



Godavari Foundation's

Dr. Ulhas Patil Homoeopathic Medical College and Hospital, Jalgaon Kh.

N.H. No. 6, Jalgaon-Bhusawal Road, Jalgaon (Kh.)-425 309, Jalgaon (M.S.)

Tel. No.: 0257 - 2366683/84 Fax No.: 0257 - 2366648

Email Id : duphmchj@gmail.com Website : www.duphmc.ac.in

Dr.Ulhas/PRIN/2023/YM001

Date:5/19/2023

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 5/21/2023, 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.

COPY TO:

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- All the HODs
- All the Faculties
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PRINCIPAL

Dr.Dilip B.Patil
Principal
Dr.Ulhas Patil Homoeopathic Medical
College & Hospital, Jalgaon Kh.



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BROCHURE

YOGA AND WELLNESS PROGRAM

Mindfulness Meditation



Date: 21/05/2023



Godavari Foundation's
**Dr. Ulhas Patil Homoeopathic
Medical College and Hospital, Jalgaon Kh.**

N.H. No. 6, Jalgaon-Bhusawal Road, Jalgaon (Kh.)-425 309, Jalgaon (M.S.)

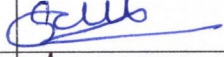
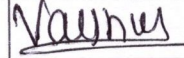
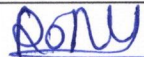
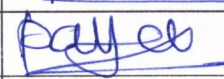
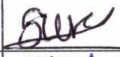
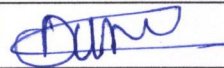
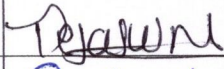
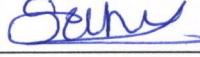
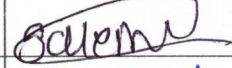
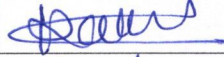
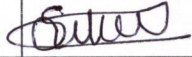
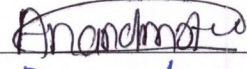
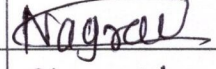
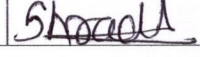
Tel. No.: 0257 - 2366683/84 Fax No.: 0257 - 2366648

Email Id : duphmcj@gmail.com Website : www.duphmc.ac.in

ACTIVITY REPORT

Name of the Activity	Mindfulness Meditation	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	5/21/2023	10:00AM
Details of Participants	28	
Resource Person	Vishnu	
Description	The Mindfulness Meditation and Yoga Wellness Activity held on 21-05-2023 at Dr.Ulhas Patil Homeopathic Medical College and Hosipital marked a holistic approach to student well-being. Attended by 28 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.	
Photos	Tighre, Maharashtra, India Dr. Ulhas Patil Homoeopathic Medical College & Hospital, Jalgaon Khurd Lat 21.037114° Long 75.706661° 26/04/24 03:19 PM GMT +05:30	

Mindfulness Meditation
LIST OF PARTICIPANTS

S. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	Gaikwad Sayali Vilas	
2	Ganjare Vaishnavi Sunil	
3	Ghodeshwar Rohit Manoj	
4	Hadap Payal Dhanraj	
5	Hyalij Suraj Shantaram	
6	Jojan Jayashri Chanappa	
7	Kakad Dnyanesh Dilip	
8	Kamble Tejaswini Sarjerao	
9	Khan Ashmiza Saher Zakir Hussain	
10	Khan Iram Zakir	
11	Khirkar Sakshi Shrikrushna	
12	Malik Saleha Sadique	
13	Mandale Kailas Ramkisan	
14	Manure Bhagyashiri Sanjay	
15	Mohammad Suhana Samayeen Perycz Ahmad	
16	Mohammed Danish Mohammed Sajid	
17	Mote Anand Nana	
18	Munjawale Dipak Saluba	
19	Nagrale Anchal Tarachand	
20	Nalamwar Shradha Ravindra	

21	Pardeshi Mayuri Suvarnasing	<u>Mayuri</u>
22	Pardeshi Poornima Chandansing	<u>Poornima</u>
23	Pasrate Sakshi Sunil	<u>Sakshi</u>
24	Patel Arshin Salim	<u>Arshin</u>
25	Patel Manish Kumara Uddhav Bhoi	<u>Manish</u>
26	Patil Aarti Ashok	<u>Aarti</u>
27	Patil Ankit Vikas	<u>Ankit</u>
28	Gaikwad Sayali Vilas	<u>Sayali</u>



Patil

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Dr.Ulhas/PRIN/2022/YM001

Date:6/19/2022

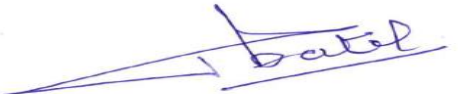
CIRCULAR

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 6/21/2022, 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.

COPY TO:

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BROCHURE

YOGA AND WELLNESS PROGRAM

YOGA FOR HEALTHY LIVING



Date: 21/06/2022



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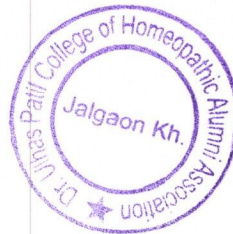
ACTIVITY REPORT

Name of the Activity	Yoga for healthy living	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	6/21/2022	10:00AM
Details of Participants	37	
Resource Person	Pavan kanna	
Description	The "Yoga for Healthy Living" session held on 21-06-2022 at Dr.Ulhas Patil Homeopathic Medical College and Hosipital served as a dedicated endeavor to promote overall well-being among homeopathic students. With 37 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. Dr.Ulhas Patil Homeopathic Medical College and Hosipital 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.	
Photos		

Yoga for healthy living
LIST OF PARTICIPANTS

S. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	Suryawanshi Kulakirti Raju	Kulakirti
2	Tale Krushna Suresh	Krushna
3	Tayade Himanshu Nandkishor	Himanshu
4	Thakre Prachi Khushal	Prachi
5	Thombare Varsha Shivaji	Varsha
6	Thorat Shreya Parmeshwar	Shreya T
7	Tinwale Sadaf Ashfaq	Sadaf
8	Tonde Pravin Bhimrao	Tonde Pravin
9	Vite Rajashri Pundlik	Rajashri Vite
10	Wagh Samiksha Sanjay	Samiksha
11	Wankhede Sakshi Sudhir	Sakshi
12	Agrawal Pooja Prem	Pooja
13	Ambre Sumit Nitin	Sumit A
14	Ansari Faizan Ahmed Sultan Ahmed	Faizan
15	Ansari Mohammed Aadil Khalil Ahmed	ANSARI M.
16	Ansari Yahya Masood Ahmad	Yahya
17	Ashmiza Saher Zakir Hussain Khan	Saher Z.
18	Bagjal Vinshika Darshanlal	Vinshika
19	Bari Aishwarya Devidas	Bari Aishwarya
20	Bari Sushmama Shalikram	Sushmama

21	Barnwal Prachi Pramod	Prachi B.
22	Basit Safura Nasiruddin	B. Safura.
23	Belkhede Suryakant Vithal	Suryakant
24	Bendale Poonam Bapu	Poonam B
25	Bhelke Ankush Udesing	Ankush B.
26	Bhusari Jayshri Gajanan	Jayshri B.
27	Bisandre Pratiksha Gautamrao	Pratiksha
28	Bopte Shruti Haribhau	Shruti Bopte
29	Chaudhari Mansi Ashok	Mansi C.
30	Chaudhari Mrunal Dilip	Mrunal Ch.
31	Chaudhari Sarang Ravindra	Sarang Chaudh.
32	Chavan Falguni Dinesh	Falguni.
33	Chavan Sapna Rajesh	Sapna.
34	Dakhore Supriya Santosh	Supriya
35	Deshmukh Kunal Panditrao	Kunal
36	Deshmukh Saniya Anis	Saniya.
37	Deshpande Nihal Eliyas	Nihal D.



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Dr.Ulhas/PRIN/2021/YM001

Date:5/19/2021

CIRCULAR

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BROCHURE

YOGA AND WELLNESS PROGRAM

Transcendental Meditation Workshop



Date: 21/05/2021



Godavari Foundation's

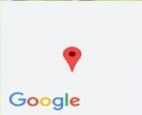
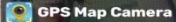
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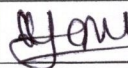
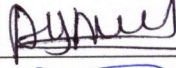
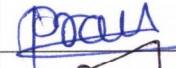
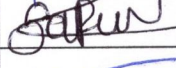
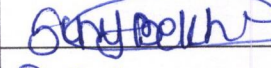
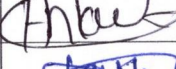
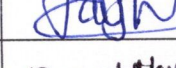
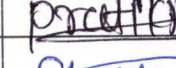
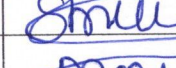
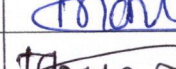
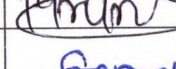
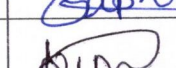
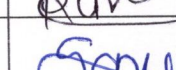
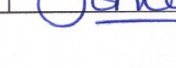
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ACTIVITY REPORT

Name of the Activity	Transcendental Meditation Workshop	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	5/21/2021	10:00AM
Details of Participants	29	
Resource Person	karunakar	
Description	The Transcendental Meditation Workshop conducted on 21-05-2021 at Dr.Ulhas Patil Homeopathic Medical College and Hospital exemplified the institute's commitment to holistic well-being. Attended by 29 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.	
Photos	  Tighre, Maharashtra, India Dr. Ulhas Patil Homoeopathic Medical College & Hospital, Jalgaon Khurd Lat 21.037114° Long 75.706661° 26/04/24 03:21 PM GMT +05:30 	

Transcendental Meditation Workshop
LIST OF PARTICIPANTS

S. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	Ansari Yahya Masood Ahmad	
2	Bagjai Vinshika Darshanlal	
3	Bari Aishwarya Devidas	
4	Bari Sushmama Shalikram	
5	Barnwal Prachi Pramod	
6	Basit Safura Nasiruddin	
7	Belkhede Suryakant Vithal	
8	Bendale Poonam Bapu	
9	Bhelke Ankush Udesing	
10	Bhusari Jayshri Gajanan	
11	Bisandre Pratiksha Gautamrao	
12	Bopte Shruti Haribhau	
13	Chaudhari Mansi Ashok	
14	Chaudhari Mrunal Dilip	
15	Chaudhari Sarang Ravindra	
16	Chavan Falguni Dinesh	
17	Chavan Sapna Rajesh	
18	Dakhore Supriya Santosh	
19	Deshmukh Kunal Panditrao	
20	Deshmukh Saniya Anis	

21	Deshpande Nihal Eliyas	<u>Nihal</u>
22	Dhande Muktai Sunil	<u>Sunil</u>
23	Dhande Purva Suhas	<u>Purva</u>
24	Dongare Prerana Sudhakar	<u>Prerana</u>
25	Gaikwad Kshitija Madhao	<u>Kshitija</u>
26	Gaikwad Sayali Vilas	<u>Sayali</u>
27	Ganjare Vaishnavi Sunil	<u>Vaishnavi</u>
28	Ghanokar Shrikant Gopal	<u>Shrikant</u>
29	Ghodeshwar Rohit Manoj	<u>Rohit</u>



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Dr.Ulhas/PRIN/2020/YM001

Date:6/19/2020

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 6/21/2020, 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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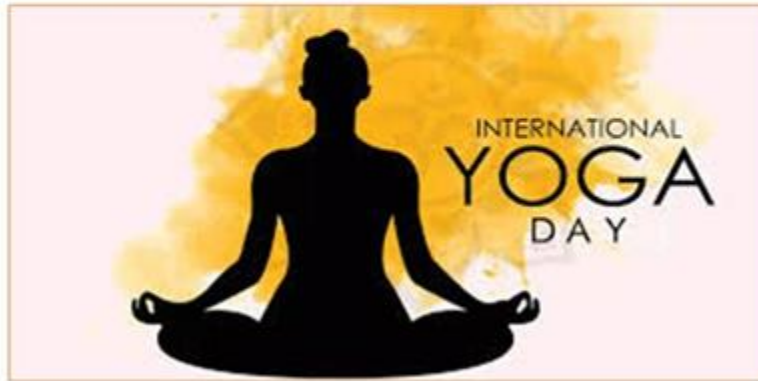
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BROCHURE

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YOGA AND WELLNESS PROGRAM

Yoga and Mindfulness for Stress Reduction Program



Date: 21/06/2019



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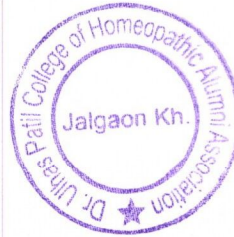
ACTIVITY REPORT

Name of the Activity	Yoga and Mindfulness for Stress Reduction Program	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	6/21/2020	10:00AM
Details of Participants	30	
Resource Person	vamshi	
Description	The "Yoga and Mindfulness for Stress Reduction Program" conducted on 21-06-2020 at Dr.Ulhas Patil Homeopathic Medical College and Hosipital served as a dedicated initiative to address the importance of mental well-being among homeopathic students. With 30 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.	
Photos		

Yoga and Mindfulness for Stress Reduction Program
LIST OF PARTICIPANTS

S. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	Dode Bhagyashree Chandrashekhar	<u>B Dode</u>
2	Gosavi Vaishnavi Vijay	<u>V Gosavi</u>
3	Hingane Ashwini Satish	<u>A Hingane</u>
4	Ighokar Sanskruti Shrikrushna	<u>S Ighokar</u>
5	Jadhav Vaibhav Raju.	<u>V Jadhav</u>
6	Junghare Saurabh Vinayak	<u>V Junghare</u>
7	Kochure Pratiksha Manohar	<u>P Kochure</u>
8	Labde Pooja Bhimrao	<u>P Labde</u>
9	Lanjewar Dhanashree Ghansham	<u>D Lanjewar</u>
10	Lokhande Nagesh Dilip	<u>N Lokhande</u>
11	Magar Shital Sanjay	<u>S Magar</u>
12	Mahajan Bhavesh Ravindra	<u>B Mahajan</u>
13	Mulik Suraj Indrajit	<u>S Mulik</u>
14	Naukarkar Neha Hemrajji	<u>N Naukarkar</u>
15	Nayak Rohit Subhash	<u>R Nayak</u>
16	Netkar Payal Anandrao	<u>P Netkar</u>
17	Nida Kausar Mohammad Ahmad	<u>N Nida</u>
18	Patel Afifa Anjum Shakeel	<u>A Patel</u>
19	Patil Anushka Adhar	<u>A Patil</u>

20	Patil Bhavana Vikas	Bhuvane
21	Patil Prashant Mahendra	Ppatil
22	Patil Rhushika Ganesh	Spatil
23	Patil Srushti Santosh	Srus
24	Patwe Iram Sayyed Aleem	Sfanaap
25	Sanap Sudarshan Shahadev	Hehu
26	Shaikh Neha Nisar	SNehey
27	Shelke Vishal Bhagwanrao	Shinake
28	Shinde Siddhi Nitin	Siddhi
29	Sonone Rutuja Vijay	Rutuja
30	Surwade Mrunal Nagesh	msurwade



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Dr. Dilip B. Patil
Principal
Dr. Ulhas Patil Homoeopathic Medical
College & Hospital, Jalgaon Kh.



Godavari Foundation's
**Dr. Ulhas Patil Homoeopathic
Medical College and Hospital, Jalgaon Kh.**

N.H. No. 6, Jalgaon-Bhusawal Road, Jalgaon (Kh.)-425 309, Jalgaon (M.S.)

Tel. No.: 0257 - 2366683/84 Fax No.: 0257 - 2366648

Email Id : duphmchj@gmail.com Website : www.duphmc.ac.in

Dr.Ulhas/PRIN/2019/YM001

Date:5/19/2019

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 5/21/2019, 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:

- IQAC
- All the HODs
- All the Faculties
- Administrative Officer
- Notice Boards



PRINCIPAL

Dr.Dilip B.Patil
Principal
Dr.Ulhas Patil Homoeopathic Medical
College & Hospital, Jalgaon Kh.



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BROCHURE

YOGA AND WELLNESS PROGRAM

Meditation and Wellness Retreat



Date: 21/05/2023



Godavari Foundation's
**Dr. Ulhas Patil Homoeopathic
 Medical College and Hospital, Jalgaon Kh.**

N.H. No. 6, Jalgaon-Bhusawal Road, Jalgaon (Kh.)-425 309, Jalgaon (M.S.)

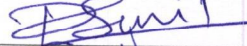
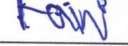
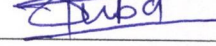
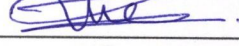
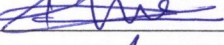
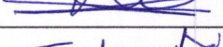
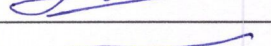
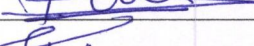
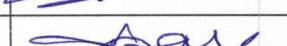
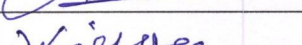
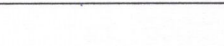
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ACTIVITY REPORT

Name of the Activity	Meditation and Wellness Retreat	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	5/21/2019	10:00AM
Details of Participants	36	
Resource Person	Srikanth	
Description	The "Meditation and Wellness Retreat" conducted on 21-05-2019 at Dr.Ulhas Patil Homeopathic Medical College and Hosipital was a transformative event aimed at promoting holistic well-being among homeopathic students. With 36 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.	
Photos		

Meditation and Wellness Retreat
LIST OF PARTICIPANTS

S. NO	NAME OF THE STUDENT	SIGNATURE OF THE STUDENT
1	Patil Damini Kailas	
2	Patil Priya Vijay	
3	Patil Shubham Ravindra	
4	Patil Smruti Suresh	
5	Pawar Amol Jankiram	
6	Satpute Pranoti Sunil	
7	Sayed Faizan Ali Zakir Ali	
8	Sayyed Aafreen Bi Shabbir Ali	
9	Shaikh Tuba Naaz	
10	Shinde Karishma Govindrao	
11	Sonawane Sagar Ashok	
12	Tandale Manisha Jagannath	
13	Tidake Vrunda Manikrao	
14	Valvi Anupama Sanjay	
15	Walikar Zubair Mohammad	
16	Admane Sagar Daulat	
17	Bagul Dipika Harichandra	
18	Bharade Vaishanvi Mahesh	
19	Chikhalkar Yogita Prasanna	
20	Fale Priya Tularam	
21	Gadhe Shivani Prabhakar	

22	Hundal Vipapreet Kaur Harpal Singh	<u>Kaur Vipapreet</u>
23	Jadhav Darshana Somnath	<u>Darshana</u>
24	Jadhav Najuka Nandkishor	<u>Najuka J.</u>
25	Kulkarni Kanchan Ramkrushna	<u>Kanchan:</u>
26	Lalwani Roshni Gautam	<u>Lalwani Roshni</u>
27	Madhe Avinash Dhondibhau	<u>Avinash</u>
28	Mahajan Neha Rajendra	<u>Neha Mahajan</u>
29	Mali Gunwant Subhash	<u>Gunwant m</u>
30	Manwani Shradha Trilok	<u>Shradha M.</u>
31	Marathe Ankit Dilip	<u>Ankit M</u>
32	Mirza Shoeb Baig Mirza Shakil Baig	<u>Shoeb.</u>
33	Purohit Abhishek Sunil	<u>Abhishek P.</u>
34	Ragade Manish Milind	<u>Manish</u>
35	Rathod Anil Gajanan	<u>Anil P.</u>
36	Sadar Rutika Gokuldas	<u>Rutika</u>



[Signature]

Dr. Dilip B. Patil
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