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Mahila Homoeopathic Medical College & Hospital Solapur

283/1 B Kolgiri Nagar, Hotagi Road, Majrewadi, Solapur. Tel. (0217) 2991315

5.1.2 Capability Enhancement And Development Schemes Employed By The Institution For Students

3. Yoga and wellness

	<p style="text-align: center;">PSPM's</p> <p style="text-align: center;">Mahila Homoeopathic Medical College & Hospital Solapur</p> <p style="text-align: center;">283/1 B Kolgiri Nagar, Hotagi Road, Majrewadi, Solapur. Tel. (0217) 2991315</p>
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MHMCH/PRIN/2022-2023/YM001

Date: 19/05/2023


CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Mindfulness Meditation a Yoga and wellness activity on 21/05/2023, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



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YOGA AND WELLNESS PROGRAM

Mindfulness Meditation



Date: 21/05/2023



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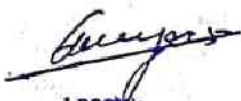
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ACTIVITY REPORT

Name of the Activity	Mindfulness Meditation	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	21/05/2023	10:30AM
Details of Participants	60	
Resource Person	Dr. SANDIP VITTHAL MAHAMUNI	
Description	<p>The Mindfulness Meditation and Yoga Wellness Activity held on 21-05-2023 at Mahila Homeopathic Medical College & Hospital marked a holistic approach to student well-being. Attended by 60 participants, this program integrated mindfulness meditation and yoga practices to promote mental and physical wellness among homeopathic students. The session included guided mindfulness exercises, meditation techniques, and yoga postures aimed at stress reduction and enhancing overall well-being. Facilitated by experienced instructors, the program emphasized the importance of self-care and mindfulness in the demanding field of homeopathy. This initiative aligns with the institute's commitment to nurturing not only the clinical skills but also the mental and emotional resilience of its students. The positive turnout reflects the growing acknowledgment of the importance of holistic wellness practices in the education and preparation of future homeopathic practitioners.</p>	
Photos		




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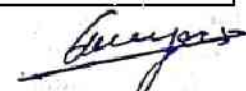
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Mindfulness Meditation
LIST OF PARTICIPANTS**Date: 21/05/2023**

S. NO	ROLL NO	NAME OF THE STUDENT
1	1107	MANE SHEJAL DATTATRAY
2	1108	MENGAJI SAKSHI PRAKASH
3	1109	MISAL PUNAM MANIK
4	1110	MULLA NIDA JAVED
5	1111	MULLA RAHMATBEGUM ASIF
6	1112	MUNDE YASHSHRI KHUSHAL
7	1113	NAGTILAK SHIVANI BHAGWANT
8	1114	PACHARE RASHMI GAJANAN
9	1115	PANGALE SNEHA SHRISHAIL
10	1116	PARDHE KAVITA DATTARAO
11	1117	PATIL NIVEDITA NANASAHEB
12	1118	PUJARI SHRUTIKA GANGADHAR
13	1119	QURESHI AAYERA A RAZZAQUE
14	1120	RAJGUDE DIVYA BALASAHEB
15	1121	RANPISE SHRUTI DEEPAK
16	1122	RASKAR PURVA VINAYAK
17	1123	RATHOD MANALI PADAMSING
18	1124	RONGE AKANKSHA ANANDA
19	1125	SALGARE VAIBHAVI PRAKASH




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20	1126	SATHE SMRUTI KUMAR
21	1127	SHAIKH ALIYA BEGAM U FAROOK
22	1128	SHAIKH IQRA FIRDOUS RUKUMODDIN
23	1129	SHAIKH KHADIJA IRFAN
24	1130	SHAIKH MUZNAH MOEEN
25	1131	SHAIKH OMERA AMIN
26	1132	SHAIKH RAFIYA ABDUL SATTAR
27	1133	SHAIKH SANIYA GAFFAR
28	1134	SHANKRASHETTI AMRUTA DAYANAND
29	1135	SHINDE MANSI MOHAN
30	1136	SHINGDA SUBHANGI SURESH
31	1137	SHIRGIRE SWATI KAMAJIRAO
32	1138	SULOKAR DIVYA SHRIRAM
33	1139	SUTAR SWATI VITTHAL
34	1140	UMRANI SHIVLILA JAGANNATH
35	1141	WAGHMARE JANHAVI RAJARAM
36	1142	WAGHMARE SANIKA SANJA
37	1143	YADAV SAYLI GANGADHAR
38	1144	YEWALE SWARANJALI SHASHIKANT
39	949	ACHKAL FIZA ASLAM
40	950	ALISHETTI PRANATHI JAGAN
41	951	ARAB ARSHIYA BEGUM MEHMOOD
42	952	BAIG NIDA NISAR
43	953	BAMMANAGE ANJALI GOURISHANKAR



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44	954	BHAIYYA SHRUSHTI RAHUL
45	955	BHOSALE ANKIA UMAJI
46	956	CHAUDHARY MUKTA BIMALKUMAR
47	957	CHITARI SABIYA RAJEBHAI
48	958	DARGOPATIL SHREYA PRASHANT
49	959	DEVGUNDE SNEHAL DATTATRAY
50	960	DHARME RUTUJA RAJENDRA
51	961	DHERE PRIYANKA BHASKAR
52	962	DOSHI SONAM SANJOG
53	963	EKMALLI DIPALI TANAJI
54	964	FULARE NANDINI CHANDRAKANT
55	965	GAIKWAD RAJANI NANASAHEB
56	966	GAJELI MEGHA PANDURANG
57	967	GHODKE ANKITA KUMAR
58	968	GIRADKAR RISHIKA SUNIL
59	969	GIRI AISHWARYA RAJENDRA
60	970	HONRAO PRATIKSHA DATTATRAY




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MHMCH/PRIN/2021-2022/YM002

Date: 19/06/2022

CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Yoga for healthy living a Yoga and wellness activity on 21/06/2022, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



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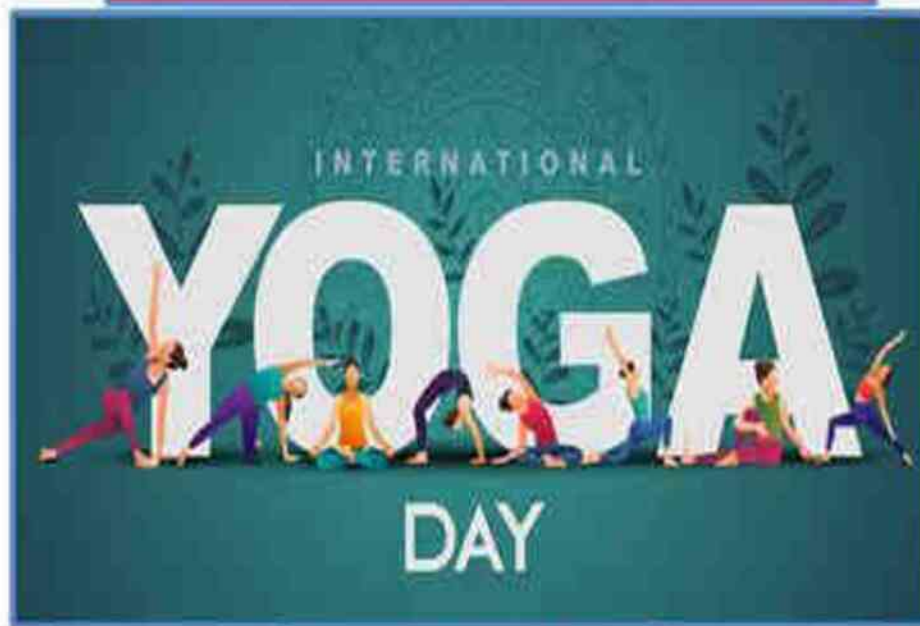
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YOGA AND WELLNESS PROGRAM

YOGA FOR HEALTHY LIVING



Date: 21/06/2022



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ACTIVITY REPORT

Name of the Activity	Yoga for healthy living	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	21/06/2022	10:30AM
Details of Participants	50	
Resource Person	Dr. MEENAL RATILAL SHAH	
Description	<p>The "Yoga for Healthy Living" session held on 21-06-2022 at Mahila Homeopathic Medical College & Hospital served as a dedicated endeavor to promote overall well-being among homeopathic students. With 50 participants in attendance, this yoga and wellness activity aimed to integrate yoga practices into the students' lifestyle for enhanced health. The session included a series of yoga postures, breathing exercises, and relaxation techniques designed to improve physical fitness, reduce stress, and foster mental clarity. Led by experienced yoga instructors, the program emphasized the importance of incorporating holistic practices into daily life to maintain a healthy balance between mind and body. Mahila Homeopathic Medical College & Hospital commitment to the well-rounded development of its students was evident in this initiative, acknowledging the integral connection between physical and mental health in the pursuit of excellence in homeopathic practice. The positive participation underscores the growing recognition of yoga as a valuable component of a health-focused curriculum.</p>	
Photos		



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Yoga for healthy living
LIST OF PARTICIPANTS**Date: 21/06/2022**

S. NO	ROLL NO	NAME OF THE STUDENT
1.	959	DEVGUNDE SNEHAL DATTATRAY
2.	960	DHARME RUTUJA RAJENDRA
3.	961	DHERE PRIYANKA BHASKAR
4.	962	DOSHI SONAM SANJOG
5.	963	EKMALLI DIPALI TANAJI
6.	964	FULARE NANDINI CHANDRAKANT
7.	965	GAIKWAD RAJANI NANASAHEB
8.	966	GAJELI MEGHA PANDURANG
9.	967	GHODKE ANKITA KUMAR
10.	968	GIRADKAR RISHIKA SUNIL
11.	969	GIRI AISHWARYA RAJENDRA
12.	970	HONRAO PRATIKSHA DATTATRAY
13.	971	INAMDAR GAJALA SAJID
14.	972	JADHAV SHIVANJALI SHRIRAM
15.	973	JAGTAP AKANKSHA SHEKHAR
16.	974	JAHAGIRDAR UZMA SHAKEEL
17.	975	KARAD ASHWINI UTTAMRAO
18.	976	KASHID NIVEDITA BHARAT
19.	977	KATTE GAYATRI MAHARUDRA
20.	978	KHAN FARHEEN KHANAM AKHIL



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21.	979	KHAN SHAEESTA MOHAMMED NOORE ALAM
22.	980	KHAN SHIFAKHANAM SHAKIL
23.	981	KHANDEKAR SHRADDHA POPAT
24.	983	KULKARNI ABOLI ARUN
25.	982	KULKARNI AKANKSHA SANTOSH
26.	985	LAHANE PRERANA MADHUKAR
27.	984	LAHANE SHWETA DNYANDEV
28.	986	MAGJI AISHWARYA SANJAY
29.	987	MAIGIRI ALFIYASHER
30.	988	MALJI SHIVANI VYANKUSA
31.	989	MALODE SHRUTI SHIVSHANKAR
32.	990	MANE SRUSHTI BAPURAO
33.	991	MASAL PRIYANKA PANDIT
34.	992	MASAN PRANITA GOVIND
35.	993	MATHE SMITA AJAY
36.	994	MOMIN EKRA ABRAR AHMED
37.	995	MORE DIPALI ASHOK
38.	996	MULANI SABAHATJAHAN VAZIR
39.	997	MULLA SHARIFA ABDULKARIM
40.	998	NADAF ALSAFA JAMEEL
41.	999	NADAF FATIMA SAIPAN
42.	1001	NANNAJKAR PRATIKSHA PANDIT
43.	1002	NARAYANKAR PRACHI PRAKASH
44.	1003	NAWALE KOMAL ASHOK




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45.	1004	NAYKUDE POONAM PANDURANG
46.	1005	NILGAR JANHAVI MAHESH
47.	1006	PALLI VAISHNAVI NAGESH
48.	1007	PASKANTI KRISHNAVENI DAMODAR
49.	1008	NIVEDITA PATIL
50.	1009	SANDHYA PATIL




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MHMCH/PRIN/2020-2021/YM003

Date: 19/05/2021


CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Transcendental Meditation Workshop" a Yoga and wellness activity on 21/05/2021, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



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YOGA AND WELLNESS PROGRAM

Transcendental Meditation Workshop



Date: 21/05/2021



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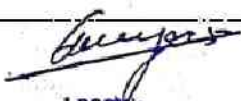
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ACTIVITY REPORT

Name of the Activity	Transcendental Meditation Workshop	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	21/05/2021	10:30AM
Details of Participants	45	
Resource Person	Dr. VIJAY NAGESH CHAVAN	
Description	<p>The Transcendental Meditation Workshop conducted on 21-05-2021 at Mahila Homeopathic Medical College & Hospital exemplified the institute's commitment to holistic well-being. Attended by 45 participants, this yoga and wellness activity aimed to introduce and cultivate the practice of Transcendental Meditation (TM) among homeopathic students. Facilitated by experienced meditation instructors, the workshop delved into the principles and techniques of TM, emphasizing its potential benefits for stress reduction, enhanced focus, and overall mental well-being. The participants were guided through meditation sessions and provided with tools to incorporate TM into their daily routines. This initiative aligns seamlessly with the institute's dedication to nurturing not only the clinical proficiency but also the mental and emotional resilience of its students. The positive participation reflects the growing acknowledgment of the importance of meditation practices in promoting a balanced and healthy lifestyle within the homeopathic community.</p>	
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Transcendental Meditation Workshop
LIST OF PARTICIPANTS**Date: 21/05/2021**

S. NO	ROLL NO	NAME OF THE STUDENT
1.	201989	KULKARNI ABOLI ARUN
2.	201990	KULKARNI AKANKSHA SANTOSH
3.	201991	LAHANE PRERANA MADHUKAR
4.	201992	LAHANE SHWETA DNYANDEV
5.	201993	MAGJI AISHWARYA SANJAY
6.	201994	MALJI SHIVANI VYANKUSA
7.	201995	MALODE SHRUTI SHIVSHANKAR
8.	201996	MASAL PRIYANKA PANDIT
9.	201997	MASAN PRANITA GOVIND
10.	201998	MATHE SMITA AJAY
11.	201999	MOMIN EKRA ABRAR AHMED
12.	202000	MORE DIPALI ASHOK
13.	202001	MOULAVI RAFI PARVEZ
14.	202002	MULANI SABAHATJAHAN VAZIR
15.	202003	MULLA SHARIFA ABDULKARIM
16.	202004	NADAF ALSAFA JAMEEL
17.	202005	NADAF FATIMA SAIPAN
18.	202006	NANNAJKAR PRATIKSHA PANDIT
19.	202007	NARAYANKAR PRACHI PRAKASH
20.	202008	NARWADE PRATIKSHA EKNATHRAO
21.	202009	NAWALE KOMAL ASHOK
22.	202010	NAYKUDE POONAM PANDURANG
23.	202011	NILGAR JANHAVI MAHESH
24.	202012	PALLI VAISHNAVI NAGESH
25.	202013	PARIT SHRUSHTI MADOLAPPA
26.	202014	PASKANTI KRISHNAVENI DAMODAR
27.	202015	PATIL ASHWINI RAMESH
28.	202016	PATIL GITANJALI SUBHASH
29.	202017	PATIL MANASI JAYASING
30.	202018	PATIL PRADNYA SUBHASH
31.	202019	PATIL SANDHYA KALYAN



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32.	202020	PATIL SHARVARI SHAMKANT
33.	202021	PERNE ABOLI MALLINATH
34.	202022	PUND SHRADHA ANAND
35.	202023	RATHOD ROHINI RAMRAO
36.	202024	RATNAPARKHE PRERANA SANJAY
37.	202025	ROY DIPIKA SHAKTIKUMAR
38.	202026	SAGRI AAFIYA A GAFOOR
39.	202027	SALUNKE SAYALI SHIVAJI
40.	202028	SANDUPATLA AISHWARYA PRABHAKAR
41.	202029	SANGLE NIKITA BABASAHEB
42.	202030	SARDAR NAUSHIN MUSTAFA
43.	202031	SAROJ UJALA UDAYRAJ
44.	202032	SARUK PALLAVI SUNIL
45.	202033	SAYYED TASMIYA NOORULLAH HUSSAINI




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MHMCH/PRIN/2019-2021/YM004

Date: 19/06/2020


CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Yoga and Mindfulness for Stress Reduction Program a Yoga and wellness activity on 21/06/2020, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



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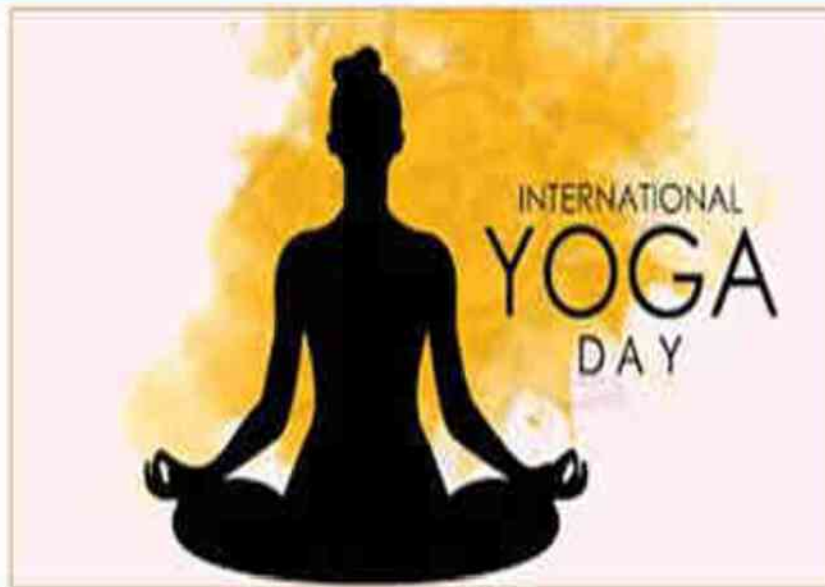
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YOGA AND WELLNESS PROGRAM

Yoga and Mindfulness for Stress Reduction Program



Date: 21/06/2019




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ACTIVITY REPORT

Name of the Activity	Yoga and Mindfulness for Stress Reduction Program	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	21/06/2020	10:00AM
Details of Participants	40	
Resource Person	Dr. VRUSHALEE SANTOSH BIRAJDAR	
Description	<p>The "Yoga and Mindfulness for Stress Reduction Program" conducted on 21-06-2020 at Mahila Homeopathic Medical College & Hospital served as a dedicated initiative to address the importance of mental well-being among homeopathic students. With 40 participants in attendance, this yoga and wellness activity aimed to integrate yoga and mindfulness practices specifically tailored for stress reduction. The program included a combination of yoga postures, breathing exercises, and mindfulness meditation techniques designed to alleviate stress and promote mental clarity. Held on 21-06-2020, in alignment with the International Day of Yoga, the session underscored the institute's commitment to holistic education. Facilitated by experienced instructors, the program provided students with practical tools to manage stress and enhance their overall well-being. The positive turnout reflects the growing recognition of the vital role that yoga and mindfulness play in maintaining mental health within the homeopathic community.</p>	
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[Signature]
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Yoga and Mindfulness for Stress Reduction Program
LIST OF PARTICIPANTS**Date: 21/06/2020**

S. NO	ROLL NO	NAME OF THE STUDENT
1.	192860	GAIKWAD ASHWINI LAXMAN
2.	192861	GAIKWAD DARSHANA BAJARANG
3.	192862	JADHAV KALYANI KRISHNA
4.	192863	JAGATAP SHUBHANGI NAVNATH
5.	192864	JAMADAR SANA FARIDSAB
6.	192865	JANKAR SHWETAL NAVNATH
7.	192866	JARANGE RUTUJA RAJENDRA
8.	192867	KAMBAR VISHAKHA BHIMANNA
9.	192868	KAMBLE DIPALI MAHESH
10.	192869	KHAN SABA ABDUL MALIK
11.	192870	KOKATE RUTUJA BALASAHEB
12.	192871	KOLI ANUJA ANIL
13.	192872	KSHIRSAGAR SHARVARI SHANTARAM
14.	192873	LANDAGE REVATI LAXMAN
15.	192874	NANVARE PRATIBHA VIJAYKUMAR
16.	192875	PANDIT KALYANI SUDHIN
17.	192876	PATIL ADITI SHANKAR
18.	192877	SALUNKHE SHRILEKHA SUDHIR
19.	192878	SAYYAD MUBBA SARIN MUJIBURAHMAN



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20.	192879	SAYYAD TAISIN ANSAR
21.	192880	SHAIKH GULAFSHA YUSUF
22.	192881	SID MAYURI ARJUN
23.	192882	TAMBOLI ALFIYA SHAKIR
24.	192883	VASEKAR PRIYANKA BHAGVAT
25.	192884	WAGHMARE KOUSHALYA MOHAN
26.	192885	WAGHMODE SIMA DATTATRYA
27.	192886	YEMUL SUSHMITA SUDHAKAR
28.	192887	PATIL POOJA DNYANESHWAR
29.	192888	GAIKWAD MRUNAL DIGAMBAR
30.	192889	KANNURKAR NISHA NAGESH
31.	192890	KATURE SHUBHADA DEVRAO
32.	192891	KHAN NISHAT SHAMIM
33.	192892	SHAIKH JUVERIYA ANIS
34.	192893	DHONDAGE VAISHANVI BHAGWANRAO
35.	192894	JADHAV URMILA YAMNATH
36.	192895	GOSAVI RENUKA DATTATRAYA
37.	192896	HAKE NAMRATA HARISHCHANDRA
38.	192897	KAMALE SHUBHANGI RAJSHEKHAR
39.	192898	PALKI PRIYANKA CHANDRASHEKHAR
40.	192899	RATHOD RENUKA SHIVAJI




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MHMCH/PRIN/2018-2019/YM005

Date: 19/05/2019

CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Meditation and Wellness Retreat a Yoga and wellness activity on 21/05/2019, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



COPY TO:

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- All the HODs
- All the Faculties
- Administrative Officer
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BROCHURE

YOGA AND WELLNESS PROGRAM

Meditation and Wellness Retreat



Date: 21/05/2023



[Signature]

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ACTIVITY REPORT

Name of the Activity	Meditation and Wellness Retreat	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	21/05/2019	10:00AM
Details of Participants	56	
Resource Person	Dr. GAYATRI SHANTINATH BAGEWADI	
Description	<p>The "Meditation and Wellness Retreat" conducted on 21-05-2019 at Mahila Homeopathic Medical College & Hospital was a transformative event aimed at promoting holistic well-being among homeopathic students. With 56 participants in attendance, this yoga and wellness activity provided a unique opportunity for students to immerse themselves in meditation practices and wellness activities. Facilitated in a serene and conducive environment, the retreat offered guided meditation sessions, rejuvenating yoga practices, and workshops on various aspects of wellness. The program, held on 21-05-2019, exemplified the institute's commitment to nurturing not only the academic and clinical skills but also the mental and emotional resilience of its students. Participants gained valuable insights into stress management, self-care, and mindfulness, contributing to a more balanced and health-conscious approach to their studies and future homeopathic practice. The positive response from the participants underscores the value of such immersive retreats in promoting overall well-being within the homeopathic community.</p>	
Photos		



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Meditation and Wellness Retreat
LIST OF PARTICIPANTS

Date: 21/05/2019

S. NO	ROLL NO	NAME OF THE STUDENT
1.	181839	SANAP KIRAN SAHADEV
2.	181840	SANGAR BHAKTI VIJAY
3.	181841	SAROJ UJALA UDAYRAJ
4.	181842	SAVANT RAJASHRI KISAN
5.	181843	SAYYAD SAMREEN ILAHI
6.	181844	SHAIKH FAREEHA FATIMA MD ISMAIL
7.	181845	SHAIKH JAVERIYA ANIS
8.	181846	SHENDE DIRYANI NAMDEV
9.	181847	SHEVALE NEHA SANJAY
10.	181848	SHILEDAR HUZEFA SALEEM
11.	181849	SHINDE NEHA PRADIP
12.	181850	SHINDE VAISHNVI CHANDRAKANT
13.	181851	SIDDIQUI KONAIN PARVEZ
14.	181852	SONAWANE HARSHALI DATTA
15.	181853	SONUNE PALLAVI LAXMAN
16.	181854	SUTAR GAYATRI JAYAWANT
17.	181855	TAMBOLI AFROZ RIYAZ
18.	181856	TEKALE SHRADDHA SUDHAKAR
19.	181857	VASEKAR PRIYANKA BAGH VAT

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20.	181858	WAGHMARE PRAJAKTA DATTATRAY
21.	181859	WAGHMODE SIMA DATTATRAY
22.	181860	WANAVE PRIYA DHANANJAY
23.	181861	ZUNJA VIDYASHRI BASAVRAJ
24.	181862	CHIVADSHETTI SHAILAJA SOMNATH
25.	181863	Navale Vidya
26.	182274	GHODKE PRATIKSHA SUNIL
27.	182275	GOSAVI RENUKA DATTATRAYA
28.	182276	HAKE NAMRATA HARISHCHANDRA
29.	182277	JADHAV TEJASHRI RAMESH
30.	182278	KOLE MADHURI MALLIKARJUN
31.	182279	KUMBHAR ARCHANA MALLIKARJUN
32.	182280	MAKANE KANCHAN SHRISHAIL
33.	182281	PALKI PRIYANKA CHANDRASHEKHAR
34.	182282	STHAVARMATH ANNAPURNA MALLAYYA
35.	182283	TIKOTE BHARTI GORAKH
36.	182284	BIRAJDAR SHWETALI NAVNATH
37.	182285	GAIKWAD DARSHANA BAJARANG
38.	182286	GHADAGE SNEHALATA VILAS
39.	182287	GHORPADE SNEHAL AVINASH
40.	182288	HUNDEKARI UZMA PARVEEN SALIM
41.	182289	JADHAV KOMAL ARVIND
42.	182290	JADHAV NUTAN MARUTI
43.	182291	JAMDAR KOMAL PURUSHOTTAM




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44.	182292	KANGADE SHREYA SHRIKANT
45.	182293	MHETRE SANYUJA AMASIDHA
46.	182294	NIGADE PRATIKSHA RAJARAM
47.	182295	PATIL POOJA NANDKUMAR
48.	182296	PATIL SUSHMITA SHASHIKANT
49.	182297	PAWAR RUTUJA SANJAY
50.	182298	PEERZADE BIBI MARIYAM ALLAUDDIN
51.	182299	RAZVI SHAMILA SAYYAD SOHEB
52.	182300	SANGALE SHITAL PARMESHWAR
53.	182301	SHAIKH MAHEEN GAFUR
54.	182302	SHAIKH MEHVEEN EJAZ
55.	182303	SHINGARE PRAJAKTA RAJENDRA
56.	182304	SURVASE BHAGYSHRI AJAY



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