

8.1.7

Describe the activities of specialized units like Physiotherapy, yoga and Naturopathy in the institutional within 500 words.

Institution is having specialised unit for physiotherapy and yoga in hospital premises. Regular sessions of yoga are conducted for students in this unit. Physiotherapy is also conducted by physiotherapist for IPD, OPD patients. Various kinds of physiotherapy exercise are advised for lumbar spondylitis, cervical spondylitis, knee joint pains, frozen shoulder, tennis elbow etc.

Yoga sessions are arranged for psychological patients also. It seems to be effective for various psychological disorders such as anxiety, depression, alcoholism etc.

Date – 01.02.2022

One day yoga course was conducted in the institute for 4th year B.H.M.S. students under value added courses. This course was conducted by Dr.Kulkarni A.A. Asso.Prof from Department of Practice of Medicine.

Excellent guidelines regarding practice of PRANAYAM & YOGA was demonstrated by teacher. Along with this she also demonstrated exact way of doing SURANAMASKAR.

About 25 students taken active participation in this course & learn many things from Yoga along with it's importance in day to day life to combat with Stress.

Certificates were distributed at the end of course to all participants.

Every year on 21st June International yoga day is celebrated in the institute. In year 2022 Yoga week was celebrated as per guidelines given by National Commission For Homoeopathy & Ayush ministry, New Delhi . Reports are enclosed.



Gupk.v.
Principal
Anantrao Kanase Homoeopathic
Medical College & Hospital
Alephata

Anantrao Kanase Homoeopathic Medical College & Hospital

A/P – Alephata, Tal – Junnar, Dist – Pune. (Maharashtra)
Ph – 7028196080 / 9637090640, Email Id – akhmcr@hotmail.com

International Yoga Week 40 minutes session for 8 days (14/06/2022 to 21/06/2022)

International Yoga week was celebrated in Anantrao Kanase Homoeopathic Medical College & Hospital according to guidelines given by circular No. 2300 dated 26 May 2022, published by N.C.H, New Delhi.

College council meeting was conducted after receiving circular. Teacher's committee was formed as follows & responsibility of organization of program was given to following committee.

Sr.No.	Name of the teacher	Designation
1	Dr. K. V. Gholap	Program in charge
2	Dr. Kanase S.C.	Member
3	Dr. Kulkarni A.A.	Member
4	Dr. Dahale S.S.	Member
5	Dr. Wankhede B.B.	Member
6	Dr. Gholap R.K.	Member
7	Mrs. Gaykwad Chhya	Member

All guidelines were given to this committee regarding conduction of Yoga Week from 14/06/2022 to 21/06/2022.

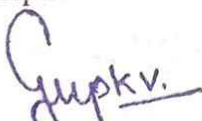
Daily Yoga sessions were conducted by above committee members.

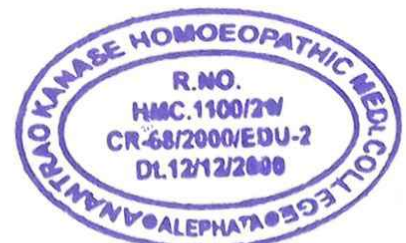
Day 1 - 14/06/2022 Tuesday

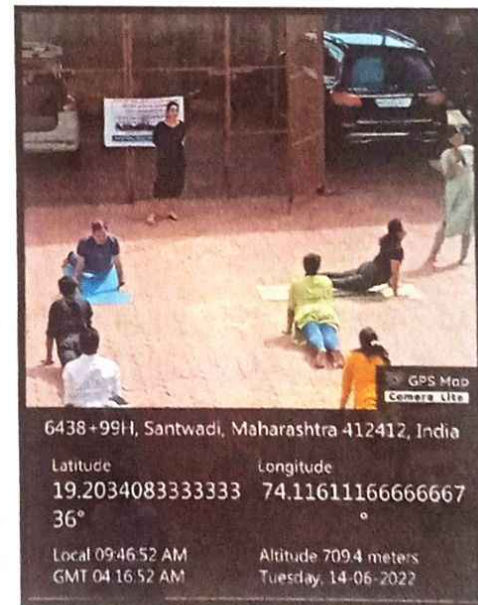
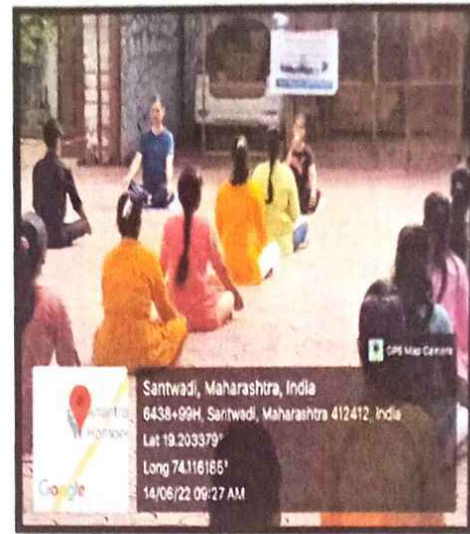
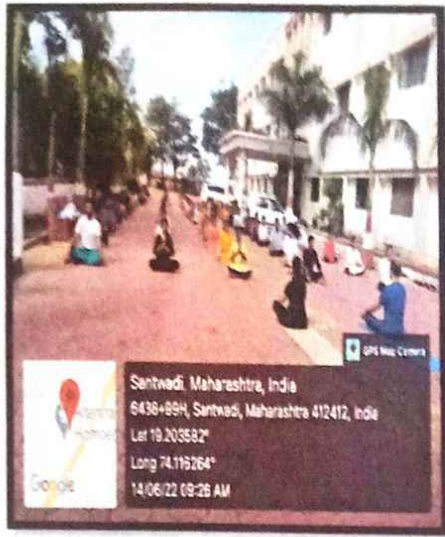
On this day Yoga session was conducted by Dr. Kanase S.C. Professor Department of Obstetric & Gynecology. She first explained importance of doing Yoga in day to day practice. Then she explain & demonstrated various asanas like Tadasan, Urdhvahastasan, Uttanasan, Adhomukhswanasan, Urdhvamukhaswanasan ect. She explained how to do Suryanamaskar with the help of all these asanas. All Students performed 12 Suryanamaskar on first day.

After finishing it she explained Pashimottanasan which is most difficult asana in sitting position.

All participated students enjoyed this program.


Principal
Anantrao Kanase Homoeopathic
Medical College & Hospital
Alephata





Dr. Kanase S.C. conducting Yoga activity on 14/06/2022 in institute premises.

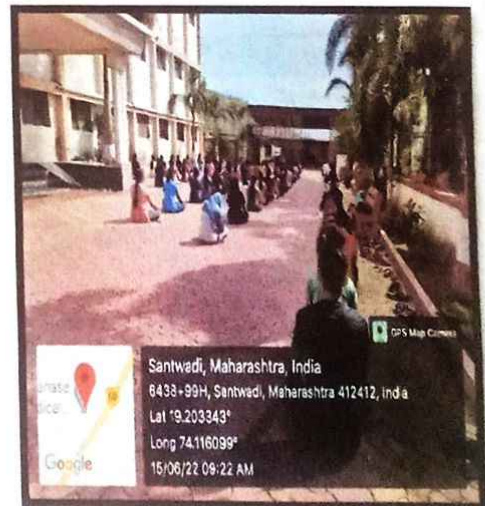
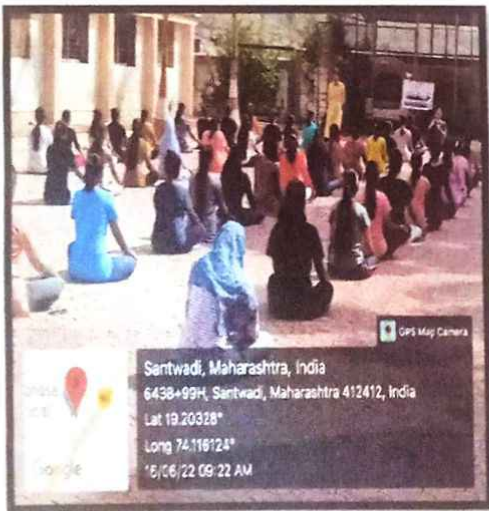
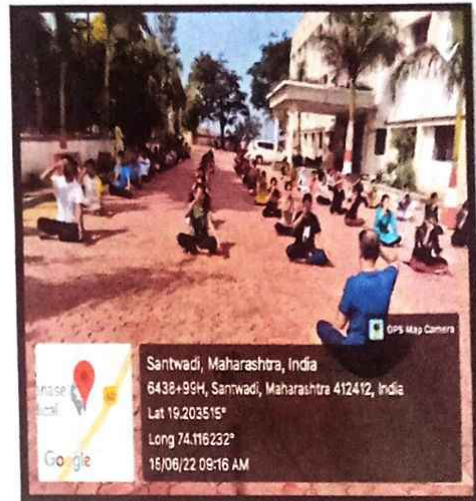
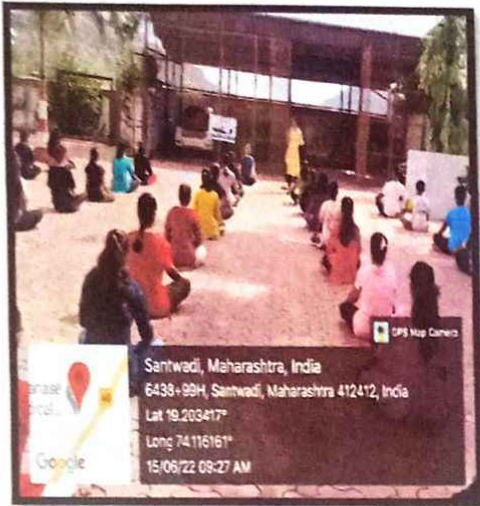


Sujk.v.
 Principal
 Anant Rao Kanase Homoeopathic
 Medical College & Hospital
 Alephata

Day 2 – 15/06/2022 Wednesday

Today's session was conducted by Program coordinator Principal Dr. Gholap K.V.sir.

He first demonstrated 3 steps Pranayama Anulom- Vilom. All students followed his instructions & performed it well. Then he demonstrated Kapal-Bhati. Lastly he demonstrated BhasrikaPranayam. All students performed these three pranayama in nice manner. After pranayama session all student did 12 suryanamaskar& program ends.



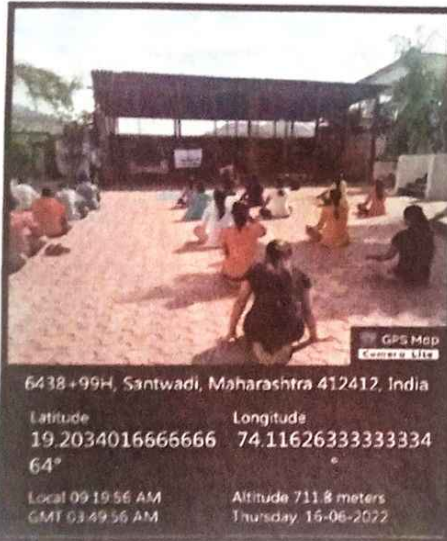
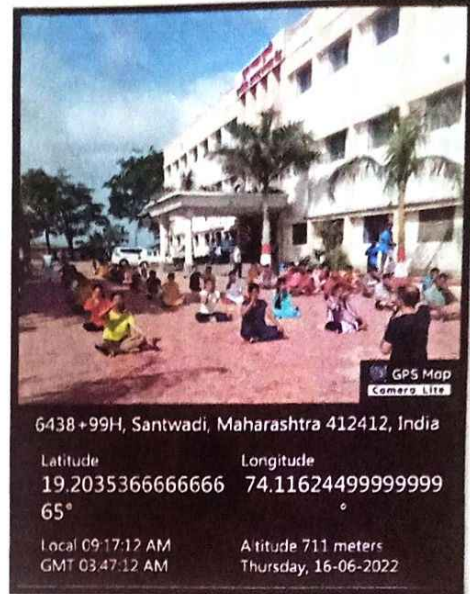
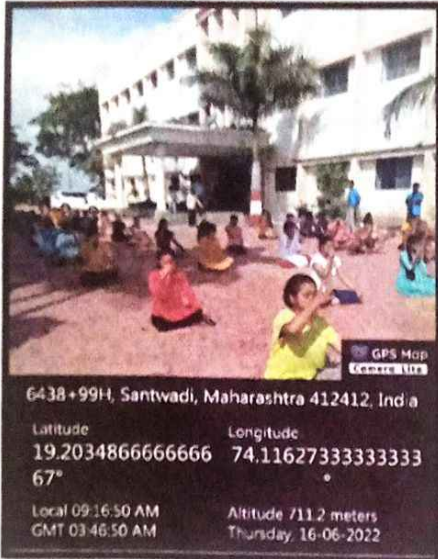
Dr. Gholap K.V. conducting Pranayam Yoga on 15/06/2022.

G.K.V.
Principal
Anantrao Kanase Homoeopathic
Medical College & Hospital
Alephata



Day-3 - 16/06/2022, Thursday -

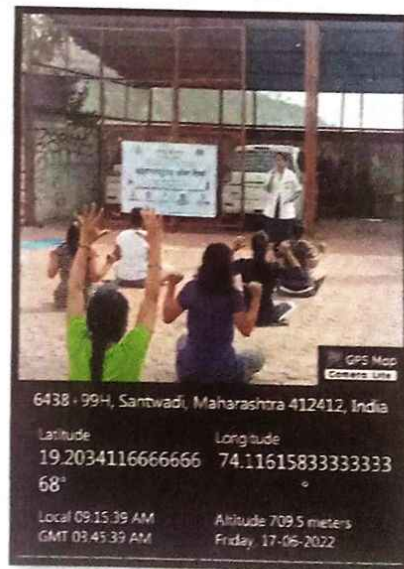
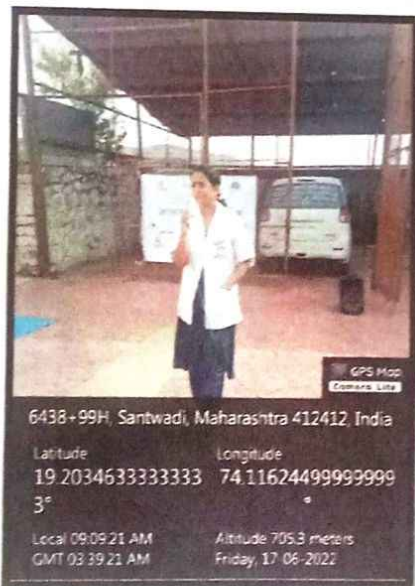
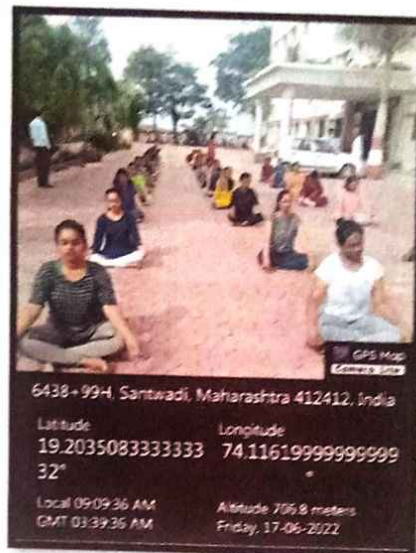
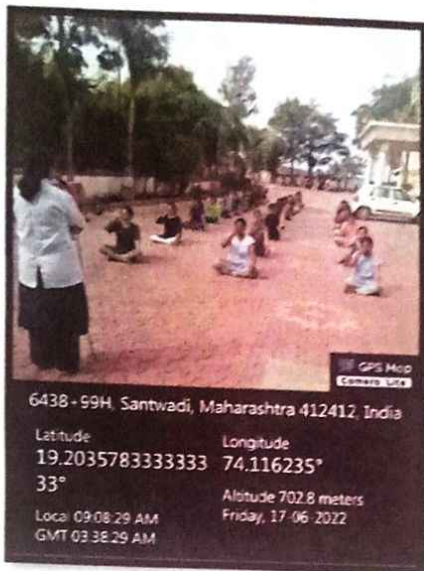
Today's Yoga Session was conducted by principal Dr. K.V. Gholap and Dr. Kulkarni Aparna A. (Asso. Prof. Medicine). They first conducted "Pranayama" like Anulom-Vilom, Kapalbhathi, Bhasrika. After this they conducted "Surya Namaskar". Dr. Kulkarni A.A. also conducted few Asana's in sitting position like Paschimotasan and Chakrasan.



S.K.V.
Principal
Kanase Homoeopathic
Medical College & Hospital
Alephata

Day-4 - 17/06/2022, Friday -

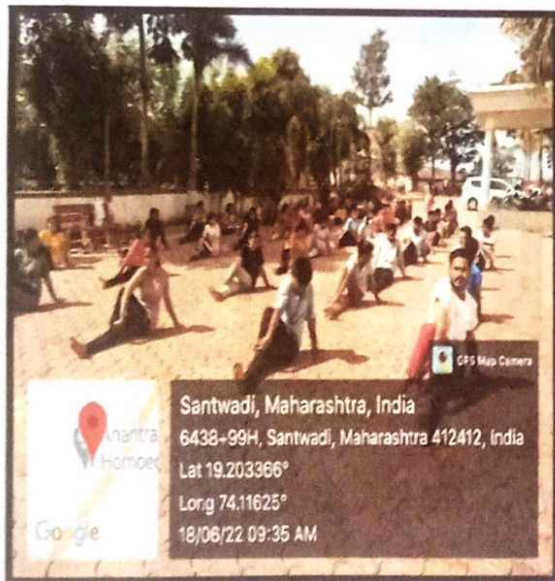
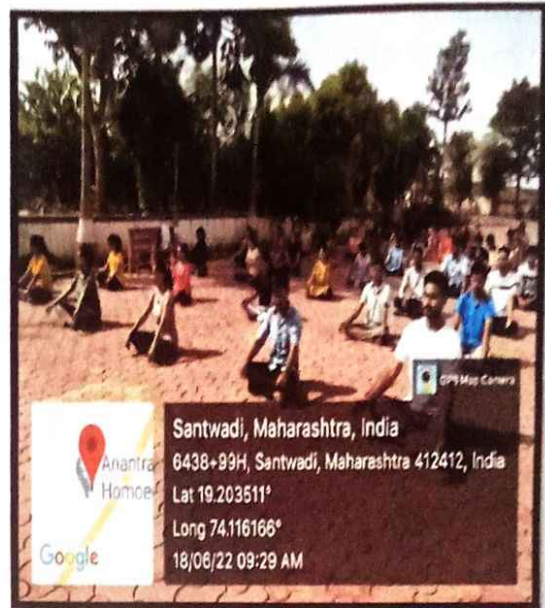
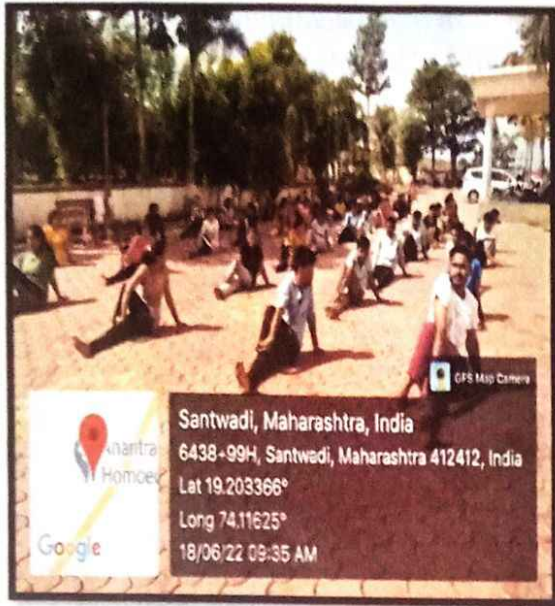
Today was fourth day of Yoga week and today's session was conducted by Dr. Gholap R.K. (Asso. Prof., Pathology). She first conducted Pranayama like Anulom-Vilom, Kapalbhati, Bhasrika. Later on she conducted Asanas in sitting position like Paschimotasan, Chakrasan and Ardhamacchindrasan. At last she conducted session of 12 "Suryanamskar".



Gupkv.
 Principal
 Anant Rao Kanase Homoeopathic
 Medical College & Hospital
 Alephata

Day-5 - 18/06/2022, Saturday -

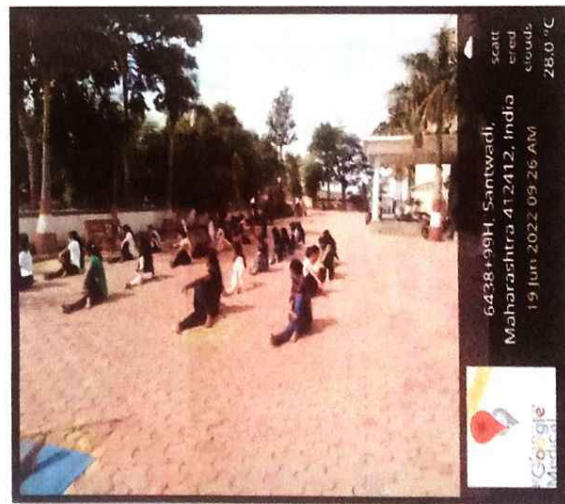
Today's session was conducted by Dr. Wankhede Bhagyashree (Assi. Prof.). She first conducted Pranayama followed by Asanas in sitting position. Lastly she conducted session of 12 "Suryanamskar."



Sujk.v.
Principal
Anantara Kanase Homoeopathic
Medical College & Hospital
Alephata

Day-6 - 19/06/2022, Sunday -

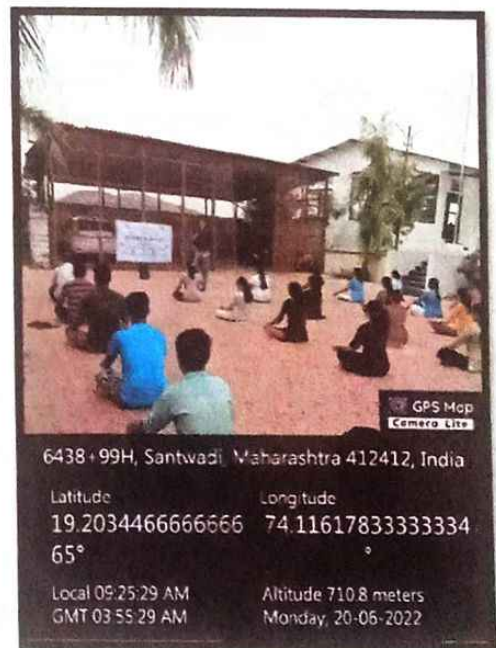
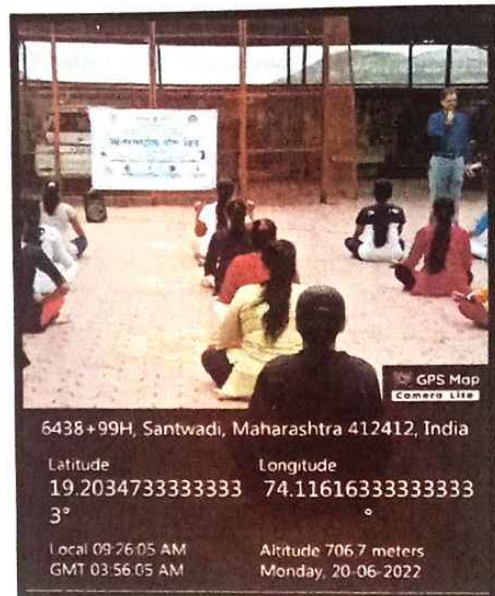
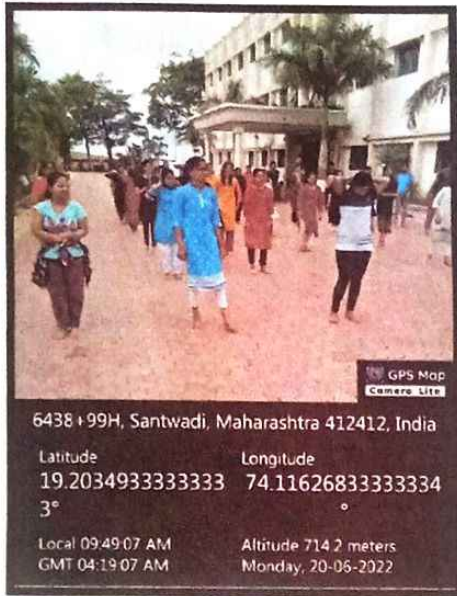
Today's session was conducted by Mrs. Chhaya Gaikwad (Rector). She first conducted above three types of Pranayama. Then she conducted Asanas in sitting position. Lastly she conducted 12 Suryanamskar.



Sujk.v.
Principal
Anant Rao Kanase Homoeopathic
Medical College & Hospital
Alephata

Day-7 - 20/06/2022, Monday -

Today's program was conducted by program coordinator Principal Dr. Gholap K.V. sir.& Dr. Wankhede B. Madam. First Dr. Gholap K.V. sir conducted Anulom-Vilom Pranayama, Kapal-Bhati Pranayama & Bhasrika Pranayama respectively. After this session Dr. wankhede B. madam conducted some Yogasana in sitting position like Paschimottanasan, Vakrasana etc. Lastly Dr. Gholap K.V. sir carried out session of 12 Suryanamaskar.

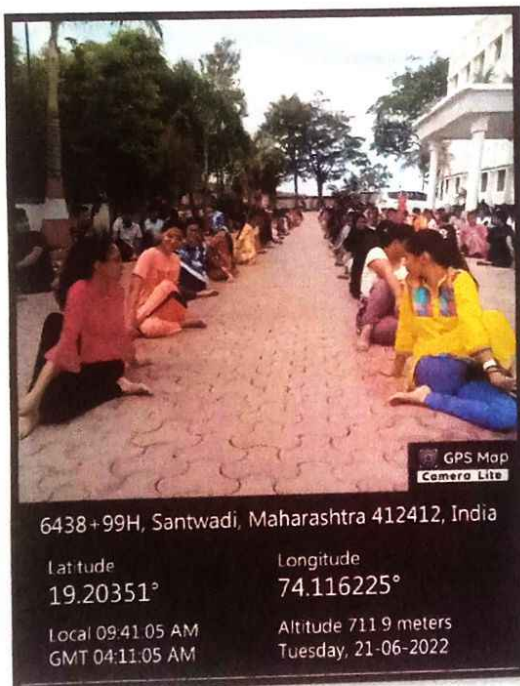


Gupkv.
Principal
Anant Rao Kanase Homoeopathic
Medical College & Hospital
Alephata

Day-8 - 21/06/2022, Tuesday - (International Yoga Day)

Today was last day of celebration of Yoga week at Anantrao Kanase Homoeopathic Medical college & Hospital Alephata, Tal Junnar Dist. Pune. Today's attraction was of Suryanamaskar Competition. Before organization of competition, Program coordinator Dr. Gholap K.V. sir conducted Pranayama session. After this Dr. Kulkarni A. A. Madam, Dr. Gholap R.K. Madam and Dr. Wankhede B. Madam conducted Yogasana in Sitting Position, like like Paschimottanasana, Vakrasana etc. After this Suryanamaskar competition was conducted by programme co-ordinator Dr. Gholap K. V. sir. All students and staff of institution taken active participation in it. Winner students were awarded with certificate. Feedback from students of institution was very nice and they all enjoyed programme a lot.

In evening session Yoga Workshop was carried out in seminar hall at 4.00 pm by Mr. Dhananjay Kumar and his Team. He demonstrated "Shaj Yoga Meditation" for all students and conducted Yoga Workshop on this subject.

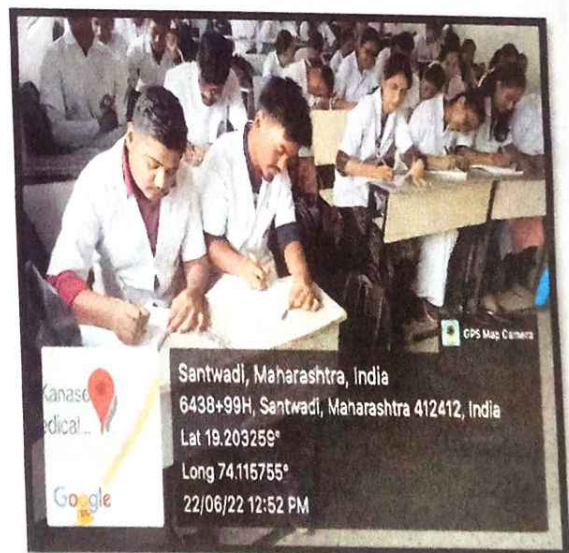
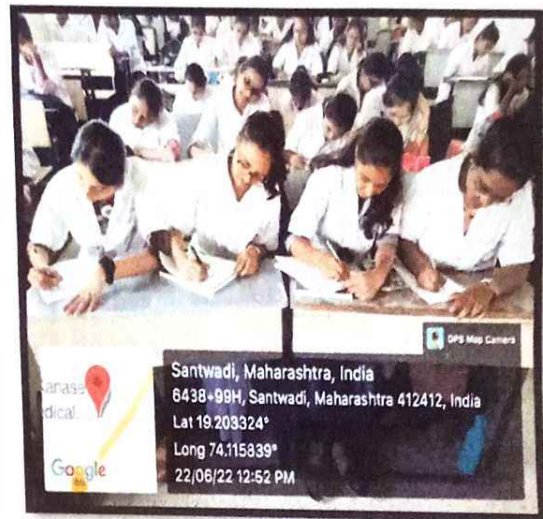
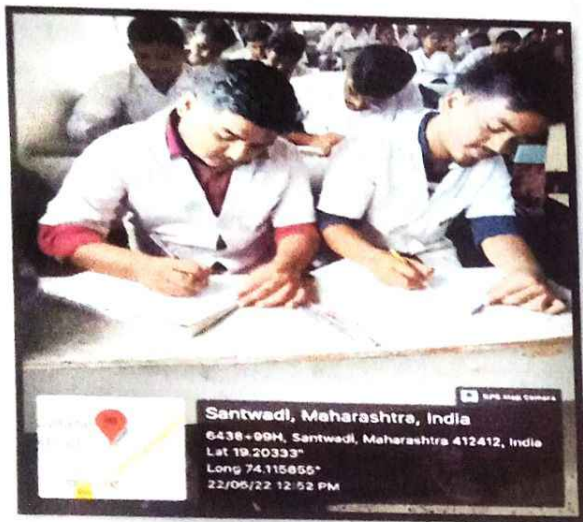


S. G. Kulkarni
Principal
Anantrao Kanase Homoeopathic
Medical College & Hospital
Alephata



Essay writing Competition -

- 1) Mali Shilendra Santosh
- 2) Pagarkar Inshiya
- 3) Jadhav Panan



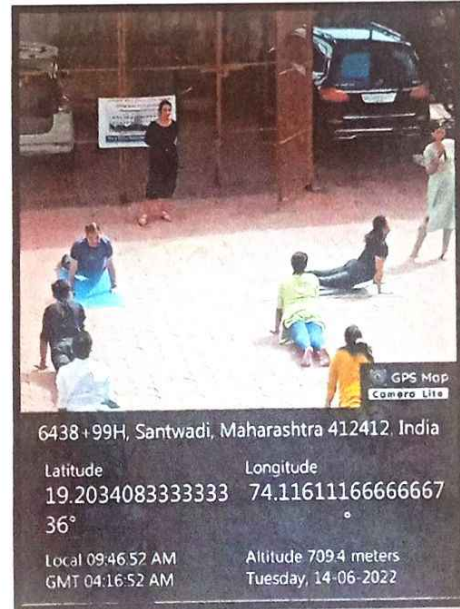
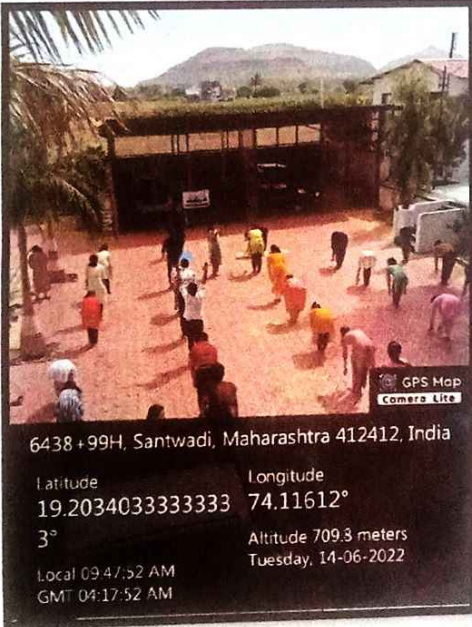
Gupkv.

Principal
Anantrao Kanase Homoeopathic
Medical College & Hospital
Alephata



Suryanamaskar Competition winners -

- 1) ShirudkarRhushika Deepak
- 2) YdavShubham Ashok
- 3) PawarMalviksHanumant
- 4) SonawaneSudikshaPramod
- 5) DongareSneha Deepak
- 6) VaratSachinHanumant
- 7) Mishra SNeHaRajendra
- 8) PitaleSahil Sunil
- 9) KuteArjun Ram
- 10)GaikwadSankarBaburao
- 11)Bhabad Rahul Kalyan
- 12)ParadhiAdityaBalu
- 13)LandgeManasiTukaram
- 14)Dhygude Ajay Vankatrao
- 15)AnusayaYesudoss
- 16)JadhavPrachiSheshrao
- 17)KumbharPratiksha Ganesh
- 18)GhayradakeShusritaShridhar

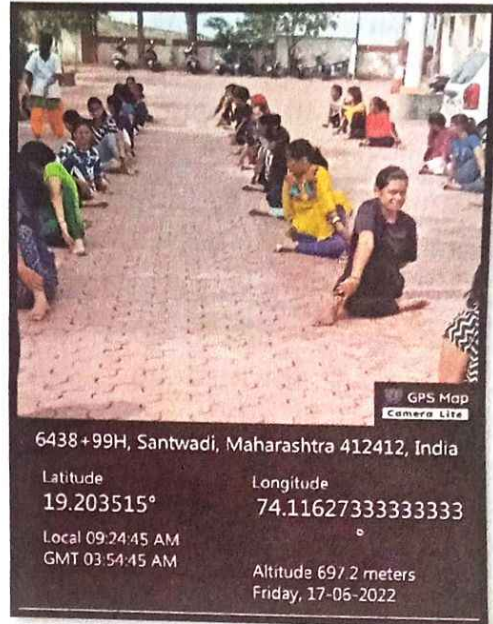
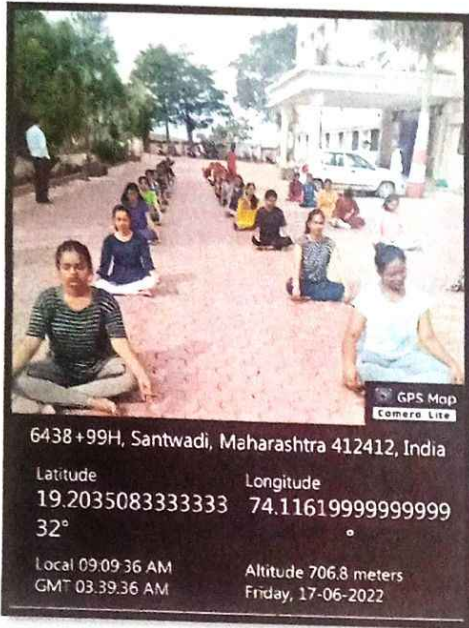


Gupkv.

Principal
Anant Rao Kanase Homoeopathic
Medical College & Hospital
Alephata

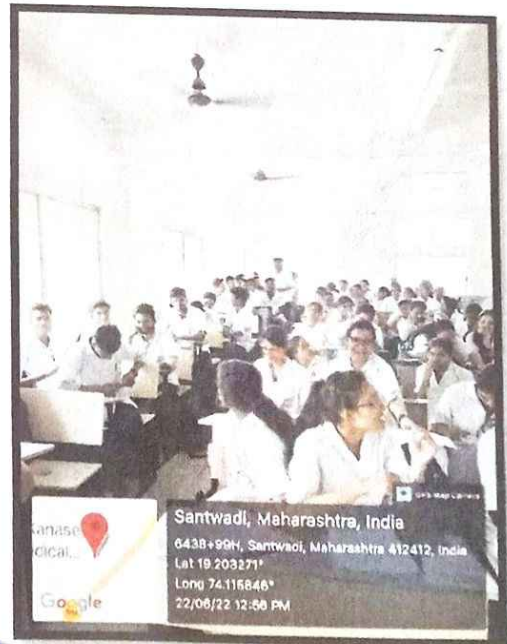
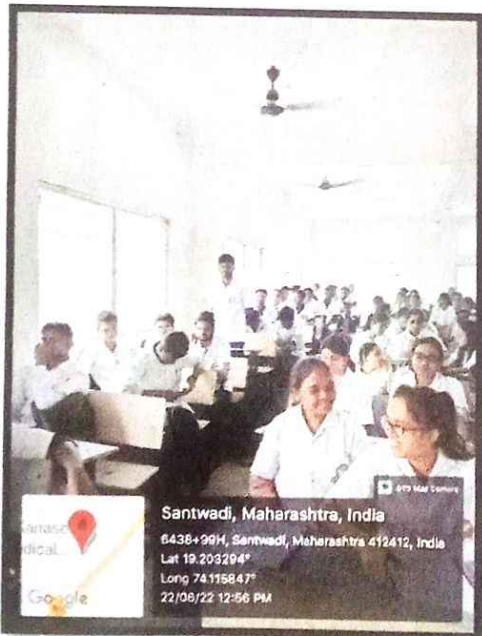
Yoga Competition winners -

- 1) Ghumbare Anjali Shrikant
- 2) Pawar Malvika Hanumant
- 3) Dhaigude Ajay Vaiktrao



Question & Answer Session -

- 1) Patil Vivek Devidas
- 2) Yadav Shubham Ashok
- 3) Ghumbare Anjali Shrikant



Sujpkv.
Principal
Anant Rao Kanase Homoeopathic
Medical College & Hospital
Alephata



GPS Map Camera Lite
 6438+99H, Santwadi, Maharashtra 412412, India
 Latitude 19.203445° Longitude 74.11614333333334
 Local 09:42:45 AM GMT 04:12:45 AM
 Altitude 708.3 meters Tuesday, 21-06-2022



GPS Map Camera Lite
 6438+99H, Santwadi, Maharashtra 412412, India
 Latitude 19.20355333333333 Longitude 74.11620333333333
 Local 09:38:40 AM GMT 04:08:40 AM
 Altitude 708.3 meters Tuesday, 21-06-2022



GPS Map Camera
 Anantra Homoeo
 Santwadi, Maharashtra, India
 6438+99H, Santwadi, Maharashtra 412412, India
 Lat 19.203366° Long 74.11625°
 18/06/22 09:35 AM

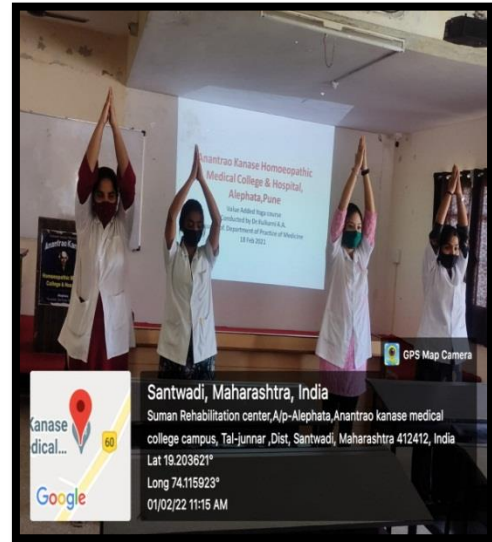
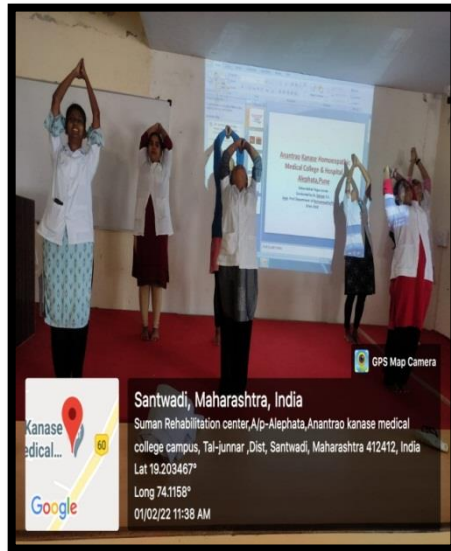


GPS Map Camera
 Anantra Homoeo
 Santwadi, Maharashtra, India
 6438+99H, Santwadi, Maharashtra 412412, India
 Lat 19.203366° Long 74.11625°
 18/06/22 09:35 AM



[Signature]
 Principal
 Anantrao Kanase Homoeopathic
 Medical College & Hospital
 Alephata

International Yoga Day 2022



Students are doing Value added Yoga course



Students are doing Value added Yoga course , Principal, Dr.K.V.Gholap giving address on the occasion of courseYoga



S.K.V.
Principal
Ananttrao Kanase Homoeopathic
Medical College & Hospital
Alephata



Gupkv.
Principal
Anant Rao Kanase Homoeopathic
Medical College & Hospital
Alephata



Suman Rehabilitation center, A/ p-Alephata, Anantrao
24 Jul 2023 01:32 pm
over cast clouds 23.0



Suman Rehabilitation center, A/ p-Alephata, Anantrao
24 Jul 2023 01:52 pm
over cast clouds 23.0



Gupkv.
Principal
Anantrao Kanase Homoeopathic Medical College & Hospital Alephata