

DEPARTMENT OF COMMUNITY MEDICINE

International Yoga Day 2024

1	Name of the activity	International Yoga Day
2	Date	21/06/2024
3	Time	11.00am to 12.30pm
4	Venue	UHTC : Ganpati Chowk
5	Total number of participants/beneficiaries	14
6	Faculty / Medical team	Dr. Aastha Pandey and Dr. Ratna Majumdar, UHTC interns and staff Interns:
7	In-charge	Dr. Aastha Pandey
8	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestion)	<p>World Yoga Day is a global event celebrated annually on 21st June to raise awareness and promote adoption of yoga and its benefits.</p> <p>This session was conducted by the interns of PSM and Physiotherapy under the guidance of Dr. Ratna Majumdar and Dr. Aastha Pandey</p> <p>Aim of the session was to inform the people about the benefits of YOGA. It's benefit on their metabolism, increasing suppleness of their body, their vigor. It reinforced the connection with their own body and helps in de-Stressing</p>
9	Circular / Notification (Date, time, venue, guest, speaker, faculty etc.)	No
10	Pamphlet	NO
11	Attendance (if applicable)	-
12	Coloured geo-tagged photos (2 to 4)	Attached

DEPARTMENT OF COMMUNITY MEDICINE

International Yoga Day

21/06/ 2024

UHTC

Faculty Medical Team

1. Dr. Aastha Pandey
2. Dr. Ratna Majumdar

Intern Name

1. Dr.Sonal Biyani
2. Dr.Isha Sawant
3. Dr.Eisha Sawant
4. Dr.Anushka Shetty
5. Dr.Riya Shah
6. Dr.Shonali Shenoy
7. Dr.Shyamli Kulkarni



Talegaon Dabhade, Maharashtra, India

Ganpati Chowk, PMCQ+FG4, Bazar Peth Rd, Rajwada, Bhegade Aali, Talegaon Dabhade, Maharashtra 410506, India

Lat 18.721132°

Long 73.688852°

21/06/24 11:32 AM GMT +05:30



Google



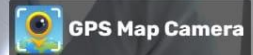
Talegaon Dabhade, Maharashtra, India

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21/06/24 11:30 AM GMT +05:30



Google

Yoga day. 21/6/24

Sr. No.	Name O A	mob No.	Sign
1)	Rishu Swaraj Oswal	9767411060	<u>Rishu</u>
2)	Shweta Sumit Oswal	914633008	<u>Shweta</u>
3)	Kamal Arjun Gund		<u>Kamal</u>
4)	Bhagyashree Ghumaste	8308183533	<u>Bhagyashree Ghumaste</u>
5)	Ravati Pratik Oak	9665279404	<u>Ravati Pratik</u>
6)	Savitri Dhabade	9850607758	<u>Savitri</u>
7)	Dr. Vidya Pawar	9860313526	<u>Dr. Vidya</u>
8)	Priyanka Sirsewad	8208210009	<u>Priyanka</u>
9)	Dr. Sonal Biyani	9527745267	<u>Dr. Sonal</u>
10)	Jaha Sawant	8879388779	<u>Jaha</u>
11)	Eisha Sawant	7506115553	<u>Eisha</u>
12)	Anushka Shetty	9167782018	<u>Anushka</u>
13)	Niya Shah	8369294082	<u>Niya</u>
14)	Shonal Shetty	9619228567	<u>Shonal</u>
15)	Swati Patkarre	9049872620	<u>Swati</u>
16)	Dr. Shyami Kulkarni	7972103473	<u>Dr. Shyami</u>
17)	Sonal Narumkar	9527861018	<u>Sonal</u>
18)			