

D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
DEPT. OF PHYSIOLOGY

14/2/2018

CIRCULAR

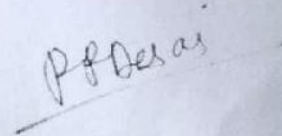
The department of Physiology has organized Guest lecture for I MBBS Students by Ms. Dimple Gajawani on 17th February 2018.

All the staff members and students are requested to attend the same.

Topic:- “Stress Elimination Programme”

Time:- 03.00pm to 05.00pm.

Venue:- Auditorium hall



(Dr. Mrs. P.R. Desai)
Prof. & Head, Dept. of Physiology

Dr. Mrs. Padmaja R. Desai
Professor & Head,
Department of Physiology
D. Y. Patil Medical College, Kolhapur.

D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR

DEPT. OF PHYSIOLOGY

PROGRESS REPORT

II- Term [Batch 2017-2018]

27/2/2018

To,
The Dean,
D.Y.Patil Medical College, Kolhapur

Subject: Report of Guest Lecture on “**Stress Elimination Programme**”.

Respected Sir/Madam ,

The department of physiology had organized Guest lecture for 1st MBBS students on 17th February 2018 at Auditorium 1st floor between 3.00 pm – 5.00 pm.

It was started with Welcome of guest speaker Ms Dimple Gajwani with the sappling by our Vice chancellor , DR P B Behere ,certificate by the hands of Vice Principle Dr Asha Patil ,and Memto by Registrar DR V V Bhosale. Introduction of the guest speaker was done by head of department Dr.Mrs.P.R.Desai .

Almost 86 students attended and faculty members from Anatomy & Biochemistry departments were present.

Lecture was very light throwing, interesting explaining the importance of such stress eliminating activities in our busy hectic life. Dimple madam emphasized the benefits of such activities in our life. She made it very clear that it is need of the era to keep ourselves fit n fine to over come all types of stresses in life. She motivated the students to participate in such activities.. Madam was accompanied by her co – wokers who demonstrated some of the exercises related to it.also hands on demonstration was given to all those who attended . After that topic was open for discussion. Feedback about the activity was taken . Forms were analysed and it showed following results.

**D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
DEPARTMENT OF PHYSIOLOGY
FEEDBACK FORM FOR GUEST LECTURE**

Topic:- “*Stress Elimination Programme*”

Name Of The Speaker:-Ms.Dimple Gajwani

Date:- 17/02/2018

Time:- 03pm to 5.00 pm

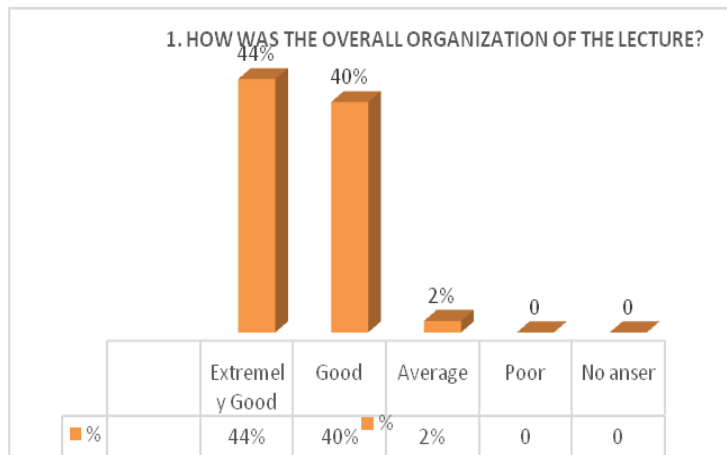
If you attended the guest lecture we would like to make sure that the session were relevant & useful. Give your appropriate feedback to make the future lectures more beneficial for you.

Please “√” the option you find most suitable.

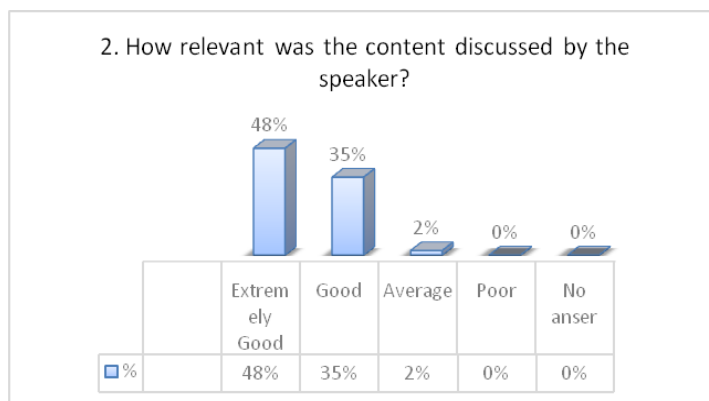
Sr. No	Particular	Extremely Good	Good	Average	Poor
1	How was the overall organization of the lecture?				
2	How relevant was the content discussed by the speaker?				
3	Are you satisfied with the time & venue				
4	How much interesting this session was for you?				
5	How was your preparation about the topic before the guest lecture?				
6	Did the lecture cover what you were expecting?				
7	What is your opinion about the speaker?				
8	How much this session was useful from the knowledge & information point of view				
9	Overall effectiveness of the lecture?				
10	Speaker was able to explain the topic clearly & used relevant examples?				
11	Mention key learning from the lecture.				

Additional comments & suggestions for future.

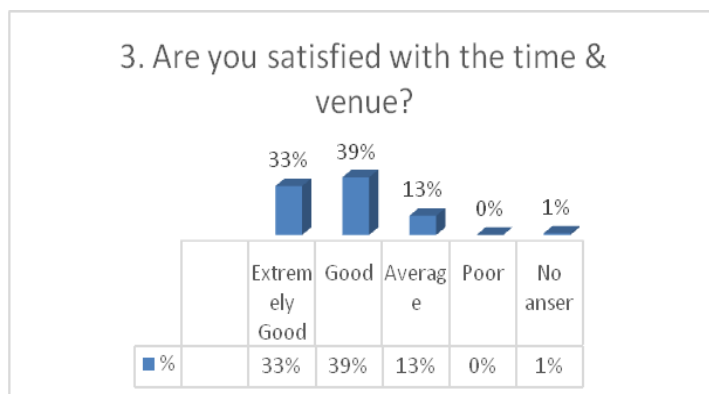
ANALYSIS FOR GUEST LECTURE



- 44% students responded the overall organization of the lecture was extremely good.
- 40% students responded the overall organization of the lecture was good.

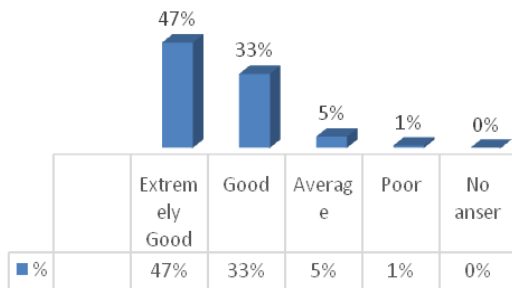


- 48% student were responded the content discussed by the speaker were relevant it was extremely good.
- 35% student were responded the content discussed by the speaker were relevant it was



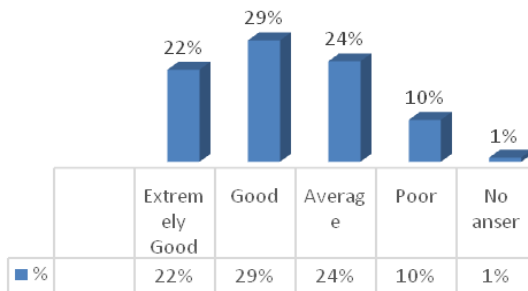
- 33% student responded satisfaction with the time venue was extremely good.
- 39% student responded satisfaction with the time venue was good.

4. How much interesting this session was for you?



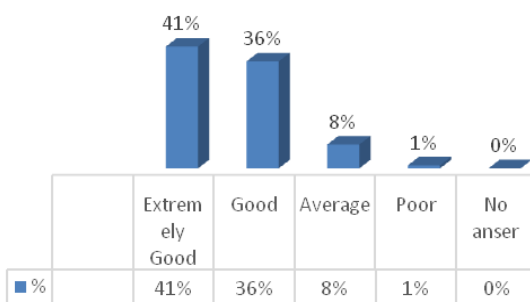
- 47% student responded satisfaction with the time venue was extremely good.
- 33% student responded satisfaction

5. How was your preparation about the topic before the guest lecture?



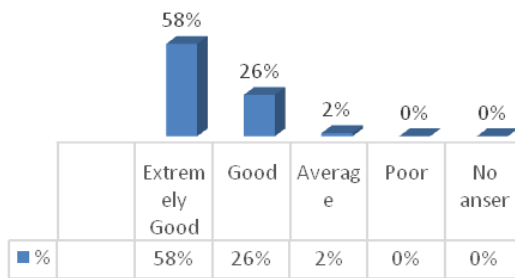
- 29% students are had good idea about the topic before attending the lecture.
- 24% students are had average idea about the topic before attending

6. Did the lecture cover what you were expecting?



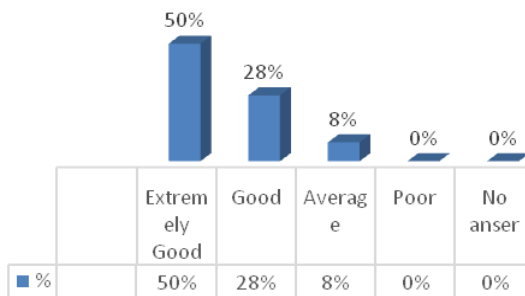
- 41% students gave extremely good response as their expectations were fulfilled after attending the lecture.
- 36% students gave good response as their expectations were

7. What is your opinion about the speaker?



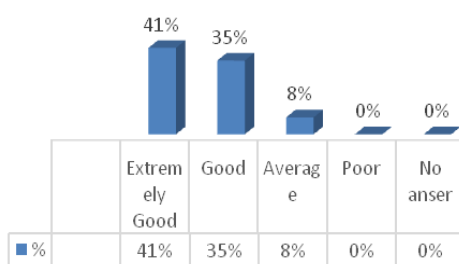
- 58% students responded speakers were extremely good.
- 26% students responded speakers were good.

8. How much this session was useful from the knowledge & information point of view



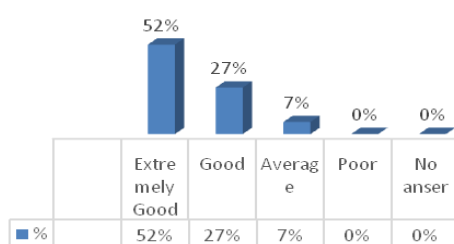
- 50% students found the session was extremely good from knowledge & information point of view.
- 28% students found the session was good from knowledge &

9. Overall effectiveness of the lecture?



- 41% students found the lecture as extremely good.
- 35% students found the lecture as extremely good.

10. Speaker was able to explain the topic clearly & used relevant examples?



- 52% students responded extremely good regarding the clarity & relevance of the topic.
- 27% students responded extremely good regarding the clarity & relevance of the topic.

The session was then concluded by giving vote of thanks by Dr.Mrs.A.N.Kumbhar madam.

Thanks & regards,

P.R.Desai

(Dr.Mrs.P.R.Desai)

Professor & HOD of Physiology












D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
DEPARTMENT OF PHYSIOLOGY
Ist MBBS BATCH – 2017-18
ATTENDANCE OF
GUEST LECTURE ON
"STRESS ELIMINATION PROGRAMME"
17th February 2018

Sr. No	Roll No	Name of the students
1	1	AAKASH
2	2	ABHA DAGA
3	3	ADITYA NARAYAN DUBEY
4	4	AKANKSHA SUHAS PATIL
5	6	AMIT KUMAR
6	7	ANJALI GARG
7	8	ANJALI SHARMA
8	9	ANJANA
9	10	ANJANA RAJ
10	12	ANUJ NAUTIYAL
11	13	ANUJ YADAV
12	14	ANURAG MOHANSING RAGHUWANSHI
13	15	ANUSHK SHARAD DESHMUKH GAIKWAD
14	17	ARUSHI
15	18	ASHUTOSH KUMAR
16	19	ASHUTOSH PRATAP SINGH
17	20	ASTHA BHATT
18	21	ATTAR SHIFA ZAKIR
19	22	AYUSH TYAGI
20	23	BANKER TEJ KIRITKUMAR
21	24	BHAMARE ANIKET HEMANT
22	25	DELNA SHAJI
23	27	DHANANJAY SUDHAKAR HUDEKAR
24	28	DIKKATWAR MEGHMALHAR PRABHAKARRAO
25	29	DINESH UTTARESHWAR CHOPANE

Sr. No	Roll No	Name of the students
26	30	DUNDALE RUCHIKA SANTOSH
27	32	FERNANDES ANTONSALU
28	33	GAIKWAD ADESH SANJAY
29	35	GARMODE SAGAR KESHAV
30	36	GAURAV MANOJ MODI
31	37	GIRIJA RANJEET PATIL
32	39	GUPTA SHUBHAM LALBABUPRASAD
33	40	HEENA MURLI NOTANI
34	41	HEMANSHI SIROHI
35	42	HIMANSHI SHARMA
36	44	IRENE ANN CYRIAC
37	45	JADHAV ABHISHEK ANANTRAO
38	46	JAIRAJ
39	47	KANCHAN ANUP BAHEKAR
40	48	KANIKA
41	50	KASHID SANKET SAMPAT
42	51	KOTHARI NAIYA BHARAT
43	52	KUSHAL SAINI
44	53	LAVISH GOYAL
45	55	LEENA RAMESH TAYADE
46	56	MANSI RAJU CHAVAN
47	58	MAYUR MARUTI DHOBLE
48	59	MEHAK BUDHIRAJA
49	60	MEMANE KASTURI SANJAY
50	62	MURKUTE SAYLI MANISH

Sr. No	Roll No	Name of the students
51	63	NAMAN AGARWAL
52	64	NAVEEN
53	65	NAVNEETH JAYAPRAKASH
54	67	NIHALA ABOOBACKER
55	68	NIKHIL VIRENDRA PATEL
56	69	NIKITA TALPALLIKAR
57	70	NIMISHA SINGH
58	71	NITYA SACHDEVA
59	73	PADMAPRIYA R
60	74	PALLAVI KUMARI
61	76	PATEL RACHANA NARESH
62	77	PATIL KRUSHNAKANT KISHANRAO
63	78	PATIL PALLAVI DHANAJIRAO
64	79	PAVAN SURESH HUDEKAR
65	80	PRABHULKAR AMULYA MANGESH
66	81	PRADYUMN SHRINIVAS POWALKAR
67	83	PRAMOD FULCHAND INGOLE
68	85	PRANJAL GUPTA
69	86	PRANJALI DINKAR SHEGOKAR
70	87	PRASOON KUMAR
71	89	PRATHAMESH VISHWAS PHADKE
72	90	PRIYA SAHNI
73	91	PRIYAL ARUN KETKAR
74	92	RACHIT ARORA
75	93	RAHUL AHIRE

Sr. No	Roll No	Name of the students
76	94	RAHUL KUMAR
77	102	ROKADE SANSKRUTI SHIVSHANKAR
78	104	RUHI CHAHAL
79	124	SINGALREDDY ABHINAYREDDY
80	126	SONAL SUDHIR CHANDAK
81	131	SWAPNIL SANJAY KALWANE
82	132	TEJAL RAMESH RAO
83	141	VALLABH VIKAS KULKARNI
84	142	VANIE MUNJAL
85	146	VIRAJ DESAI
86	148	VISHAL SANJAY INDORIA


(Dr. Mrs. P.R. Desai)
 Prof. & HOD,
 Dept. of Physiology
Dr. Mrs. Padmaja R. Desai
 Professor & Head,
 Department of Physiology
 D. Y. Patil Medical College, Kolhapur.

"Yoga is the Journey
of the Self,
to the Self,
Through the Self."



National Conference on "Role of Yoga In Stress Management"

ROYISM - 2018

22nd - 23rd March 2018



Organized by

Department of Physiology

D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR.

(INSTITUTION DEEMED TO BE UNIVERSITY)

Declared Estd U/S 3 of UGC Act 1956

Re-accredited by NAAC with 'A' Grade

ROYISM - 2018

Preamble

"Health is the state of complete physical, mental & social wellbeing & not merely the absence of disease or infirmity"

In an ideal state, the body is in a state when all systems functions smoothly and are in balance. As soon as you are faced with stress your body goes through a complex physiological response. The physiological effects of stress are associated with the brain and nervous system, as well as your endocrine system.

In today's era of globalization where there is a lot of competition, Innovation & change, normal human being cannot avoid tension, stress & anxiety in their day to day work. Prolonged stress takes its toll physically, emotionally & mentally. According to World Economic Forum, mental health costs are predicted to hit \$6 trillion dollars by 2030. Greater than cost of diabetes, respiratory disorders, cardiovascular disease and cancer.

Yoga can help to reduce the stress because it promotes relaxation, which is the natural opposite of stress. Yoga is psycho-somatic spiritual discipline for achieving union and harmony between our mind, body and soul as well the ultimate union of our individual consciousness and universal consciousness. The word Yoga is Sanskrit. It means union because it unites mind, body & breath.

D. Y. Patil University, Kolhapur and Departments of Basic Medical Sciences have been instrumental in the field of medical research and education. This time Department of Physiology is coming up with Conference on **"Role of Yoga In Stress Management" (ROYISM - 2018)** to expand horizons of Medical Education for Medical Professionals and Students.

We the members of organizing committee are looking forward to the active participation in this academic event and a warm hospitality of our university.

Tentative Topics

- Introduction to yoga.
- GABAergic mechanisms of yoga in mental health.
- Physiological basis of stress and its correlation with nervous and endocrine system.
- Yogic asanas related to stress.
- Clinical face of stress.
- Yoga in Hypertension.
- Pranayam in stress management.
- Pranopasana Meditation & Mindfulness for stress reduction & Promotion of positive mental health
- Yoga and School Health
- Clinical management of stress.
- Health benefits of laughter.
- Role of Yoga in Pregnancy induced hypertension

LIST OF SPEAKERS

Dr. P. B. Behere

Vice - Chancellor & Professor of Psychiatry,
D. Y. Patil Education Society (Deemed to be University),
Kolhapur, Maharashtra.

Dr. B. N. Gangadhar

Professor of Psychiatry &
Director at NIMHANS, Bangalore.

Dr. Rakesh Sharma

Dean & Professor (Obst & Gyn),
D.Y.Patil Medical College, Kolhapur,
Maharashtra.

Dr. Dhananjay Gunde

M.S.D. Ortho (Bom.), D. Ac. Senior practicing orthopaedic
surgeon and Ex. Honorary Yoga Therapy Consultant
Bombay Hospital, Mumbai.

Dr. B. C. Harinath

Founder Director, JBTDRC Arogyadham,
Honorary Professor of Biochemistry
MGIMS Sevagram, Wardha.
Chairman, SBC Health Research Foundation,
SBC Arogya Vihar Yerpedu
(Chittoor Dist, AP.)

Dr. Brinda Venkataraman

Professor & HOD of Physiology,
HBTMC & Dr. R.N.Cooper Municipal General Hospital,
Mumbai, Maharashtra.

Dr. Mukta Bidikar

Assistant Professor of Physiology,
HBTMC & Dr. R.N.Cooper Municipal General Hospital,
Mumbai, Maharashtra.

Dr. Shimpa Sharma

Professor of Medicine,
D. Y. Patil Medical College, Kolhapur, Maharashtra.

Dr. Sudhir Bhawe

Professor of Psychiatry
N K P Salve Institute of Medical Sciences and
Research Center, Nagpur, Maharashtra.

Dr. Satish Mahajan

Professor & HOD of Medicine,
Rural Medical College Loni, Ahmednagar,
Maharashtra.

Dr. Kshirod Kumar Mishra

Professor & HOD of Psychiatry,
MGIMS, Sevagram, Wardha, Maharashtra.

Dr. N. M. Patil

Professor & Head,
Department of Psychiatry, Jawaharlal Nehru
Medical College, Belgaum, Karnataka.

Dr. Sandeep Rai

Unit Head & Professor Dept. Of Medicine,
MGIMS Institute of Health Sciences, Navi Mumbai,
Maharashtra.

National Advisory Committee

Dr. B. N. Gangadhar

Professor of Psychiatry &
Director at NIMHANS, Bangalore,
Karnataka.

Dr. Ram Harsh Singh

Recipient of Padma shree,
Former Vice- chancellor Jodhpur Ayurvedic University,
Jodhpur, Emeritus Scientist, Rajasthan.

Dr. P. B. Behere

Vice - Chancellor & Professor of Psychiatry,
D. Y. Patil Education Society (Deemed to be University),
Kolhapur, Maharashtra.

Dr. Dhananjay Gunde

M.S.D. Ortho (Bom.), D. Ac. Senior practicing orthopaedic
surgeon and Ex. Honorary Yoga Therapy Consultant
Bombay Hospital, Mumbai.

Dr. Rakesh Sharma

Dean & Professor (Obst & Gyn),
D. Y. Patil Medical College, Kolhapur,
Maharashtra.

Dr. Shimpa Sharma

Professor of Medicine,
D. Y. Patil Medical College, Kolhapur, Maharashtra.

Dr. B. C. Harinath

Founder Director, JBTDRC Arogyadham,
Honorary Professor of Biochemistry MGIMS Sevagram,
Wardha. Chairman, SBC Health Research Foundation,
SBC Arogya Vihar Yerpedu (Chittoor Dist, AP.)

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Professor of Psychiatry
N K P Salve Institute of Medical Sciences and
Research Center, Nagpur, Maharashtra.

Dr. Satish Mahajan

Professor & HOD of Medicine,
Rural Medical College Loni, Ahmednagar,
Maharashtra.

Dr. Kshirod Kumar Mishra

Professor & HOD of Psychiatry,
MGIMS, Sevagram, Wardha, Maharashtra.

SCIENTIFIC PROGRAMME

The Conference on **"Role of Yoga In Stress Management" (ROYISM - 2018)** a two-days activity will be held on 22nd - 23rd March 2018. It consists of series of lectures by eminent Physiologists, Psychiatrists, Orthopaedicians, Physicians and Gynaecologists from our country followed by interactive discussions and a special hour of "Demonstration of Asanas" by expert Yoga consultant.

Time	22 nd March	23 rd March
8.00 am - 9.00 am	Registration & Breakfast	Registration & Breakfast
9.00 am - 9.45 am	Dr. Dhananjay Gunde Introduction to Yoga.	Dr. Satish Mahajan Yoga in Hypertension
9.45 am - 10.30 am	Dr. Brinda Venkataraman Physiology of Stress	Dr. N.M. Patil Yoga and School Health.
10.30 am - 11.00 am	Inauguration, Key Note Address	Dr. Rakesh Sharma Role of Yoga in Pregnancy induced hypertension.
11.00 am - 11.45 am	Dr. B. N. Gangadhar GABAergic mechanisms of yoga in mental health.	Dr. Mukta Bidikar Yogic asanas in Stress
11.45 am - 12.30 pm	Dr. Shimpa Sharma Clinical face of Stress.	
12.30 pm - 1.15 pm	Dr. Sandeep Rai Sahaja Yoga for reduction of stress and Positive health (scientific presentation)	Dr. Sanjay Baraskar (Demonstration of Asanas)
	Dr. Madhur Rai (Demonstration of Asana)	
1.15 pm - 2.00 pm	Lunch break	Lunch break
2.00 pm - 2.45 pm	Dr. B.C. Harinath Pranopasana Meditation & Mindfulness for stress reduction & Promotion of positive mental health.	Dr. Kshirod Kumar Mishra Effect of Pranayama in Stress Management.
2.45 pm - 3.30 pm	Dr. Sudhir Bhawe Health Benefits of Laughter.	Remarks on Poster Presentation & Prize Distribution
3.30 pm - 4.15 pm	Poster Presentation	Panel Discussion
4.15 pm - 5.00 pm	Dr. P.B. Behere Clinical Management of Stress	Validation of function
5.00 pm	High Tea	High Tea

Last date for submission of E- Poster (by email only) is 10th of March 2018.

Selected posters will be awarded.

E-mail & Fb ID - physiologyroyism2018@gmail.com & padmajadesai@gmail.com

About The Organizers

Department of Physiology was established in 1989 and is constantly upgrading in teaching learning methods as well as infrastructure. It has a long tradition of excellence in teaching for under graduate since 29 years. The department is further enriched by starting post graduate course since 2008. It has also contribution to the university for M.Sc. Stem cell and Regenerative Medicine, Medical Bio-Physics and B.Sc Nursing Courses. The department has well equipped research lab. The unique feature of the department is newly established "YOGA LAB" which is coming up with new methods and innovations.

Our aim is to create awareness in students and society for implementing yoga in day to day life for self-healing. Thus, the vision of the department is to impart the excellence of knowledge and yoga to give a vantage for the students and society.

Local Organizing Committee

- Patron** - Hon'ble Dr. Sanjay. D. Patil - President
- Chairman** - Hon'ble Prof. Dr.P.B.Behere, Vice - chancellor.
- Convener** - Dr. Mrs. P.R. Desai, Professor & Head Department of Physiology.
- Secretary** - Dr. Mrs. S.M. Tiwale Professor, Department of Physiology.
- Treasurer** - Dr. Mrs. A.N. Kumbhar, Assistant Professor,
Department of Physiology.

Members

- Dr. R. K. Sharma - Dean
- Dr. V.V. Bhosale - Registrar
- Mr. S.P. Kole - Finance officer
- Mr. S.P. Jadhav - Deputy Registrar
- Dr. Mrs. I. A. Kurane
- Mr. M. Pandian
- Dr. Prafull Turerao
- Dr. Anand T. More
- Dr. Nandan Kumar
- Dr. M. V. Pujari

Participants

The faculty members & P.G. Students of different departments of various medical colleges from all over the Country are encouraged to attend.

Applied to Maharashtra Medical Council for Credit Hours.

Registration Information

Fee	Up to 10 th March	Spot Registration
Delegate	Rs. 2000/-	Rs. 2500/-
*PG Student	Rs. 1000/-	Rs. 1500/-

*Recommendation letter from Head of Department is must.

Registration fee includes conference material, breakfast, lunch, tea / Coffee (during conference).

PAYMENT DETAILS

Payment should be made in the form of Cash /NEFT/ D.D. to be drawn in favor of **"Registrar, D. Y. Patil Education Society, Deemed University, Kolhapur",**

Payable at Kolhapur.

IFSC CODE - UTBI0KLP645

A/C No. - 1207050010399

Bank : UNITED BANK OF INDIA, SHAHUPURI BRANCH

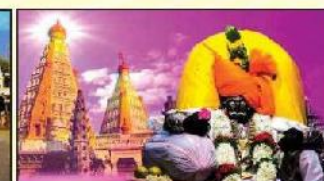
Last date for Registration is 10th of March 2018.

Details for Accommodation, Payment and Registration also avail on -
www.dypatilunivkop.org & www.dypatilmedicalkop.org.

About Kolhapur



Kolhapur Mahalaxmi Temple



Jotiba Temple, Kolhapur

Venue



D. Y. PATIL UNIVERSITY

869, 'E' D. Y. Patil Vidyanagar, Kasaba Bawada, Kolhapur-416006.

Address For Correspondence

Dr. Mrs. P. R. Desai - Professor & Head

Department of Physiology,
D. Y. Patil Medical college, KOP, MH.
Mobile - 9403550033
E-mail - padmajadesai@gmail.com

Dr. Mrs. S. M. Tiwale - Professor

Department of Physiology,
D. Y. Patil Medical college, KOP, MH.
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D.Y.PATIL EDUCATION SOCIETY, KOLHAPUR

(INSTITUTION DEEMED TO BE UNIVERSITY)
RE-ACCREDITED BY NAAC WITH 'A' GRADE)



D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR.

NATIONAL CONFERENCE ON "ROLE OF YOGA IN STRESS MANAGEMENT"

22nd & 23rd March 2018

Invitation

We cordially invite you for the Inaugural function of

ROYISM -2018

to be held on Thursday 22nd March 2018 at 10.30am.

Chief Guest

Dr. Dhananjay Gunde

Director - G.J.G. Yoga Academy, Kolhapur

Guest of Honour

Dr. Sanjay D. Patil

Chancellor - D. Y. . Patil Education Society
(Institution Deemed to be University), Kolhapur.

Dr. Shimpa Sharma

Pro-Vice-Chancellor

Dr. Rakesh K. Sharma

Dean, D. Y. Patil Medical College, Kolhapur

The function will be presided over by

Prof. Dr. Prakash B. Behere

Vice- Chancellor

Your gracious presence is solicited.

Dr. Mrs. Padmaja R. Desai

Convener, ROYISM - 2018

Dr. Vishwanath V. Bhosale

Registrar

Venue - Auditorium, D. Y. Patil Medical College, Kolhapur.

SUBMISSION OF DETAILED REPORT OF THE PROGRAMME

C.M.E. PROGRAMME IN – **National Conference on “Role of Yoga In Stress Management”
(ROYISM – 2018)**

HELD BY- Department of Physiology, D.Y. Patil Medical College (Institution Deemed to be University), Kolhapur.

Date-22nd to 23rd March 2018

**1. Programme announcement and publicity, if any done by the institution-
Brochure and news paper cutting - Details attached**

2. Accommodation provided to the visiting Indian faculty members

Sayaji Hotel, and Wood Land Hotel Kolhapur –Details attached

3. Registration-list of participant

Total no. participants-139

Local- within Kolhapur city -94

Outside Kolhapur (Mumbai ,Banglore , Tirupati, Karnataka , Nashik , Solapur, Pune, Sangli, Islampur, Miraj, Gadhinglaj – 45

4. Type of people who attended the programme (with nos.)

Consultant-16

Academicians-92

Post graduate students - 23

House wives - 4

Yoga Teachers – 4

5. Compositions and names and addresses of faculty (both foreign and local)

(A)INDIAN FACULTY - list attached

6. Contents of proceedings- **National conference with talks, hands on training of demonstration of asanas and e-poster presentations.**

7. Quality of the scientific papers- **e-poster presentations, very good**

8. Quality of scientific discussions- ANNEXURE I

lectures, PPTs ,Demonstration of asanas, Hands on demonstration of asanas, open forum discussions.

9. Whether the programme was educative and useful as CME for updating knowledge and if

so, upto what level of doctors/general practitioner /specialties / super specialists /teachers / consultants-

The programme was informative ,educative and useful for updating the scientific base for Yoga in managing the stress. It will also help the delegates to perform yoga in a much better way . This conference has explained the physiological mechanisms working in different types of asanas. Especially it had been more beneficial and informative for nonmedical delegates. They were happy for getting more detailed scientific information of various types of asanas.

10. Registration fees and other sources of funds-

Faculty registration fee- Rs 2000/-

PG Students – Rs 1000/- ,

Sr No	Name of Funding Agency	Amount Sanctioned
1	MCI	Rs 50,000/-.
2	ICMR	Rs 40,000/-
3	Krisnna Diagnostics	Rs 100000/-
4	D.Y.Patil University,Kolhapur	Rs 150,000/-

11. Evaluation analysis from participants- **was good and resourceful . Details attached**

12. Suggestions from participants / organizers- They would like to attend such type of activities every six monthly.

I) INFORMATION FORM FOR PARTICIPANTS – **Registration form With details attached behind .**

II) EVALUTION OF LECTURES/SPEAKERS –**Details Attached**

III) EVALUATION OF PANEL DISCUSSIONS /CASE PRESENTATION- **NA**

IV) EVALUATON OF THE PROGRAMME AS A WHOLE **Details attached**

1. Was there adequate time for discussion- **Yes**

2. Did the topics selected cover all important aspects of the speciality-**Yes**

3. Have you received abstract of all lectures-**Yes**

4. Improvement of your understanding – **Yes**

5. Improvement of your skills - **Yes**

6. Value to your patient care in India in future- **Yes**

7. Do you think there is need of regular CME's of this type in future-**Yes ,Yearly**

8. Information regarding this CME programme: **Invitation by Organizers, whatsapp group, news papers, by circulars to the institute, by speed post.**

9. Were the arrangements made by organizers for

Registration-**Satisfactory**

Accommodation-**Excellent**

Conduct of CME programme- **Excellent**

10. Any problem faced by you as a participant- **Nil**

11. Suggestions for future programme- to arrange such type of conferences yearly.

Annexure – I

**National Conference on “Role of Yoga In Stress Management”
(ROYISM – 2018) 22nd to 23rd March 2018
ORGANIZED BY-**

Department of Physiology,

D.Y. Patil Medical College ,D Y Patil Education Society (Institution Deemed to be University), Kolhapur.

1st Day – 22nd MARCH 2018

The National conference on **“Role of Yoga In Stress Management”** was organized by the Dept. of Physiology, D.Y.Patil Medical College, (Institution Deemed to be University) Kolhapur from 22/03/2018 to 23/03/2018 in the Auditorium hall of the college. The response was good enough with 139 number of delegates attending the conference from medical and non medical fields . Eminent faculty in the field of Physiology ,Yoga ,Medicine ,Psychiatry, Gynaecology & Ophthalmology were invited as speakers for the conference. The entire conference was conducted under the observation of Central and Local Maharashtra Medical Council observers, Dr. Ananda Mahipati Kamat ,MMC Observer Code –MMC/MAO-00479/2014 respectively.

The event began with the Technical session – The first lecture was presented by **Dr. Brinda Venkatraman.**, Professor & HOD of Physiology ,HBTMC & Dr. R.N.CooperMunicipal General Hospital, Mumbai, Maharashtra. on ‘Physiology of Stress’. She presented in detail the physiological mechanisms responsible for stress & different types of stresses.

It was followed by presentation on ‘Clinical Management of Stress’ given by Dr P.B.Behere., Vice –Chancellor, Professor of Psychiatry, .D.Y.Patil Education Society (Deemed to be University), Kolhapur

The Inaugural function was then started. It began with Shri Sant Gajanan Maharaj Poojan and watering of the plant at the hands of dignitaries Hon’ble Chancellor of D Y Patil University and President of D Y Patil Education Society Dr. Sanjay D Patil, Chief Guest DR Dhananjay Gunde , Director of GJG Yoga Academy Kolhapur, DR B C Harinath Founder Director, JBTDRC &Arogyadham, MGIMS Sevagram, Wardha.Chairman ,SBC Health Research Foundation ,SBC Arogya Vihar ,Yerpedu (Chitoor Dist, AP.).

The function was graced by the presence of Hon’ble Chancellor of, D.Y.Patil University, Kolhapur, Dr. Sanjay D. Patil, Hon’ble Vice-chancellor, Dr. P B Behere ,, Pro Vice- chancellor Dr Shimpa Sharma Dean Dr. R. K. Sharma ,Registrar Dr. V. V. Bhosale ,Vice Principal Dr Asha Patil, executive Director DR A K Gupta , Deputy registrar ,Associate Deans ,Heads of the departments and faculty members from different departments. Welcome speech was given by convener of the conference & HOD of department of Physiology Dr Mrs Padmaja R Desai. After the chief guest’s inaugural address ,the Proceedings of the programme in the form of CD was released at this ceremony. Vote of thanks of inaugural function was delivered by organizing secretary Professor Dr Sunita M Tiwale.

The next talk began after the inaugural function by DR Dhananjay Gunde Sir on “ Introduction to Yoga” – It was an outstanding introduction done by such a senior most person doing ample of work in yoga. Dr Gunde sir has conducted

over 900 yoga workshops . He highlighted the need of yoga in today's stressful life. It was very much appreciated by the delegates.

After this Dr Ramanujan Odeyar delivered a talk on ‘ Role of Yoga in Backache’. He also demonstrated different types of asanas related to back ache. The presentation was appreciated by the delegates.

Next presentation was by Dr Sandeep Rai, Unit Head & Professor Dept of Medicine, MGM institute of Health sciences ,Navi Mumbai on “ Sahaja Yoga for reduction of stress and Positive health (scientific presentation)” . He explained how the sahaja yoga helps in relieving the stress. This was followed by the demonstration of Sahaja yoga meditation technique by Dr Madhur Rai ,Principal investigator MGM SahajaYoga Research And Health Centre,Navi Mumbai. She demonstrated the technique of meditation and hands on demonstration was given. This was followed by lunch break .

Post lunch session was started by Dr Shimpa Sharma madam Pro Vice-Chancellor of D.Y Patil university Kolhapur on “ Clinical Face of Stress”. She elaborated on clinical manifestations of stress . she gave an excellent presentation with clinical case. Topic was then open for interaction.—

This session was followed by “Health benefits of Laughter” by **Dr. Sudhir Bhawe** Professor of Psychiatry ,N K P Salve Institute of Medical Sciences and Research Center, Nagpur,Maharashtra. He explained how laughter acts and is beneficial to our body.

After this e- poster presentation sessions were conducted at two different halls. one for the PG students and other for the staff. Two judges were appointed for each category and they were given the evaluation criteria . Best three posters were identified based on the criteria for award.

The last talk of day 1 was delivered by . **Dr.B.C.Harinath** Honorary Prof. of Biochemistry, MGIMS Sevagram, Wardha, Founder Director, JBTDRC &Arogyadham, MGIMS Sevagram, Wardha.Chairman ,SBC Health Research Foundation ,SBC Arogya Vihar ,Yerpedu (Chitoor Dist, AP.). The topic for his talk was “Pranopasana Meditation & Mindfulness for stress reduction & Promotion of positive mental health”

. This concluded the session for day 1.

2nd Day -23rd March– 2018

The second day began with lecture session by Dr. Satish Mahajan , Professor & HOD Medicine, Rural Medical College Loni, Ahmednagar, Maharashtra on “Yoga in Hypertension . His talk revealed the important role of yogic asanas in reducing hypertension.

The next lecture was on “Yoga and School Health” by **Dr. N.M. Patil** Professor & Head Department of Psychiatry, Jawaharlal Nehru Medical College Belgaum,Karnataka.He gave the details of yoga in school mental health and behaviour of children.

After this was the talk by Dr. Rakesh Sharma , Dean & Professor (Obst&Gyn), D.Y.Patil Medical College, Kolhapur on “Role of Yoga in Pregnancy induced hypertension ”.He highlighted the importance of yoga in helping normal delivery to occur and giving birth to a healthy baby.

This was followed by Yogic asanas in Stress by **Dr.MuktaBidikar** Assistant Professor of Physiology HBTMC & Dr. R.N.CooperMunicipal General Hospital, Mumbai.

After this the delegates were taken to another big auditorium where hands on demonstration of asanas was done by Dr sanjay Baraskar Ph.D. (Yoga Philosophy), YIC .It was a wonderful session where all the delegates performed different types of asanas with Dr Sanjay Baraskar for more than one hour.They

liked this session very much and interacted with him . This was followed by Lunch Break

1ST lecture in post lunch session was given by Dr.KshirodKumar Mishra, Professor & HOD of Psychiatry, MGIMS,Sevagram , Wardha, Maharashtraon on “ Effect of Pranayama in Stress Management”.He explained the actions of pranayama in relieving the stress.

In the next session three prizes in each category of P.G. & Staff for e-Poster were awarded by the hands of Vice Chancellor DR P B Behere and Dean DR R K Sarma.

This was followed by Panel Discussion. The panelists gave their remark on e-posters and about the topics covered in the conference. There was interaction with the delegates.

The two day national conference concluded with valedictory function. Dr.Mrs.Sunita M Tiwale gave the closing remark & vote of thanks.

Thanking you,

Yours Sincerely,

Dr. Mrs. Padmaja R Desai
Convener ROYISM - 2018
Professor & Head,
Department of Physiology
D.Y. Patil Medical College
Kolhapur.

D.Y.Patil Education Society, Kolhapur
(Institution Deemed to be University)
Re-accredited by NAAC with 'A' Grade

NATIONAL CONFERENCE ON "ROLE OF YOGA IN STRESS MANAGEMENT"
ROYISM - 2018
22nd - 23rd March 2018

Attendance of PG residents with MMC registration no. from D.Y. Patil Medical College & Hospital Kolhapur

Sr. no.	Name of student	Department	MMC registration no.	Attendance Day 1		Attendance Day 2	
				Morning	Evening	Morning	Evening
1.	Dr. Roshni Mahesh Mohanty	2 nd year PG, Dept. of ENT	2016020261	<i>Roshni</i>	<i>Roshni</i>	<i>Roshni</i>	<i>Roshni</i>
2.	Dr. Deepal Kundu	1 st year PG, Dept. of ENT	2017040825	<i>Deepal</i>	<i>Deepal</i>	<i>K</i>	<i>K</i>
3.	Dr. Parth N. Nagada	2 nd year PG, Dept. of Psychiatry	KMC no. 82891	<i>Parth</i>	<i>Parth</i>	<i>Parth</i>	<i>Parth</i>
4.	Dr. Shabiullah Syed	2 nd year PG, Dept. of Psychiatry	2015010027	<i>shah</i>	<i>shah</i>	<i>shah</i>	<i>shah</i>

P.R. Desai
Dr. Mrs. P. R. Desai
Convener,
ROYISM-2018

S.M. Tiwale
Dr. Mrs. S. M. Tiwale
Organizing Secretary,
ROYISM-2018

Anand M. Kamat
Dr. Anand M. Kamat
MMC Observer,
Code-MMC/MAO-00479/2014

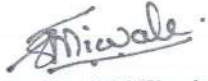
D.Y.Patil Education Society, Kolhapur
(Institution Deemed to be University)
Re-accredited by NAAC with 'A' Grade

NATIONAL CONFERENCE ON "ROLE OF YOGA IN STRESS MANAGEMENT"
ROYISM - 2018
22nd - 23rd March 2018

Attendance of PG Students with MHC registration no. (SJ PES Homeopathic Medical College, Kolhapur)

Sr. no.	Name of student	Department	MMC registration no.	Attendance Day 1		Attendance Day 2	
				Morning	Evening	Morning	Evening
1. ✓	Dr. Rahul Dagadu Bhiungade	PG, Dept. of Pediatrics	46518	RDB	RDB	RDB	RDB
2. ✓	Dr. Mahesh H. Patel	PG, Dept. of Practice of Medicine	45884	Patel	Patel	Patel	Patel
3. ✓	Dr. Deepak V. Ladage	PG, Dept. of Practice of Medicine	40239	Ladage	Ladage	Ladage	Ladage
4. ✓	Dr. Pooja Raju Khorate	PG, Dept. of Practice of Medicine	64190	Depay.	Depay.	✓	✓
5. ✓	Dr. Sangram Baban Kamble	PG, Dept. of Practice of Medicine	65598	Kamble	Kamble	Kamble	Kamble
6. ✓	Dr. Shivprasad Salokhe	PG, Dept. of Pediatrics	66609	Salokhe	Salokhe	Salokhe	Salokhe
7. ✓	Dr. Priyanka Babaso Mane Patil	PG, Dept. of Pediatrics	65949	Patil	Patil	Patil	Patil


Dr. Mrs. P. R. Desai
Convener,
ROYISM-2018


Dr. Mrs. S. M. Tiwale
Organizing Secretary,
ROYISM-2018


Dr. Anand M. Kamat
MMC Observer,
Code-MMC/MAO-00479/2014

D.Y.Patil Education Society, Kolhapur
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NATIONAL CONFERENCE ON "ROLE OF YOGA IN STRESS MANAGEMENT"
ROYISM - 2018
22nd - 23rd March 2018

Sr. no.	Name of student	Department	MMC registration no.	Attendance Day 1		Attendance Day 2	
				Morning	Evening	Morning	Evening
8. ✓	Dr. Sneha Jogdande	PG, Dept. of Practice of Medicine	40660				
9. ✓	Dr. Poonma Ananda Parle	PG, Dept. of Pediatrics	67089				
10. ✓	Dr. Ketan Krishana Rasal	PG, Dept. of Practice of Medicine	65658				
11. ✓	Dr. Sathe Pooja Pralhad	PG, Dept. of Pediatrics	53419				
12. ✓	Dr. Dhanashre Datta Betgeri	PG, Dept. of Pediatrics	12527				
13. ✓	Dr. Namrata Umesh Govekar	PG, Dept. of Practice of Medicine	62194				
14. ✓	Dr. Bhagyashri MAhadev Chivate	PG, Dept. of Pediatrics	60128				
15. ✓	Dr. Shruti Sadanand Swami	PG, Dept. of Pediatrics	64192				

Dr. Mrs. P.R. Desai
Convener,
ROYISM-2018

Dr. Mrs. S.M. Tiwale
Organizing Secretary,
ROYISM-2018

Dr. Anand M. Kamat
MMC Observer,
Code-MMC/MAO-00479/2014

**D.Y.PATIL UNIVERSITY
D.Y.PATIL MEDICAL COLLEGE
DEPARTMENT OF ANATOMY**

GUEST LECTURE

There will be a guest lecture by certified Nutritionist - Mr. Dinesh Vernekar

K 11 Certified Master Trainer,
K 11 Certified Sports Nutritionist
K 11 Certified Personal Trainer
K 11 Certified Special Population Trainer

On Wednesday 08-11-2017 from 11.30am onwards

Topic – ***'SPORTS NUTRITION – THE RIGHT NUTRITION'***

Venue – Auditorium Hall, D.Y.Patil Medical College, Kolhapur.

All are requested to attend.



Dr. Mrs. V.R.Nikam
Prof. & Head, Dept. of Anatomy
Dr. Mrs. V. R. Nikam
Prof. & Head, Dept. of Anatomy
D. Y. Patil Medical College,
Kolhapur.

D.Y. PATIL EDUCATION SOCIETY'S DEEMED TO BE UNIVERSITY

DYPATIL MEDICAL COLLEGE

DEPARTMENT OF ANATOMY

Progress report of the guest lecture

"SPORTS NUTRITION-THE RIGHT NUTRITION"

Date-9/11/2017, Kolhapur.

One of the most important things people can do for their health is to engage in regular physical activity. A life that includes exercise is one with less likelihood of serious physical and mental ailments.

Health is most important aspect of our life. Buddha said, **"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."**

At the most basic level, nutrition is important for us because it provides a source of energy required to perform the daily activities. The food we eat impacts on our strength, training, performance and recovery. Differing conditions and objectives suggest the need, for us, to ensure that our nutritional approach is appropriate for the situation. Factors that may affect a person's nutritional needs include gender, weight, height, body mass index etc. and time of the day (e.g. some nutrients are utilized by the body more effectively during sleep than while awake).

The key to proper diet is to get a variety of food, and to consume all the macro nutrients, vitamins, and minerals needed. It is ideal to choose raw foods, for example unprocessed foods such as oranges instead of orange juice. Eating foods that are natural means the person is getting the most nutritional value out of the food.

Department of Anatomy believes in holistic development of each student, keeping this in mind the department had arranged **GUEST LECTURE** on the topic **"SPORTS NUTRITION-RIGHT NUTRITION"**. The guest for the day were Mr. Dinesh Vernekar, Sports Nutritionist and speaker for the program.

Mrs. Vaijanti S Patil, Trustee of D Y Patil Education Society, Kolhapur, Mr. Meghraj Kakade, director of Shantiniketan School, Kolhapur. Dr. Rakesh Sharma, Dean, Vice Principal, Mrs. Dr. A. D. Patil mam and Respective HODs and professors of all departments.

It began with the felicitation of guests with a sapling, memento and certificate as a token of love and appreciation followed by introductory speech of Mrs. Dr V.R Nikam, HOD, Department of anatomy. Mam introduced everyone about the potentials of Mr., Dinesh Vernekar and his achievements. Mr. Dinesh Vernekar speaker for the day, started his speech by throwing light on the basics of body building and fitness. The seminar was basically about importance of balanced diet and how sports and other physical activities are important to keep human body healthy. His main motive was to clear the air about various nutrients and how we only focus more on carbohydrates and less on fats, proteins and vitamins. There have been age old misconceptions about fats being evil part of diets, but after this seminar, it has become as to how important fats and lipids are, for our overall development.

Mr. Dinesh also gave a great example by drawing comparison between world famous footballer Cristiano Ronaldo and a normal obese human. He emphasized mostly on a low carb and high fat diet. He also shared his experiences about dealing with clients with different genres of physical and mental illnesses and how only through minor changes in diet plans, it could be controlled and lessened. Before concluding his session, he also suggested some

smart books which have in-depth contents about sports, nutrition and other health related topics.

At the end he cleared all the misconceptions about fats, fruits and carbohydrates and suggested the audience to live by the motto **"EAT FAT TO LOSE FAT"**.

A healthy life style means maintaining balanced diet as well as engaging in sports or other fitness activities. Hence, the emphasis on healthy lifestyle should be started at young age. Daily exercise is vital. Leading a healthy lifestyle is conscious decision. The program ended by the vote of thank delivered by Dr. Arun Karmalkar, Associate professor of Anatomy Department. Total number of beneficiaries were 160.

Everyone was grateful to the Anatomy department and resources people for organizing such a seminar. As budding doctors, it is of paramount importance to understand the nutritional requirements to stay fit in a physically and mentally demanding vocation.

GLIMPSES OF THE GUEST LECTURE



Talk of Guest Speaker



Audience



Students and faculty



Audience

From-

Nikam

Dr Mrs V R Nikam

Prof and Head

Dr. Mrs. V. R. Nikam
Prof. & Head, Dept. of Anatomy
D. Y. Patil Medical College,
Kolhapur.

D.Y.PATIL MEDICAL COLLEGE KOLHAPUR
DEPARTMENT OF ANATOMY
1ST MBBS STUDENTS (BATCH - 2017-2018)
GUEST LECTURE - 'SPORTS NUTRITION - THE RIGHT NUTRITION'
by Nutritionist Dinesh Vernekar

Date:- 08/11/2017

Roll No.	Name of the Student	Remark
1	Aakash	P
2	Abha Daga	P
3	Aditya Narayan Dubey	P
4	Ahire Rahul Yuvraj	P
5	Akash Pramanik	P
6	Amit Kumar	P
7	Anjali Garg	P
8	Anjali Sharma	P
9	Anjana	P
10	Anjana Raj	(A)
11	Anshuman Kumar Panda	P
12	Anuj Nautiyal	P
13	Anuj Yadav	P
14	Aradhye Eeshan Maneesh	P
15	Arushi	(A)
16	Ashutosh Kumar	(A)
17	Ashutosh Pratap Singh	P
18	Astha Bhatt	P
19	Attar Shifa Zakir	P
20	Ayush Tyagi	P
21	Bahekar Kanchan Anup	P
22	Banker Tej Kiritkumar	P
23	Bhamare Aniket Hemant	P
24	Chandak Sonal Sudhir	P
25	Chavan Mansi Raju	P
26	Delna Shaji	P
27	Desai Atharva Rajey	P
28	Deshmukh Anushk Sharad	(A)

Roll No.	Name of the Student	Remark
29	Dhoble Mayur Maruti	P
30	Dhumal Jairaj Sanjay	P
31	Dikkatwar Meghmalhar P.	P
32	Dinesh Chopane	P
33	Dod Sanket Sanjayrao	P
34	Dundale Ruchika Santosh	P
35	Fernandes Frederick A.	P
36	Gaikwad Adesh Sanjay	P
37	Gajendra Singh	P
38	Garmode Sagar Keshav	(A)
39	Gopal Mahesh Kavthekar	P
40	Gupta Shubham L.	P
41	Hemanshi Sirohi	P
42	Himanshi Sharma	P
43	Hiran Maity	(A)
44	Hudekar Dhananjay S.	(A)
45	Hudekar Pavan Suresh	P
46	Indoria Vishal Sanjay	P
47	Ingole Pramod Fulchand	P
48	Irene Ann Cyriac	P
49	Jadhav Abhishek Anantrao	P
50	Jojare Vaishnavi Sanjay	P
51	Kachare Mrunal Mahesh	P
52	Kadam Rushikesh Balasaheb	P
53	Kalwane Swapnil Sanjay	P
54	Kanika	P
55	Karthika K B	P
56	Kashid Sanket Sampat	P
57	Kothari Naiya Bharat	(A)
58	Kulkarni Vallabh Vikas	P

Roll No.	Name of the Student	Remark
59	Kushal Saini	P
60	Ladge Vaibhavee Sanjay	P
61	Lavish Goyal	P
62	Laxmi Narayan	P
63	Mahalpura Sneha Subhash	P
64	Majeed Arham Gulam H.	P
65	Mayank Sharma	P
66	Mehak Budhiraja	P
67	Memane Kasturi Sanjay	P
68	Modi Gaurav Manoj	P
69	Murkute Sayli Manish	P
70	Naman Agarwal	P
71	Naveen	P
72	Navneeth Jayaprakash	P
73	Nemmaniwar Vidhi K.	P
74	Nihala Aboobacker	P
75	Nimisha Singh	P
76	Nitya Sachdeva	P
77	Notani Heena Murlidhar	P
78	Omkar Pandurang Chougale	P
79	Padmapriya R	P
80	Pallavi Kumari	P
81	Parth Roy	P
82	Patel Nikhil Virendra	P
83	Patel Rachana Naresh	P
84	Patil Akanksha Suhas	P
85	Patil Girija Ranjeet	P
86	Patil Krushnakant Kishnrao	P
87	Patil Pallavi Dhanajirao	P
88	Patil Rushikesh Balkrushna	P

Roll No.	Name of the Student	Remark
89	Patil Virendrasinh Dinkar	P
90	Pawar Saurabh Sudhakar	P
91	Phadke Prathamesh Vishwas	P
92	Powalkar Pradyumna Shrinivas	P
93	Prabhulkar Amulya Mangesh	P
94	Prajwal Thakur	P
95	Pranaya Prasad	P
96	Pranjal Gupta	P
97	Prasoon Kumar	P
98	Priya Sahni	P
99	Priyal Arun Ketkar	P
100	Rachit Arora	P
101	Raghuwanshi Anurag M.	P
102	Rahul Kumar	P
103	Rao Tejal Ramesh	P
104	Raunak Ganpat Sawant	P
105	Richa Pandey	P
106	Rishabh Khatter	P
107	Ritvik Roy	P
108	Ritwik Agrawal	P
109	Robin Sandhu	P
110	Rohit Saini	P
111	Rokade Sanskruti Shivshankar	P
112	Roshan Suresh	(A)
113	Ruhi Chahal	P
114	Sahasrabudhe Rohan Deepak	P
115	Saikat Basu	P
116	Saket Agarwal	P
117	Sange Uzma Kadir	P
118	Sarvagya Sharma	P

Roll No.	Name of the Student	Remark
119	Sarvajit Paul	P
120	Satish Kumar Jena	P
121	Sawalkar Rudrani Pravin	P
122	Sheena Bedi	P
123	Shegokar Pranjali Dinkar	P
124	Shetty Monika Anni	P
126	Shivam Gupta	P
127	Shivam Gupta	P
128	Shivam Wadhwa	P
129	Shruti Shreya	P
130	Siddharth Kushwaha	P
131	Singalreddy Abhinayreddy	P
132	Sonawane Bhushan Sanjay	P
133	Sujit Datta	P
134	Sukriti Singh	P
135	Suryansh Gupta	P
136	Suryawanshi Prateek Baban	P
137	Talpallikar Nikita Mahesh	P
138	Tayade Leena Ramesh	P
139	Thakare Shubham Suresh	P
140	Tushita Krishnan	P
141	Umang Seervi	P
142	Vaishnav Acharya	P
143	Vaishalee Mohapatra	P
144	Vanie Munjal	P
145	Varad Shyam Dahale	P
146	Vidushi Agrawal	P
147	Vidushi Dixit	P
148	Viraj Desai	P
149	Vivek Kumar Sharma	P
150	Yash Mehrotra	P

Nikam
Dr. Mrs. V. R. Nikam
 Prof. & Head, Dept. of Anatomy
 D. Y. Patil Medical College,
 Kolhapur.

D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR

DEPT. OF PHYSIOLOGY

PROGRESS REPORT

I I- Term [Batch 2017-2018]

7/3/2018

To,

The Dean,

D.Y.Patil Medical College, Kolhapur

Subject: Report of “ **Mobile Meditation Bus Unit**” by Prajapati Brahma Kumaris Ishwariya Vishwa Vidyalaya

Respected Sir/Madam ,

The department of physiology had organized for visit of Prajapati Brahma Kumaris Mobile Meditation Bus unit for 1st MBBS students on 3rd March 2018 at DYPatil medical college campus between 11.00 am to 1.00 pm.

It was started with Welcome of Prajapati Brahma Kumaris mobile meditation bus unit members .Then as per our traditions the pooja of the mobile bus was done by Vice Principal Dr A D Patil , Academic Dean Preclinical

departments Dr V R Nikam, HOD Physiology Dr P R Desai, and Faculty members of Physiology department. Total 87 students were present. Students in a batch of 25 were sent. The members highlighted the students about the bus campaign. It started in 2017 and getting completed in 2020. Aims of this project is as follows

1. Promoting youth as a change agent through positivity.
2. Preparing people to achieve the objective of cleanliness.
3. Inspiring youth to inculcate spiritual values and character building through Rajyoga Meditation.

This mobile bus is especially designed Exhibition bus on the themes of swachh Bharat, spiritual values & character building, yoga and meditation, positivity. Show casing ideal youth Role models who have practiced and applied the above in their practical lives.

Promoting and educating the above themes through cultural activities, multi media presentations, Talk shows, street plays etc.

Lecture was very light throwing, explaining the importance of such stress eliminating activities in our busy hectic life. They made it very clear that it is need of the era to keep ourselves fit n fine to over come all types of stresses in life. They motivated the students to participate in such activities. Such type of campaign is covered by them in all youth areas. At the end we thanked them for this social service.

Thanks & regards,

(Dr. Mrs. P.R. Desai)

Professor & HOD of Physiology

Dr. Mrs. Padmaja R. Desai

Professor & Head,

Department of Physiology

D. Y. Patil Medical College, Kolhapur.

Photos attached





D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
DEPARTMENT OF PHYSIOLOGY
1st MBBS BATCH - 2017-18
ATTENDANCE OF
"Mobile Meditation Bus Unit"


By
Prajapati Brahma Kumaris Ishwariya Vishwa Vidyalaya
3rd March 2018

Sr. No	Roll No	Name of the students
1	1	AAKASH
2	2	ABHA DAGA
3	3	ADITYA NARAYAN DUBEY
4	4	AKANKSHA SUHAS PATIL
5	6	AMIT KUMAR
6	7	ANJALI GARG
7	8	ANJALI SHARMA
8	9	ANJANA
9	10	ANJANA RAJ
10	12	ANUJ NAUTIYAL
11	13	ANUJ YADAV
12	14	ANURAG MOHANSING RAGHUWANSHI
13	15	ANUSHK SHARAD DESHMUKH GAIKWAD
14	17	ARUSHI
15	18	ASHUTOSH KUMAR
16	19	ASHUTOSH PRATAP SINGH
17	20	ASTHA BHATT
18	21	ATTAR SHIFA ZAKIR
19	22	AYUSH TYAGI
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75	92	RACHIT ARORA

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76	93	RAHUL AHIRE
77	94	RAHUL KUMAR
78	102	ROKADE SANSKRUTI SHIVSHANKAR
79	104	RUHI CHAHAL
80	124	SINGALREDDY ABHINAYREDDY
81	126	SONAL SUDHIR CHANDAK
82	131	SWAPNIL SANJAY KALWANE
83	132	TEJAL RAMESH RAO
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86	146	VIRAJ DESAI
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(Dr. Mrs.P.R.Desai)
Prof. & HOD,
Dept. of Physiology
Dr. Mrs. Padmaja R. Desai
 Professor & Head,
 Department of Physiology
 D. Y. Patil Medical College, Kolhapur.

D.Y. Patil Medical College, Kolhapur.

Celebration of 4th International Yoga Day

On 21/6/2018, Thursday

Organized by

Dept. of Community Medicine, Dept. of Physiology,

Dept. of Microbiology & N.S.S. Unit

Topic

Demonstration of Aasanas

by

Mr. Vilas Nikam


Patanjali Yog Samiti, Kolhapur.

&

Dr. Deepak Deshkar

Assist. Professor in Dept. of Microbiology


Yoga consultant & member of Patanjali Yoga Samiti, Kolhapur.


Dr. Mrs. A.V. Wagh

Prof. & Head

Dept. of Community Medicine

PROF. & HEAD
Dept. of Community Medicine
D. Y. Patil Medical College, Kolhapur


Dr. Mrs. P.R. Desai

Prof. & Head

Dept. of Physiology


Dr. Mrs. R.A. Chougale

Prof. & Head

Dept. of Microbiology

Professor and Head
Department of Microbiology
D. Y. Patil Medical College,
Keshavnagar, Kolhapur-416000
Maharashtra - (India)


Dr. R.K. Sharma

Dean

D.Y. Patil Medical College, Kop

Dr. Mrs. Ashalata D. Patil
Vice - Principal,
D. Y. Patil Medical College,
Kolhapur

Time
9.00 am to 10.00 am

Venue

Auditorium, Ground floor, D.Y. Patil Medical College, Kolhapur

D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR

DEPT. OF PHYSIOLOGY

PROGRESS REPORT

**Report of 4th International Yoga Day celebration in
D Y Patil Medical College -2018**

25/06/2018

To,

The Dean,

D.Y.Patil Medical College, Kolhapur

Subject: Report of 4th International Yoga Day celebration in DYPatil Medical College.

Respected Sir,

4th International Yoga day was celebrated in D.Y.Patil Medical College, Kolhapur on 21th June 2018. “Yoga shibir” was arranged for all Students & Faculty members on 21st June, 2018 from 9.00 am to 10.00 am in the Auditorium of D.Y.Patil Medical College, Kolhapur.

Mr. Vilas Nikam from Patanjali Yog Samiti, Kolhapur and **Dr. Deepak Deshkar**, Assist.Professor, Dept.of Microbiology and Yoga consultant & member of Patanjali Yoga Samiti, Kolhapur had demonstrated various **Asanas** to the participants. Medical

Students, Nursing Students, Faculty members & non-teaching staff of D.Y.Patil Medical College attended the programme.

The total no. of Beneficiaries were 150 The programme was jointly organized by Dept. of Physiology collaboration with Dept. of Community Medicine, Dept. of Microbiology & N.S.S. Unit of D.Y.Patil Medical College, Kolhapur.

Thanks & Regards

(Dr. Mrs. P.R. Desai)

Professor & HOD of Physiology

Dr. Mrs. Padmaja R. Desai
Professor & Head,
Department of Physiology
D. Y. Patil Medical College, Kolhapur.

Please find attached Photos












D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
DEPARTMENT OF PHYSIOLOGY
1st MBBS BATCH - 2017-18
ATTENDANCE OF
4th INTERNATIONAL YOGA DAY CELEBRATION
21st June 2018

Sr. No	Roll No	Name of the students
1	1	AAKASH
2	2	ABHA DAGA
3	3	ADITYA NARAYAN DUBEY
4	4	AKANKSHA SUHAS PATIL
5	6	AMIT KUMAR
6	7	ANJALI GARG
7	8	ANJALI SHARMA
8	9	ANJANA
9	10	ANJANA RAJ
10	12	ANUJ NAUTIYAL
11	13	ANUJ YADAV
12	14	ANURAG MOHANSING RAGHUWANSHI
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81	99	RITWIK AGRAWAL
82	100	ROBIN SADHU
83	102	ROKADE SANSKRUTI SHIVSHANKAR
84	104	RUHI CHAHAL
85	105	RUSHIKESH BALASAHEB KADAM
86	106	RUSHIKESH BALKRUSHNA PATIL
87	107	SAHASRABUDHE ROHAN DEEPAK
88	108	SAIKAT BASU
89	109	SAKET AGARWAL
90	110	SANKET SANJAYRAO DOD
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