

**DEPARTMENT OF COMMUNITY MEDICINE**  
**INTERNATIONAL YOGA DAY ACTIVITY REPORT 21/06/2024**

1.	Name of the activity	<b>INTERNATIONAL YOGA DAY</b>
2.	Date	21/06/2024
3.	Time	11:00 AM TO 1:00 PM
4.	Venue	RHTC, SUDUMBARE
5.	Total number of participants/beneficiaries	25-30
6.	Faculty / Medical team	Dr. Maya Kshirsagar, Dr. Abhay Topkhane, Dr. Prahlad Patil, Dr. Snehal Sharma(MPT-JR1), Dr. Harshal Patel(Physiotherapy Intern), RHTC Interns and Staff
7.	In-charge	Dr. Maya Kshirsagar
8.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	<p>On the occasion of “International Yoga Day 2024” yoga session along with guided meditation session was organised at RHTC, Sudumbare. The theme of this year is <b>“Yoga for Self and Society”</b>. The program was initiated with the discussion of stress in day-to-day life. The detailed information regarding importance of yoga for stress management, healthy life and well-being was given to the audience. The speech was followed by yoga session which included various asana and their benefits. The audience was also informed about meditation.</p> <p>This activity was held under the able guidance of HOD &amp; Prof. of Department of Community Medicine, Dr. S.V. Chincholikar, I/C RHTC Associate, Dr. Maya Kshirsagar, and Medical Officer Dr. Abhay Topkhane and Dr. Prahlad Patil.</p>
9.	Circular / Notification (Date, time, venue, guest, speaker, faculty etc.)	Not attached
10.	Pamphlet	Not attached
11.	Attendance (if applicable)	Attached
12.	Coloured geo-tagged photos (2 to 4)	Attached

## **Attendance (21/06/2024)**

Dr. Abhay Topkhane

Dr. Prahlad Patil

Dr. Snehal Sharma

Dr. Harshal Patel

Dr. Anuja Shinde

Dr. Deepika Shirsat

Dr. Sreya Subramanyam

Dr. Aryan Surve

Dr. Sakshi Walke

Dr. Ankita Yadav

Dr. Mrudula Joshi

Dr. Radha Pahune

Dr. Bhagyashree Warnik

Dr. Monica Dabhade

Dr. Omkar Vasant Shinde

Dr. Akash Vanove

Dr. Shubham Tekale

Dr. Amol Bhalewad

Dr. Krushna Bobade

Sister Botre

Sister Gaikwad



GPS Map Camera

Sudumbre, Maharashtra, India  
QQ43+5HW, Sudumbre, Maharashtra 412109, India  
Lat 18.754965°  
Long 73.753119°  
21/06/24 11:08 AM GMT +05:30



GPS Map Camera

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