



SGSPM's

Smt. Vimladevi Ayurvedic Medical College & Hospital
Wandhari, Chandrapur

Guest Lectures/ Webinar

Name of Organizing Department: Swasthavaita

Co-organizer:

Date: 2-6-2020 & 3-6-2020 Day: Tuesday & Wednesday Time: 10 am to 11 am

Guest Speaker:

1. Dr. Sanjay Mache

SVCC, TIC, EOI, Kathmandu

Moderator for the Session:

Dr. Jyoti K. Vaathi

Topic of Guest lecture/ Webinar:

Breathing Technique

Offline Attendee of Webinar/ Guest Lecture:

Sr. No.	Name	Designation	Signature
1.	<u>Dr. Sandesh Gaje</u>	<u>Vice principal</u>	<u>[Signature]</u>
2.	<u>Dr. Pranita Bhakre</u>	<u>lecturer</u>	<u>[Signature]</u>
3.	<u>Dr. Vinod Ganure</u>	<u>"</u>	<u>[Signature]</u>
4.	<u>Dr. Akhilesh Deshmukh</u>	<u>"</u>	<u>[Signature]</u>
5.	<u>Dr. Khushal Dahule</u>	<u>"</u>	<u>[Signature]</u>
6.	<u>Dr. Anant Khiratkar</u>	<u>"</u>	<u>[Signature]</u>
7.	<u>Dr. Vishanti Jumnake</u>	<u>"</u>	<u>[Signature]</u>
8.	<u>Dr. Prashant chandekar</u>	<u>"</u>	<u>[Signature]</u>
9.	<u>Dr. Shweta Mohod</u>	<u>Intern</u>	<u>[Signature]</u>
10.	<u>Dr. Midhi Mate</u>	<u>"</u>	<u>[Signature]</u>
11.	<u>Dr. Anusha Surale</u>	<u>"</u>	<u>[Signature]</u>

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|----|---------------------|-----------------------|---------------------|
| 12 | Snehal Meshram | - <u>Supervisor</u> | Inten |
| 13 | Teleshwar Parihar | - <u>Co-organizer</u> | " |
| 14 | Lumbini Paudel | - <u>Attendee</u> | " |
| 15 | Dr. Sanjay Kasankar | - <u>Reader</u> | Attendee |

No. of Pre-Registration for Webinar	
No. of Online Attendee for Webinar	
No. of Feedback for Webinar	

Document Attached herewith:(Hard copy)

(Webpage/Invitation, Registration list, Online participants list, Feedback list)

Proceedings:

A Two day's workshop on Breathing Technique was organised by Dept of Swasthavitta, SVAMCH Wandhara, Chandrapur on Date 2 June & 3 June 2020.

Dr. Sanjay Mache guided us on Breathing Technique, introduction & its important in present era Bhastrika, Kapalbhata, 3 stage of Ujjayi, bhramari Anulom-vilom practically perform, and also guided about soham dhyana, Deep relaxation process.

Dr. Sanjay tell about Meditation process & do it & Practicing more time, Moderator for the session & vote of Thanks was given by Dr. Jyoti Vaathi.

Jyoti Vaathi
Moderator

Co-organizer

Sanjay Mache
Organizer

S. S. Jind
Principal

Search

- Deepak Wali 08
- Diksha Gautam 03
- Kishor Bahal 11
- Kranti Athawale 08
- Minakshi Pant 03
- Raju shrestha 01
- Sanjay Mache 14
- Shova 03








Invite Mute All Unmute All More >



Video call interface showing a grid of participants:

- Top row: Ragu shrestha, yoga, Rajay Subba
- Second row: Diksha Gautam, Minakshi Pant, Kishor Bahal
- Third row: Shova, **दिनेश पापुरी दि...** (highlighted), Sanjay Mache
- Fourth row: Kranti Athawale, Swarali Subha..., Deepak Wali
- Bottom row: Ankita godave



Vaibhavi Titre	Sarju	punam	Sanjay Mache	Shraddha Saner
 dr akhilesh desh mukh	Madhuri Bagade	 Rashmi Lanjewar	 Sachita Mate	d6c70c69
OPPO A31	Prutha Bhoyar	63fa8b00	Pallavi Potrajwar	OPPO A9 2020 <small>Connecting to audio ...</small>
 Tanushree Dongare	 Mayuri Thakare	2716a919	Dr Khushal Dahule	sampade Ghatband...
 Dr. Jyoti Vartni	1gI9t0TqIkveCDFs0...	 Gayatri Patil	Vedangi Tank	breath123