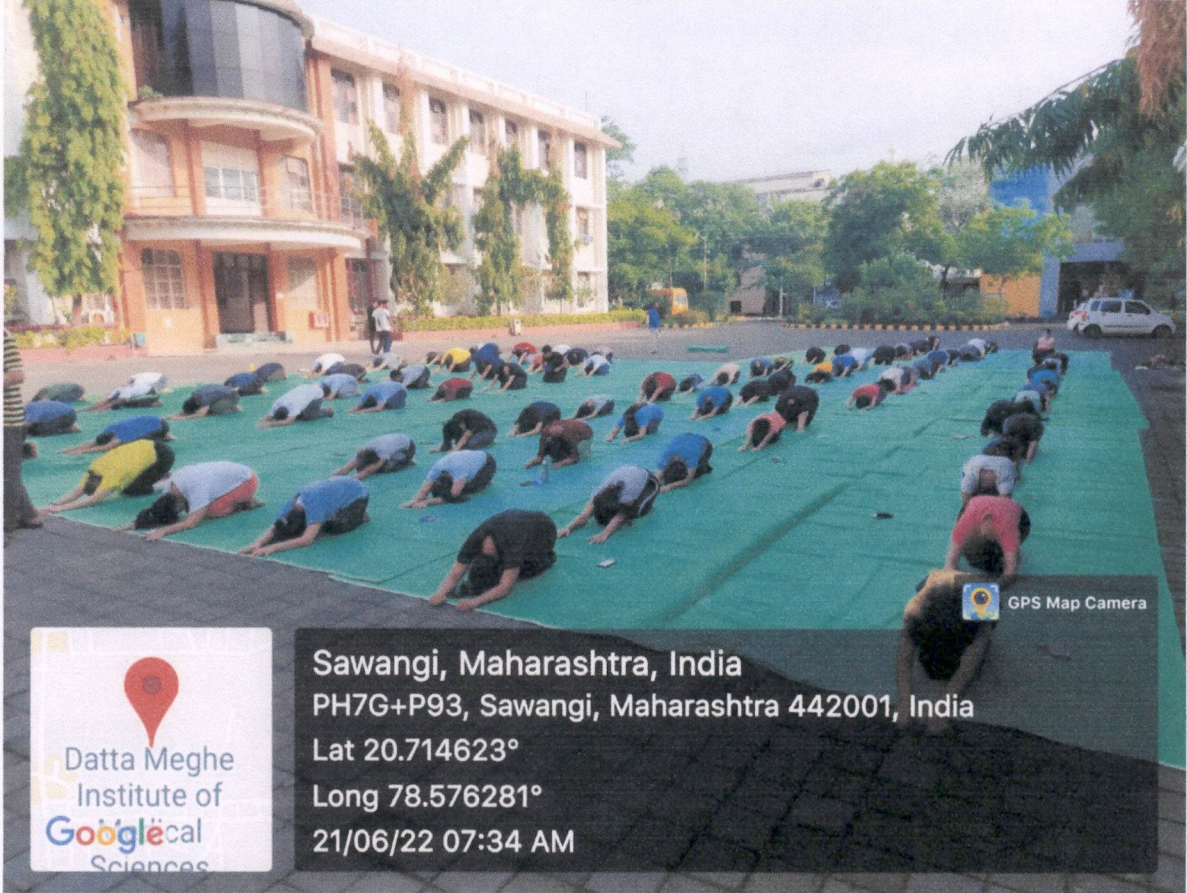
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Yoga Training Programme students participated

On occasion of 8th International Day of Yoga, Datta Meghe Institute of Medical Sciences (Deemed to be University) had organized **Yogasana Competition** for Students and Faculties of the University on 18th June 2022. This competition received a tremendous response from both faculties and students with around 110 participants. Out of which 12 were the students from 1st MBBS 2021 batch JNMC, Wardha.


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Datta Meghe Institute of Medical Sciences

DEEMED TO BE UNIVERSITY



On occasion of 8th International Day of Yoga 2022

“Yoga for Humanity”

Yogasana Competition

Last date of enrollment for competition - 16th June

Date of Competition : 18/06/2022

Students can contact to their respective student representative of colleges for further details

1. Mr. Rushikesh Deshmukh	MGAC	9561966876
2. Mr. Amit Tandel	JNMC	9870110793
3. Ms. Shriya Singi	SPDC	9145590004
4. Ms. Shifa	RNPC	9359425653
5. Mr. Nishant Kate	SRMMCON	8237363289
6. Mr. Sanket Satpute	DMPC	8830434297
7. Mrs. Bhairavi Rewatkar	FEAT	9067871130

Prize Distribution on 21/06/2022 at 8.30 am.

Time : 9 am to 1 pm

Venue : Datta Meghe Auditorium, Sawangi (Meghe), Wardha

Instructions

Specific asanas will be shortlisted and provided to every participant before 8 days of competition on whatsapp group.

First Prize : Gold medal Second Prize : Silver Medal, Third Prize : Bronze Medal with certificates.
All participants will receive certificates for participation.


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Yogasana Competition



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Yogasana Competition participation

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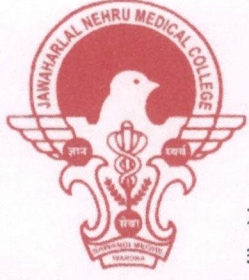
On **8th International Day of Yoga 21st June 2022**, Yoga Trainer Mrs. Sheetal Anjankar and students of 1st MBBS 2021-22 batch Mr Jaikrishna Patil (Roll Number 21-035), Mr Sushant Bahekar (Roll Number 21-042), Ms. Gayatri Kapse (Roll Number 21-009), Ms. Saniya Dalvi (Roll Number 21-129) were felicitated by the hands of Respected Dean JNMC, Dr Sandeep Srivastava; Dean Academics, Dr Sunita Vagha; and Convener, Nodal Centre Dr Tripti Srivastava for their immense contribution towards making Yoga Training Programme a grand success.



Yoga Training Programme

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Medical_wda@sancharnet.in Website: www.dmimsu.edu.in



Overall, introduction of Yoga Training program in MBBS curriculum was a big success. Students actively participated with enthusiasm and overall around 80% students attended the yoga sessions daily. Feedback from the students for this yoga session was quite encouraging. Most of the students liked the overall concept and organization of Yoga. Few of them also want to continue with Yoga activities throughout.

**Director
Student Welfare**

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Sharad Pawar Dental College & Hospital

Sawangi (Meghe), Wardha – 442107, Maharashtra, India

Ph.No. : 07152 – 254501, 287701, 287702, 287703, 287704, 287705, 287706

Email: deanspdc@gmail.com Website: www.dmimsu.edu.in





YOGA DAY

Sharad Pawar Dental College, Sawangi (Meghe), Wardha under the ambit of Datta Meghe Institute of Medical Sciences (Deemed to be University) has also decided to celebrate it on 21st June 2022 by conducting an Yoga day for UG/PG/ and Faculties. Essay competition for was organized UG/PG students.



Students participated in Yogasan


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Faculty of Engineering and Technology

Salod (Hirapur), Wardha - 442001, Maharashtra, India

Ph.No. : 07152 - 287701, 287702, 287703, 287704, 287705, 304000

Email: dean.feats@dmimsu.edu.in, Website: www.dmimsu.edu.in



Report on International Yoga week Celebration 2022

Date: 14.06.2022 to 21.06.2022

Venue: Recording Studio at School of Allied Sciences (Academic Block)

Yoga Instructor: Mrs. Shital Anjankar

Student well fare Convener: Dr. Pavan Kumar

We all are aware to the benefits of yoga. Yoga is considered to be an ancient practice that originates in India. Yoga was developed as a tool to interconnect the mind, body and soul to step closer into enlightenment. During this pandemic, most of us have practiced yoga and benefitted in terms of physical and mental health. Daily practicing of yoga makes us healthy and rejuvenated. International yoga day is celebrated across the world annually on June 21. In this year (2022), we celebrated yoga day. The theme of this year's yoga day is "Yoga for Humanity".

Our college "FEAT" which is associated to DMIMU a deemed to be university celebrated yoga day. Our faculties, students and staffs participated in this program. Our college dean sir Dr. (Prof.) K. T. V. Reddy actively participated in this program. Along with our college, Ravi Nair Physiotherapy College faculties and students were also joined us in this event. This program was hosted by our yoga instructor Mrs. Shital Anjankar who is faculty member in our college. She performed several asana during the one hour program as well as discussed their benefits. Some of the asana such as Bhadrasana, Janusirsasana, Paschimottanadana, Ustrasana, Vrikshasana, Virabhadrasana were taught by her. All the participants under her instruction performed these asana. Photographs taken during the yoga practice are included here.

After completion of the program we all found ourselves full of life. This event is appreciated by each one. I am thankful to yoga instructor and all the participants for being the part of this event.

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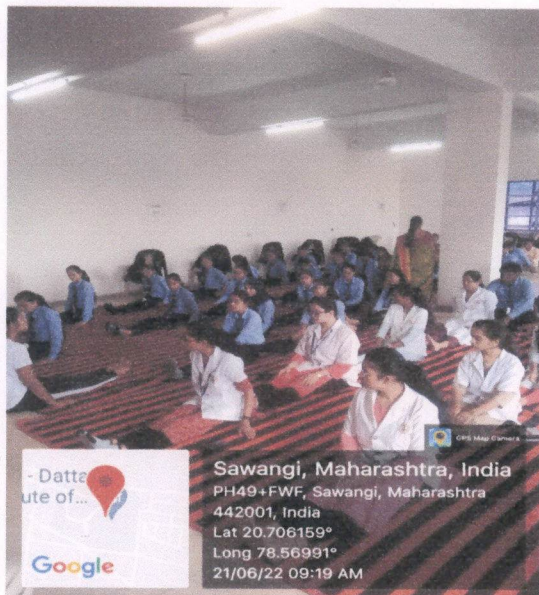
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Faculty of Engineering and Technology

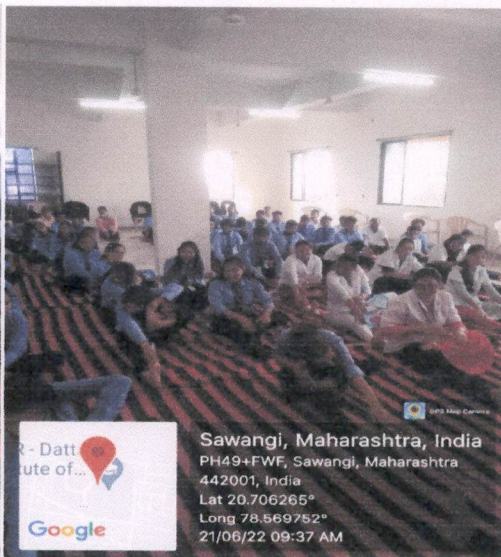
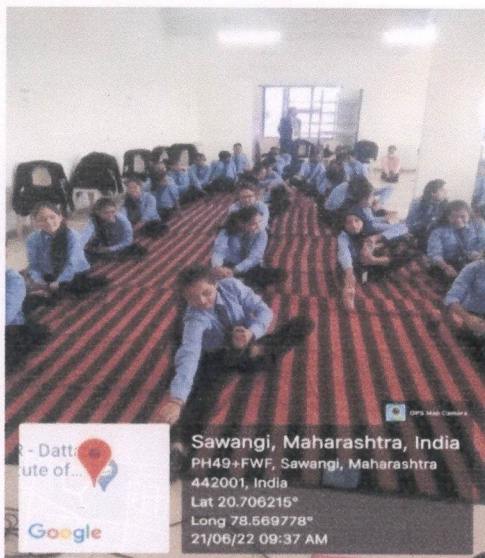
Salod (Hirapur), Wardha - 442001, Maharashtra, India

Ph.No. : 07152 - 287701, 287702, 287703, 287704, 287705, 304000

Email: dean.feat@dmimsu.edu.in, Website: www.dmimsu.edu.in



Yoga for Humanity



Pictures taken during the yoga session

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Sawangi (Meghe), WARDHA-442 107 (M.S.)



प्रो. राजीव कुमार
सदस्य सचिव
Prof. Rajive Kumar
Member Secretary



अखिल भारतीय तकनीकी शिक्षा परिषद
(भारत सरकार का एक संविधिक निकाय)
शिक्षा मंत्रालय, भारत सरकार
नेल्सन मंडेला मार्ग, वसंत कुंज, नई दिल्ली - 110070
दूरभाष: 011-29581399
ई मेल: ms@aicte-india.org
ALL INDIA COUNCIL FOR TECHNICAL EDUCATION
(A Statutory Body of the Govt. of India)
Ministry of Education, Govt. of India
Nelson Mandela Marg, Vasant Kunj, New Delhi-110070
Phone: 011-29581399
E-mail: ms@aicte-india.org

File No.:STDC/Yoga Day Celebration/635/2021-22

CIRCULAR

Date : 14-06-2022

Subject: Observing International Day of Yoga (IDY) on 21.06.2022 – reg.

“Yoga is the journey of the self, through the self, to the self”

This is in continuation to AICTE Circular dated 24-03-2022 regarding International Day of Yoga (IDY) 2022.


We understand that Universities and Colleges have been undertaking several activities in the run up to the IDY 2022. As less than 7 days are left now to the countdown leading to the IDY 2022 on 21st June, 2022. All the Higher Educational Institutions are once again requested to share the details of the various activities conducted / to be conducted by them for stakeholders.

Details of the plan and activities can be provided in a Google Form link that has already been provided to you. Once again AICTE is providing the link of Google Form to submit all the details after the completion of the said program.

https://docs.google.com/forms/d/1RIRv_58DNXpO3pv84qs4PC-EAZMhVjIDN7YTGn1_E/prefill

The Institutes are requested to follow of custom made 45 minute protocols namely, Common Yoga Protocol (CYPE). It is to be practiced at all the event locations during the IDY celebration. CYP is freely available in YouTube and Yoga Portal in various Indian Languages. The link is given below :
(Hindi version url: <https://www.youtube.com/watch?v=w4CE-SMokQJ>).

We look forward to the active participation of students, teachers, educational administrators and family members to take an active part in all the activities and program of International Day of Yoga.


(Prof. Rajive Kumar)
Member Secretary

- To
1. All the Heads of Institutes affiliated to AICTE
 2. All Regional Offices of AICTE


AICTE Letter


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Smt. Radhikabai Meghe Memorial College of Nursing

Sawangi (Meghe), Wardha - 442107, Maharashtra, India

Phone: 07152 - 287701, 287702, 287703, 287704, 287705, Office Ext.- 427

Email: dmimcon2017@gmail.com Website: www.dmimsu.edu.in



Report on Yoga day

21/06/2022

Yoga for Humanity

Yoga is considered to be an ancient practice which was originated in our country. The practice is considered to be almost 5000 years old. Yoga was developed as a way to achieve harmony and balance between the heart and soul and to achieve divine enlightenment. Smt. Radhikabai Meghe Memorial College of nursing celebrated yoga activity on 21/06/2022 at 8 am Theme: Yoga for Humanity under the guidance of Dr. Seema Singh Principal SRMMCON, staff and students actively participated. Dr. Sanjay Deshmukh yoga instructor guides us during yoga session and yoga camp organized by Dr. Bidwaik Sir



Yoga for Humanity

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