7.1.11: Institution celebrates / organizes national and international commemorative days, events and festivals AQAR 2022-23

Sr. No.	Name of the activity
1	World TB Day
2	World Breastfeeding Week
3	Anti ragging Week
4	International Yoga Day
5	No world no tobacco day
6	World Hypertension Day
7	World Blood Donor Day
8	Dr. Babasaheb Ambedkar Birth Celebration
9	World cancer day
10	Nation Health Mission Camp
11	World Population day
12	World Environment day
13	Womens day
14	Teachers day
15	NSS residential camp
16	NSS DAY
17	Maharashtra Day
18	Independance day

Sr. No.	Name of the activity
19	Breast feeding awareness
20	Anti Terrorism day
21	Blood Donation Camp
22	Republic day
23	Disability day
24	World stroke day
25	World Entrepreneur's day
26	World Cerebral Palsy day
27	World Bioethics day
28	World Autism day
29	Sport Physiotherapy assessment camp
30	National Energy Conservation Day
31	Bharatiya Bhasha Diwas
32	International Day for Older persons'
33	World Water Day
34	International Nurses' Day
35	World AIDS Day
36	World COPD Day - Theme - Your Lungs for life
37	Janjatiya Gaurav Diwas
38	World Diabetes Day - Theme - Access to Diabetes Education
39	Unity Day

Sr. No.	Name of the activity
40	World Mental Health Day -Theme
41	World Heart Day - Cardiac Health Check Camp Awerness
42	World Hand Hygiene Day
43	National Science Day
44	National Martyrs Day
45	Central Vigilance Commission week
46	Cleanliness drive at Yog Vatika
47	Braille day workshop
48	Students particicipation in Swachta Mashal
49	Human Rights day
50	National Youth Day
51	Constituitional Day

Event Name: World TB Day

Date & Time: 21/03/2023

Venue: MGM SBS



Kindly attach photograph



Short event report

Our MGM SBS B.Sc MLT students celebrated World TB Day on 21st march 2023. Poster competition was conducted for all M.L.T students and awareness lecture was conducted.

Report Prepared by: Anamika Chalwadi (MGM SBS) B.Sc MLT Coordinator

MGM School of Biomedical Sciences

MGM Institute of Health Sciences

MGM Institute of Health 410 209. India

Kamothe, Navi Mumbai- 410 209.





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr.Atharva Rajesh Barve</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented his <u>POSTER</u>.

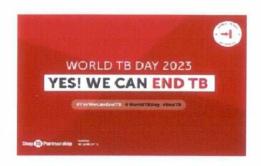
Topic - Spindle Cell Tumor Of Neck Extending Into Thoracic Cavity at the Poster Presentation Competition, as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar

P. V Poblor.





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr. Krupa Singhi</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented her <u>POSTER</u>.

Topic - <u>Poorly Differentiated Adenocarcinoma Of Lung Origin</u> at the Poster Presentation Competition, as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar

p. V Poplar





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr.Neha Dixit</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented her <u>POSTER</u>.

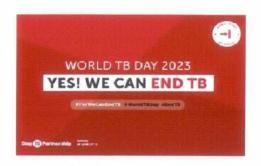
Topic - Tropical Pulmonary Eosinophilia

at the Poster Presentation Competition, as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr.Gayatri Kulkarni</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented her <u>POSTER</u>.

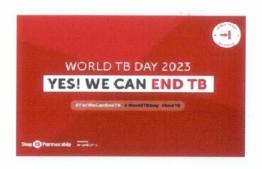
Topic - A Rare Case of Tuberculosis Perianal Skin Presenting As Veruccous Lesion - A Clinical Dilemma

at the Poster Presentation Competition, as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr.Anjaly M. Pillai</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented <u>Interesting Case In Respiratory Medicine</u>.

as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar

p. r. Pollar.





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

Dr.Sharada Panse from MGM Medical College and Hospital, Navi Mumbai presented Interesting Case In Respiratory Medicine.

as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar





World TB Day-2023 & CME on Tuberculosis

Tuesday, 21st March 2023

Certificate Of Acknowledgement

this is to certify that

<u>Dr.Rushabh Belgudri</u> from <u>MGM Medical College and Hospital, Navi Mumbai</u> presented his <u>POSTER</u>.

Topic - Case Of Paraplegia

at the Poster Presentation Competition, as a part of WORLD TB DAY CME - 2023, held at MGM MEDICAL COLLEGE & HOSPITAL on 21st March 2023.

Dr. G.S. Narshetty

Dr. Pradip.V.Potdar





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

То,	Date: 07/08/2023
The Dean	
MGM Medical College	
Navi Mumbai	
	ate World Breastfeeding week and conduct an IEC activity on the 0th August 2023 at MGM Hospital, Kalamboli.
Respected Sir,	
Breastfeeding week and condu	l College, Navi Mumbai would like to celebrate World uct an IEC activity on the benefits of breastfeeding on 10th 2pm at MGM Hospital, Kalamboli.
Kindly permit us to conduct the participating in the event.	e event and make arrangements for tea and snacks for 30 people
Thanking you,	
Yours sincerely,	
Dr. Pradeep Sawardekar	
[NSS Programme Officer]	
MGM Medical college	
Navi Mumbai	





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

	Date:07.08.2023
То,	
Dr G.S.Narshetty	
Dean	
MGM Medical college	
Kamothe	
Respected sir,	
Herewith I am submitting the report for World Breastfeeding V early breastfeeding on 10th August 2023	Veek on the benefits of
Thanking you,	
Yours sincerely,	

Dr Pradeep Sawardekar

Program Officer

NSS Unit MGM Medical College

Navi Mumbai





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Report on event and IEC Activity on World Breastfeeding Week on the benefits of early breastfeeding

The NSS Unit at MGM Medical College celebrated World Breastfeeding week and conducted an IEC activity on the benefits of breastfeeding on 10th August 2023 from 10am to 12pm at MGM Hospital, Kalamboli.

<u>Introduction</u>: World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. This year's theme will focus on breastfeeding and work, providing a strategic opportunity to advocate for essential maternity rights that support breastfeeding. "Women should not have to choose between breastfeeding their children and their work."

<u>Objectives:</u> This report aims to underscore the importance of breastfeeding in promoting infant health, nurturing mother-child bonds, and contributing to overall well-being.

<u>Identifying Challenges</u>: By analyzing the challenges working mothers face in their endeavor to breastfeed while maintaining their careers, this report aims to shed light on the need for targeted support.

<u>Raising Awareness:</u> Through dissemination and discussion of this report's findings and recommendations, the objective is to increase public awareness and encourage dialogue about the importance of supporting working mothers in their breastfeeding journey.

Speakers of the event.

Sr.No	Name	Designation	Торіс
1	Dr. Pradeep Sawardekar	NSS Program Officer	Introduction, Overview of topics and doubt session
2	Dr. Madhavi Mankar	Professor, PSM	Importance of breastfeeding
3	Dr. Riya Mishra	Intern	Importance and techniques of Breastfeeding
4	Dr. Ruksar Nagpal	Intern	Advantages,Barrier and contraindications of Breastfeeding
5	Mr. Jeevan Urankar	Male Assistant Programme Officer	Vote of thanks
6	Mr. Sachin Kagade	Statistician	Anchor
7	Mr. Abhijeet Rodpalkar	Record keeper cum clerk	Anchor

Dr. Pradeep Sawardekar explaining the theme for this year- Let's make breastfeeding and work, work!



Breastfeeding stands as a crucial cornerstone of early childhood development and maternal health. Scientifically proven to provide infants with essential nutrients, antibodies, and optimal growth factors, breastfeeding offers unparalleled advantages. The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of a child's life and continued breastfeeding, along with appropriate complementary foods, for up to two years or more.



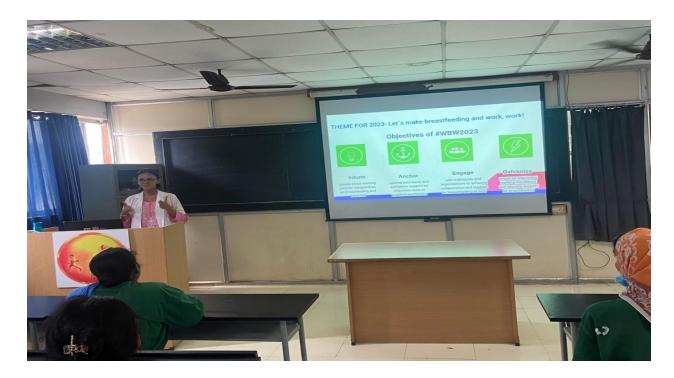
Objectives of #WBW2023

Inform- people about working parents' perspectives on breastfeeding and parenting.

Anchor- optimal paid leave and workplace support as important tools to enable breastfeeding

Engage- with individuals and organizations to enhance collaboration and support for breastfeeding at work

Galvanise- Action on improving working conditions and relevant support for breastfeeding



Dr. Riya Mishra explaining the techniques of breastfeeding to attendees

Educating new mothers about breastfeeding is vital. It empowers them with knowledge about the benefits of breast milk for infant health, emotional bonding, and their own well-being. Understanding techniques and challenges helps mothers make informed choices, fostering a positive start to motherhood and ensuring their infants' optimal development.



Dr. Ruksar Nagpal briefing the attendees on Advantages, Barriers and contraindications of Breastfeeding.

Guiding new mothers about breastfeeding is crucial. Highlighting the advantages, barriers, and contraindications equips them to make informed choices. They grasp the benefits of maternal-infant bonding, enhanced immunity, and health advantages, while understanding challenges and limitations ensures a confident and healthy breastfeeding journey.





Dr. Pradeep Sawardekar cleared the doubts of all the attendees





Event ended with Vote of Thanks by Mr. Jeevan Urankar



Attentive mothers form a vital audience at the event. Eager to enhance their knowledge, they gain insights into successful breastfeeding techniques, addressing concerns, and balancing maternal roles. The event empowers them to make informed choices, fostering a nurturing environment for both their infants and themselves



Staff present for the event-

SrNo	Name	Designation
1	Dr. Pradeep Sawardekar	NSS Program Officer
2	Dr. Madhavi Mankar	Professor, PSM
3	Dr. Riya Mishra	Intern
4	Dr. Ruksar Nagpal	Intern
5	5 Mr. Jeevan Urankar Male Assista Programme (
6	Mr. Abhijeet Rodpalkar	Record keeper cum clerk
7	Mr. Sachin Kagade	Statistician

Beneficiaries for the event:

SrNo	Name	Age (in years)
1	MRS. MAMTA SOMAL	19
2	MRS. JAYSHREE VEER	18
3	MRS. ASHWINI BHALLA	20
4	MRS. VARTAK ROHANI	19
5	MRS. USHMAA SATYEN	20
6	MRS. VIRKAR SHRAVANI	19
7	MRS. VYAS AANCHAL	19
8	MRS. WADER SAKSHI	20
9	MRS. WADKAR SANJANA	22
10	MRS. ROHINI SHETTE	25
11	MRS.BAPAYE NUPUR	28
12	MRS.NIRMALA VIRKAR	19

13	MRS. CHAYA WAGHMARE	19
14	MRS BHAGAT SUJALI	24
15	MRS. MANDA BHALLA	21
16	MRS. GEETA SHINDAWE	22
17.	MRS. SUSHILA GHARAT	20
18.	MRS. SHATTACHARYA ANUSHRA	20
19.	MRS. KAJAL CHORGE	19
20.	MRS. RUHANI VITHAL	19
21.	MRS. BUTANI SUNANYA	20
22.	MRS. SHRADDHA SAKPAL	18
23.	MRS. RUTIKA GONDHALI	19
24.	MRS. JYOTI MOHALE	32
25.	MRS. SUJATA MUSALE	25
26.	MRS. PANDEKAR YASHVI	19
27.	MRS. RAJARSHEE DEGESH	23
28.	MRS. GOPANE KANIKSHKA	26
29.	MRS. KOMAL BHOSALE	19
30.	MRS. DHAMNE ASMI	24
31.	MRS. ANIRUDHA DILIP.	20
32.	MRS. PRIYA BHAGAT	19
33.	MRS. SANIYA LOBHI	19
34.	MRS. GOTHWAL JAGRUTI	18
35.	MRS. GUPIMETLA YOGITA	18
36.	MRS. GUPTA MANISHA	20
37.	MRS. TABASSUM MOHAMMAD	20
38.	MRS. MRUNMAYI JAGANNATH	28
39.	MRS. NAMRATA HURIA	19
40.	MRS. JADHAV MADHU	22

41.	MRS. DAIN DIYA	24
42.	MRS. JAIN KIRITI	21
43.	MRS. SUSHMA GHURDE	22
44.	MRS. AISHWARYA PATIL	19
45.	MRS. MEDHAVINI SHINDE	18
46.	MRS. SAKSHI SINGH	21
47.	MRS. SHELAR JANHAVI	28
48.	MRS. SHETH ASMI	24
49.	MRS. SHAIKH FAIZA BILAL	22
50.	MRS. SHARMA MERULA	19
51.	MRS. PRACHI SHETTY	19
52.	MRS. SHIFA IOBAL RAJ	18
53.	MRS. SHINDE SAMRUDHI	18
54.	MRS. SHARVARI SANTOSH SHINDE	20

Students present for the event-

SrNo	Name	Age (in years)
1	MISS RADHARANI DALAL	18
2	MR. ARYA MEHTA	18
3	MISS ADITI BHOSALE	19
4	MISS LAVANYA RAO	19
5	MISS SHRIVIDYA SHINDE	20
6	MISS KETKI KUNJAR	19
7	MR. PARTH BHARGAVA	19
8	MR. DANISH CHAMONDKAR	18
9	MR. ATTRA DHOBE	18
10	MR. SARVESH ANGEKAR	18

Total Attendance- 71

	Male	Female	Total
Staff	4	3	7
Beneficiaries	6	58	64
Total	10	61	71

This event was made a great success with the efforts of Dr Pradeep Sawardekar, Dr. Madhavi Mankar, Dr Riya Mishra, Dr Ruksar Nagpal, Mr. Jeevan Urankar.

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar. Dr G.S Narshetty

[NSS Programme Officer] [Dean]

[MGM MedicalCollege] [MGM MedicalCollege]

[Navi Mumbai] [Navi Mumbai]





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

To, Date: 07/08/2023

The Dean

MGM Medical College

Navi Mumbai

<u>Subject</u> - Permission to celebrate World Breastfeeding week and conduct an IEC activity on the benefits of immunization on 11th August 2023 at MGM Hospital, Kalamboli.

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to celebrate World Breastfeeding Week and conduct an event and IEC Activity on the benefits of immunization on 11th August 2023 from 10 to 11:30am at MGM Hospital, Kalamboli.

Kindly permit us to conduct the event and make arrangements for tea and snacks for 30 people participating in the event.

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

MGM Medical college

Navi Mumbai

NSS Programme Officer

MSS Programme College,

MSS Medical College,

MSS Man Mumbai

MSS MSS MSS Man Mumbai

Dean

MGM Medical Cullone & Hospital
Kamothe, Navi Mumon, 410219





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Date:07.08.2023

To,
Dr G.S.Narshetty
Dean
MGM Medical college
Kamothe

Respected sir,

Herewith I am submitting the report for World Breastfeeding Week on the benefits of immunization

Thanking you,

Yours sincerely,

Dr Pradeep Sawardekar

Program Officer

NSS Unit MGM Medical College

Navi Mumbai
NSS Programme Officer
MGM Medical College,
Kamothe, Navi Mumbai

Dean

MGM Medical College & Hospital
Kamothe, Navi Mumbai-410209





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Report on event and IEC Activity on World Breastfeeding Week on the benefits of immunization

The NSS Unit at MGM Medical College celebrated World Breastfeeding Week and conducted an event and IEC Activity on the benefits of immunization on 11th August 2023 from 10 to 11:30 am at MGM Hospital, Kalamboli.

Introduction: World Breastfeeding Week is held in the first fifteen days of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The World Breastfeeding Week event featured an informative and engaging session on the symbiotic relationship between breastfeeding and immunization. The event highlighted the manifold benefits of breastfeeding as a natural immunization mechanism, bolstering infants' resilience to infections.

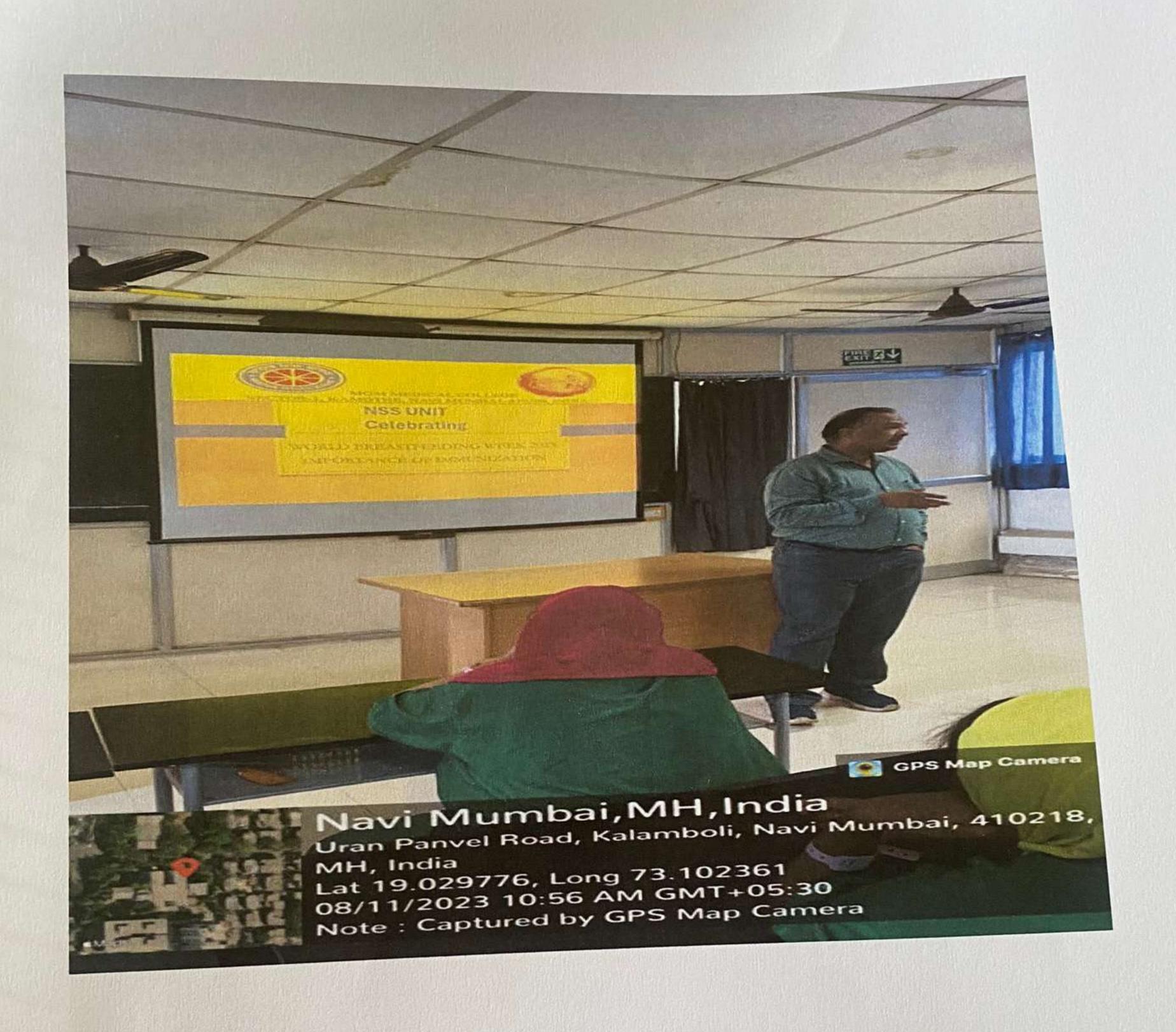
Objectives: The event was dedicated to promoting awareness about the intrinsic benefits of immunization. Through focused sessions and engaging activities, participants were enlightened about the pivotal role of immunization in bolstering individual and community health. The objectives included elucidating how vaccines stimulate immune responses, preventing the spread of infectious diseases, and safeguarding vulnerable populations. By emphasizing the significance of immunization, the event aimed to encourage informed decision-making and foster a healthier society, ultimately underscoring the critical contribution of immunization in advancing global public health goals.

Speakers of the event.

Sr.No	Name	Designation	Topic
1	Dr. Pradeep Sawardekar	NSS Program Officer	Introduction, Overview of topics and doubt session
2	Dr. Madhavi Mankar	Professor, PSM	Introduction, Overview of Post Natal Care
3	Dr. Riya Mishra	Intern	Importance of Post Natal Care
4	Dr. Ruksar Nagpal	Intern	Advantages,Barrier and schedule of immunization
	Mr. Jeevan Urankar	Male Assistant Programme Officer	Vote of thanks
	Mr. Abhijeet Rodpalkar	Record keeper cum	Anchor

Dr. Pradeep Sawardekar explaining the importance of immunization to the attendees.



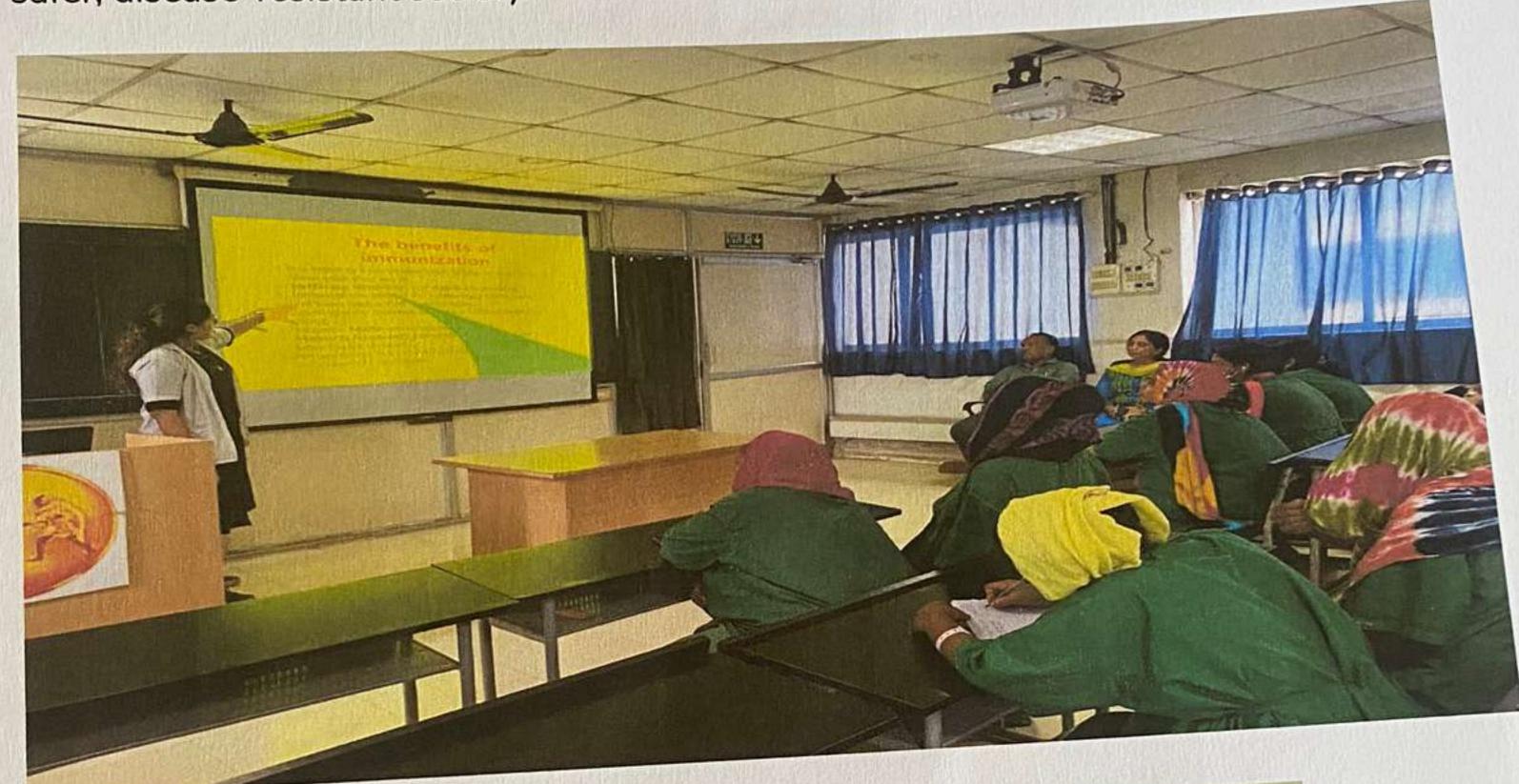


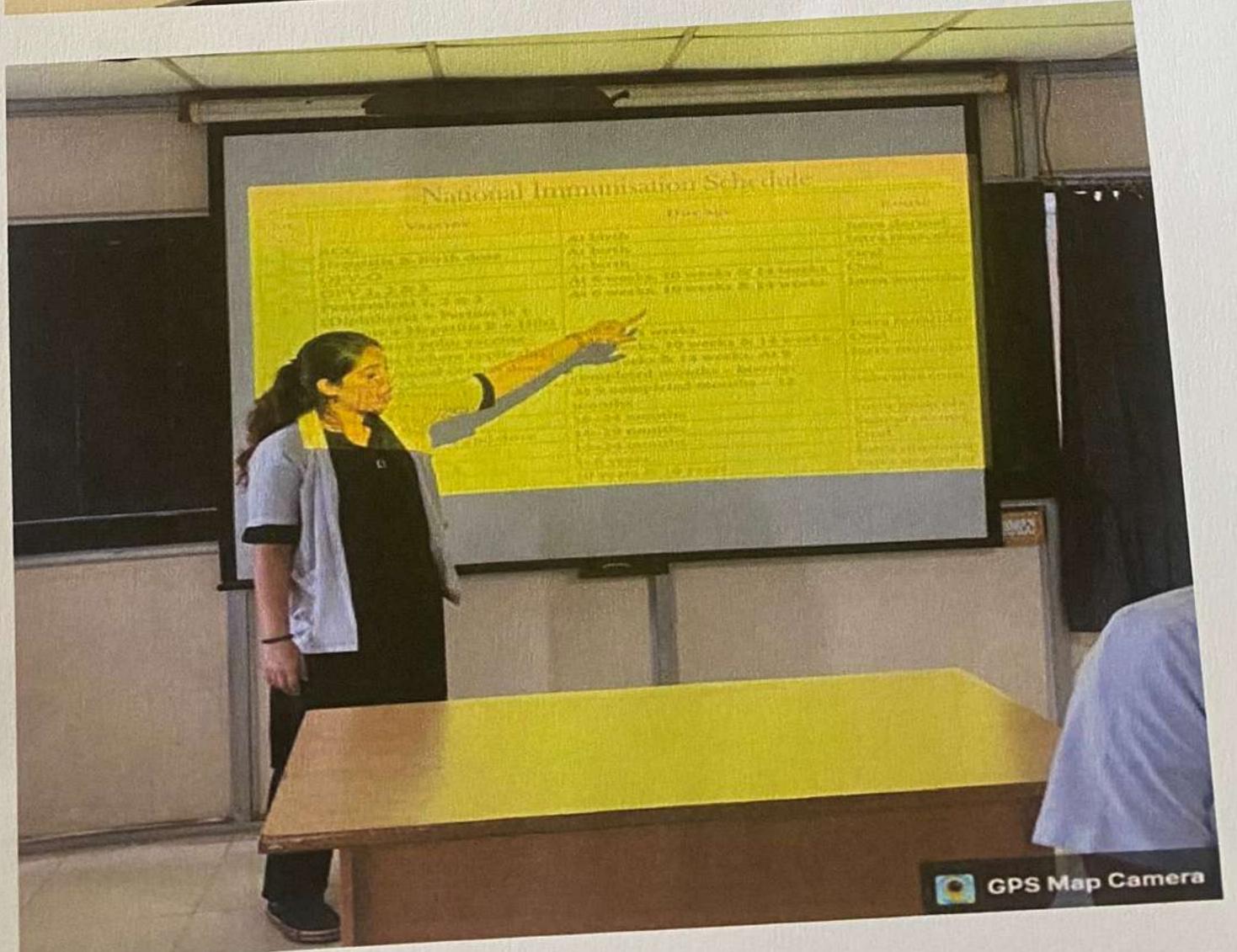
Dr. Pradeep Sawardekar briefing the crucial concepts and need for immunization to the mothers.

Immunization is a protective shield that our bodies can wear against harmful diseases. It's like giving our immune system a cheat sheet to recognize and fight off dangerous invaders. When we get vaccinated, we're introducing a weakened form of the disease-causing germ to train our immune cells. So, if we ever come across the real deal, our immune system knows exactly how to defeat it, keeping us safe. But the real magic is that when enough people in a community get immunized, diseases can't spread easily. This not only keeps us healthy but also shields those who can't get vaccinated.

Dr. Ruksar Nagpal explaining the benefits of immunization to attendees

Immunization safeguards us from serious illnesses by training our immune system to fight off harmful germs. It prevents disease spread, protecting both individuals and communities. By getting vaccinated, we ensure healthier lives and contribute to a safer, disease-resistant society.

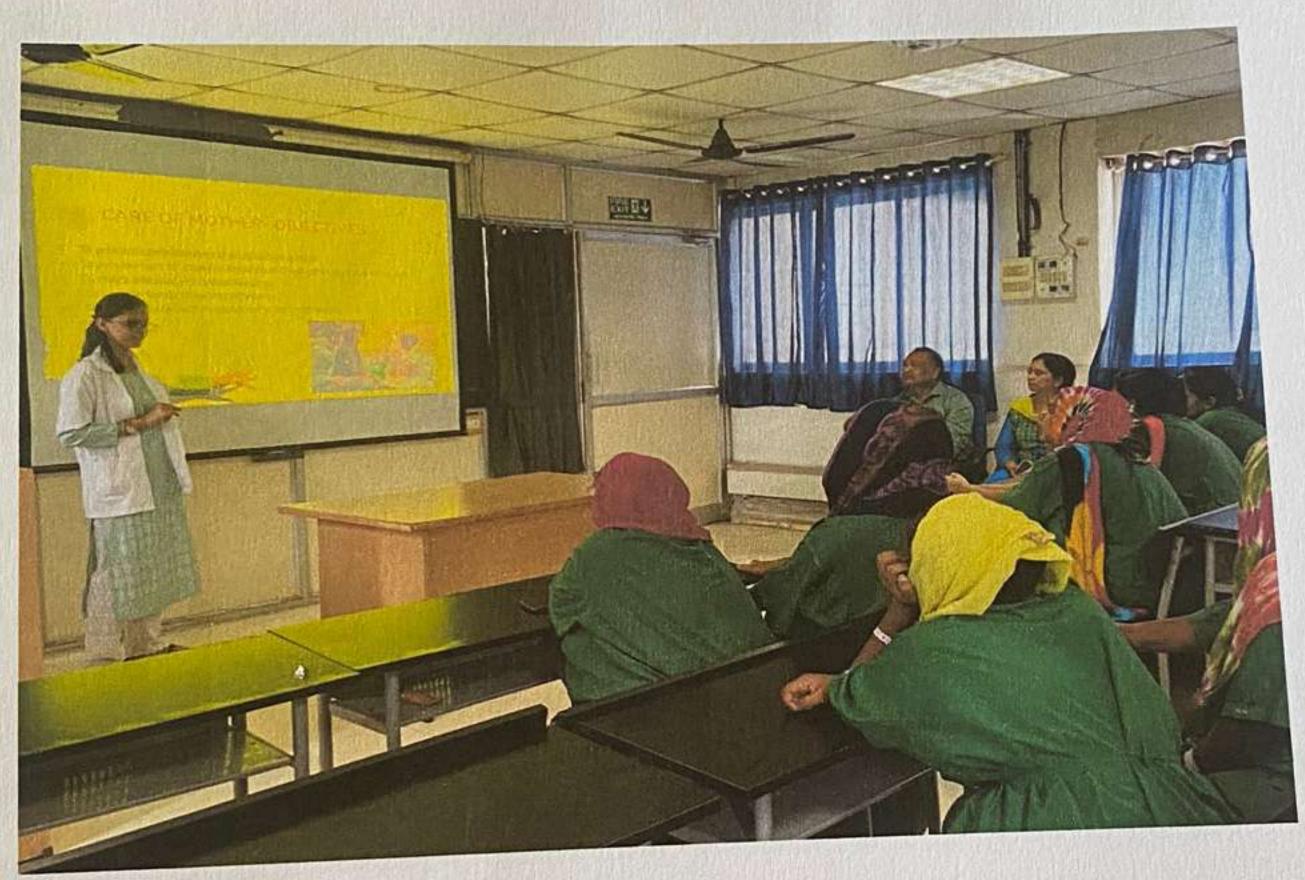


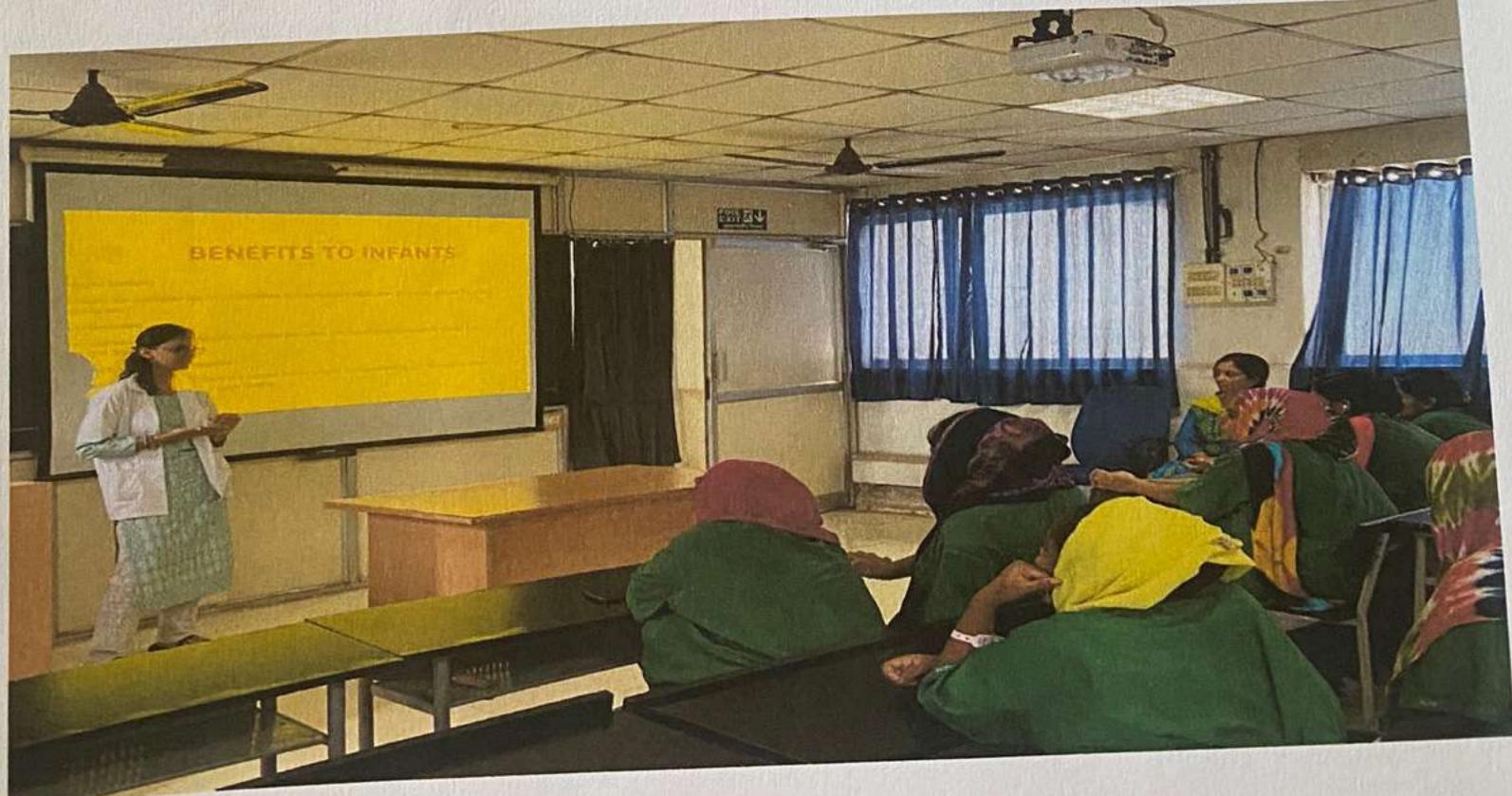


Dr. Riya Mishra briefing the attendees on Advantages, and need for post natal care

Postnatal care offers crucial benefits for both mother and baby. It monitors their health after childbirth, detecting and addressing any complications. Regular check-ups ensure proper recovery, help manage postpartum challenges, and offer guidance on breastfeeding and infant care. Timely care reduces risks, promotes maternal well-being, and supports healthy child development. It's an essential component of comprehensive healthcare, ensuring a smooth transition into motherhood and a bright start for the newborn.

3



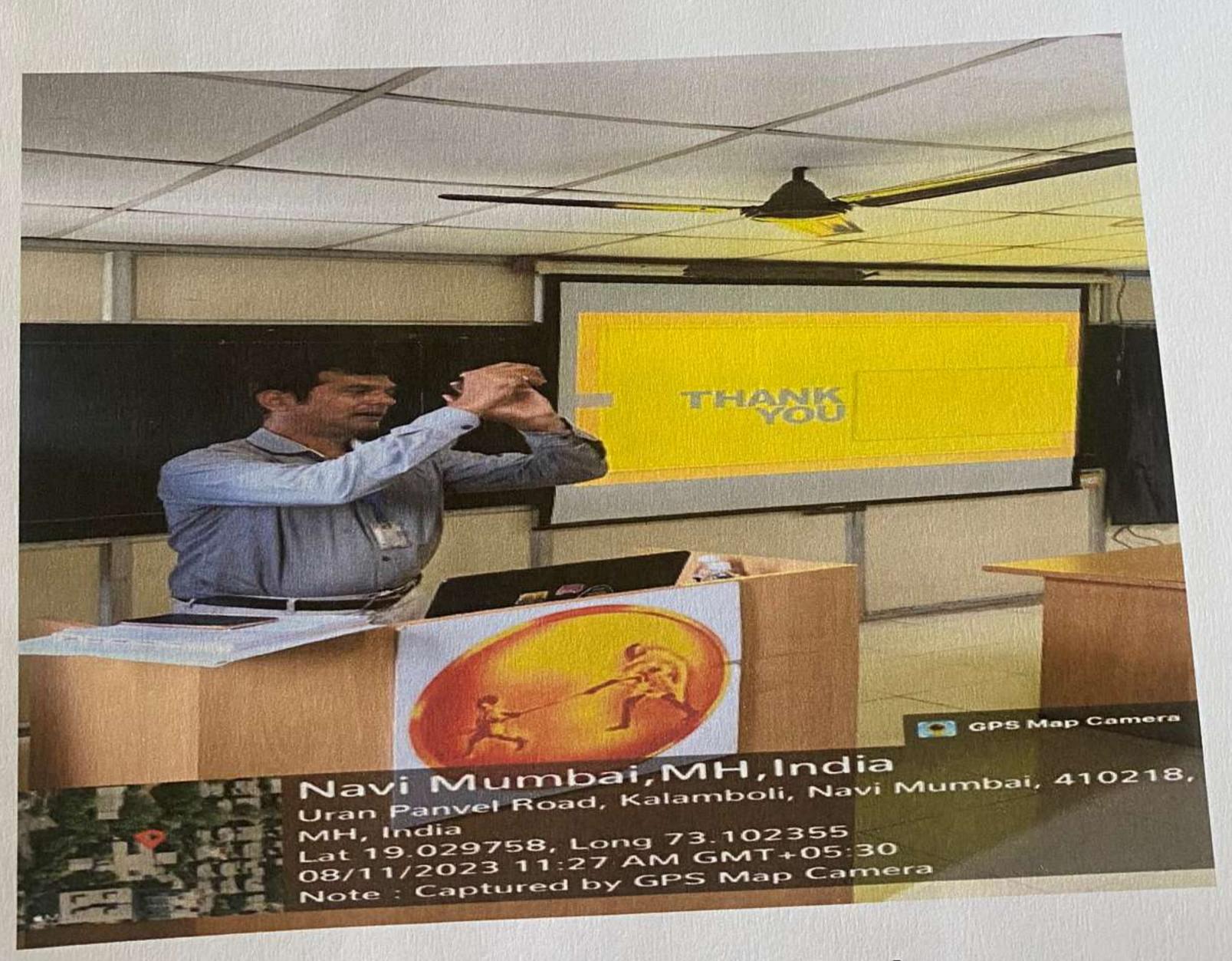




Dr.Madhvi Mankar cleared the doubts of attendees and briefed them about all round care needed for mother and child during the postpartum period.

In the briefing, she addressed attendees, shedding light on the vital aspects of immunization, postnatal care (PNC), and breastfeeding, all aligned with our national health policies. She emphasized that immunization is more than just getting shots; it's about safeguarding ourselves and our community from preventable diseases. Moving on to PNC, she elaborated on how it supports new mothers and infants during the delicate post-birth phase, while our national health policies ensure accessible and quality care.



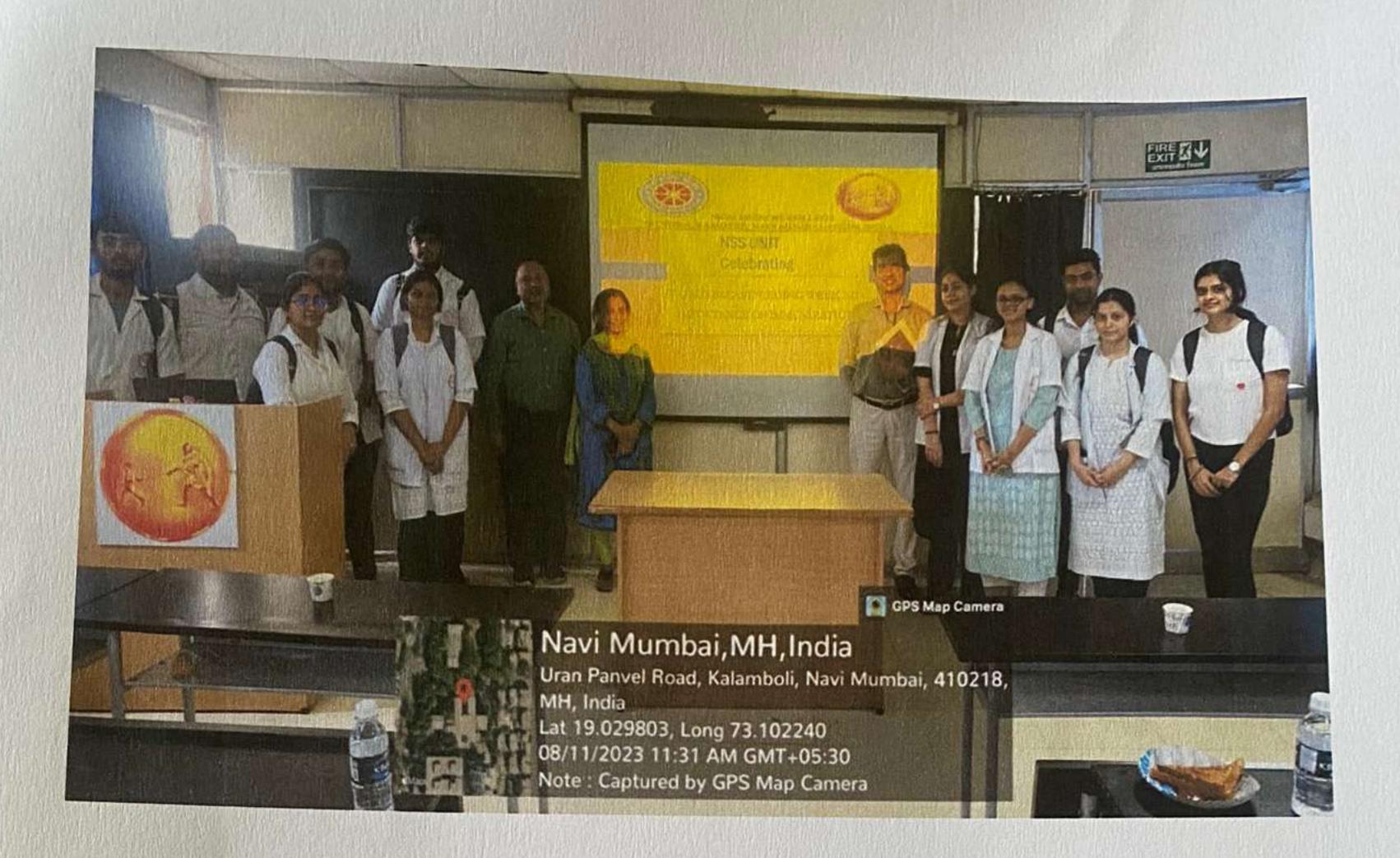


Event ended with Vote of Thanks by Mr. Jeevan Urankar

Attentive mothers form a vital audience at the event. Eager to enhance their knowledge, they gain insights into successful breastfeeding techniques, addressing concerns, and balancing maternal roles. The event empowers them to make informed choices, fostering a nurturing environment for both their infants and themselves.







Staff present for the event-

SrNo	Name	Designation
1	Dr. Pradeep Sawardekar	NSS Program Officer
2	Dr. Madhavi Mankar	Professor, PSM
3	Dr. Riya Mishra	Intern
4	Dr. Ruksar Nagpal	Intern
5	Mr. Jeevan Urankar	Male Assistant Programme Officer
6	Mr. Abhijeet Rodpalkar	Record keeper cum clerk
7	Mr. Sachin Kagade	Statistician

Beneficiaries for the event:

SrNo	Name	Age (in years)
1	MRS. MAMTA SOMAL	25
2	MRS. JAYSHREE VEER	18
3	MRS. ASHWINI BHALLA	20
4	MRS. VARTAK ROHANI	23
5	MRS. USHMAA SATYEN	20
6	MRS. VIRKAR SHRAVANI	21
7	MRS. VYAS AANCHAL	24
8	MRS. WADER SAKSHI	20
	MRS. WADKAR SANJANA	22
9	MRS. ROHINI SHETTE	25
10	MRS.BAPAYE NUPUR	28
11		19
12	MRS.NIRMALA VIRKAR	27
13	MRS. CHAYA WAGHMARE	24
14	MRS BHAGAT SUJALI	
15	MRS. MANDA BHALLA	21
16	MRS. GEETA SHINDAWE	22
17.	MRS. SUSHILA GHARAT	25
	MRS. SHATTACHARYA ANUSHRA	20
18.	MRS. KAJAL CHORGE	19
19.	MRS. RAJAL OTTOTAL MRS. RUHANI VITHAL	31

21.	MRS. BUTANI SUNANYA	20
22.	MRS. SHRADDHA SAKPAL	18
23.	MRS. RUTIKA GONDHALI	19
24. N	MRS. JYOTI MOHALE	32
25.	MRS. SUJATA MUSALE	25
26.	MRS. PANDEKAR YASHVI	19
27.	MRS. RAJARSHEE DEGESH	23
28.	MRS. GOPANE KANIKSHKA	26
29. N	IRS. KOMAL BHOSALE	19
30. N	MRS. DHAMNE ASMI	24
31. N	MRS. ANIRUDHA DILIP.	20
32. N	MRS. PRIYA BHAGAT	19
33. N	MRS. SANIYA LOBHI	19
34. N	MRS. GOTHWAL JAGRUTI	18
35. N	MRS. GUPIMETLA YOGITA	18
36. N	MRS. GUPTA MANISHA	20
NOWAY IN COMPANY	IRS. TABASSUM MOHAMMAD	26
	MRS. MRUNMAYI JAGANNATH	28
		19
	MRS. NAMRATA HURIA	22
一种三数字形满图	IRS. JADHAV MADHU	24
41. N	IRS. DAIN DIYA	
42. N	IRS. JAIN KIRITI	21
43. N	MRS. SUSHMA GHURDE	22
	IRS. AISHWARYA PATIL	19
	IRS. MEDHAVINI SHINDE	25
		21
46. N	IRS. SAKSHI SINGH	

47.	MRS. SHELAR JANHAVI	
48.	MRS. SHETH ASMI	28
49.		24
	MRS. SHAIKH FAIZA BILAL	22
50.	MRS. SHARMA MERULA	19
51.	MRS. PRACHI SHETTY	19
52.	MRS. SHIFA IOBAL RAJ	18
53.	MRS. SHINDE SAMRUDHI	18
54.	MRS. SHARVARI SANTOSH SHINDE	20

Students present for the event-

SrNo	Name	Age (in years)
1	MISS MRINALIKA KANTHARIA	21
2	MR. PRANAY KAPUR	22
3	MISS ISHIKA GUPTA	22
4	MISS MANTASHA INAMDAR	21
5	MISS VANSHIKA HURIA	20
6	MISS SHRUTI JAIN	21
7	MR. MANAN GUPTA	21
8	MR. VINAYAK KHAMARE	21

9	MR. ACHINTYA GUPTA	
10	MR. VINAY GUPTA	22
11	MR. SALIM KAPDI	21
12	MISS APARNA JAISWAL	21
13	MISS VIDISHA GURAV	22
14	MISS MANSI MHATRE	21
15	MISS ASHIKA THIRPARA	21
16	MISS SHLOKA KALE	21
17	MISS NEHA KAMATH	22
18	MISS SHRANIKA MATTHEW	21

Total Attendance- 79

	Male	Female	Total
Staff	4	3	7
Beneficiaries	8	64	72
Total	12	67	79

This event was made a great success with the efforts of Dr Pradeep Sawardekar, Dr. Madhavi Mankar, Dr Riya Mishra, Dr Ruksar Nagpal, Mr. Jeevan Urankar.

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]

[MGM Medical College]

[Navi Mumbai]
NSS Programme Officer
MGM Medical College,
Kamothe, Navi Mumbai

Dr G.S Narshetty

[Dean]

[MGM Medical College]

[Navi Mumbai]

Dean

Mamothe, Navi Mumbai-410209





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

To,

Date: 07/08/2023

The Dean

MGM Medical College

Navi Mumbai

<u>Subject</u> - Permission to celebrate World Breastfeeding week and conduct an IEC activity on the need for ANC care on 16th August 2023 at MGM Hospital, Kalamboli.

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to celebrate World Breastfeeding Week and conduct an event and IEC Activity on the need for ANC care on 16th August 2023 from 10 to 11:30am at MGM Hospital, Kalamboli.

Kindly permit us to conduct the event and make arrangements for tea and snacks for 30 people participating in the event.

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

MGM Medical college

Navi Mumbai

MSS Programme Officer MSM Medical College, Kamebe, Navi Mumbal Dean

MGM Medical College & Hospital Kamothe, Navi Mumbai-410209





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Date:07.08.2023

To,
Dr G.S.Narshetty
Dean
MGM Medical college
Kamothe

Respected sir,

Herewith I am submitting the report for World Breastfeeding Week on the need for ANC care.

Thanking you,

Yours sincerely,

Dr Pradeep Sawardekar

Program Officer

NSS Unit MGM Medical College

Navi Mumbai

MSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai MGM Medical College & Hospital Kamothe, Navi Mumbai-410209





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Report on event and IEC Activity on World Breastfeeding Week on the need for ANC care

The NSS Unit at MGM Medical College celebrated World Breastfeeding Week and conducted an event and IEC Activity on the need for ANC care on 16th August 2023 from 10 to 11:30 am at MGM Hospital, Kalamboli.

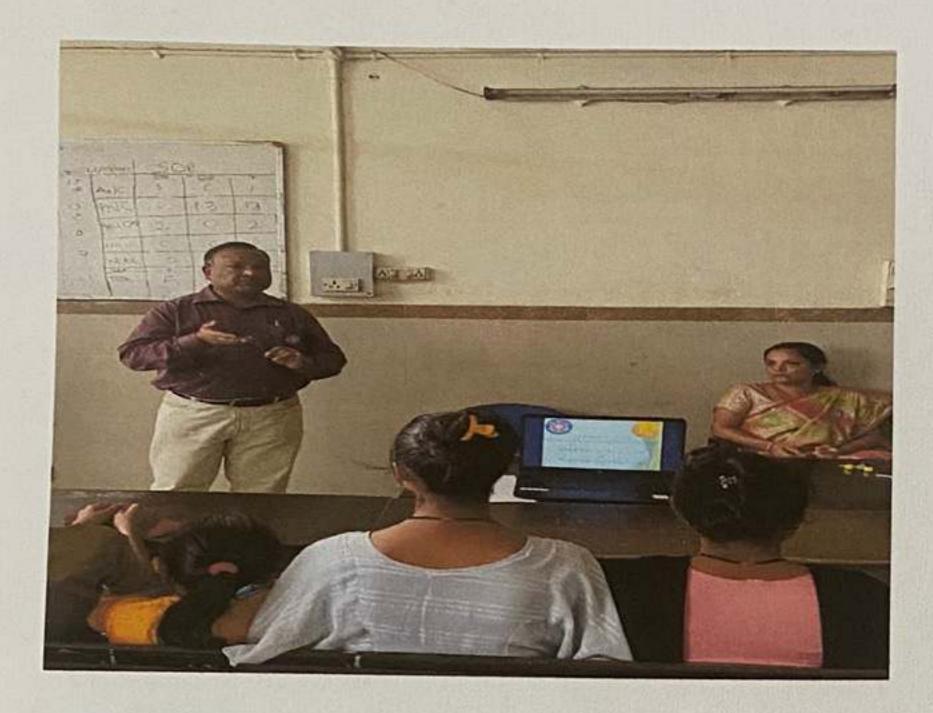
<u>Introduction</u>: World Breastfeeding Week is held in the first fifteen days of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners. The World Breastfeeding Week event featured an informative and engaging session on The link between breastfeeding and antenatal care (ANC) is vital. ANC session on The link between breastfeeding, preparing them for successful educates mothers about the benefits of breastfeeding, preparing them for successful initiation and continuation. ANC guidance on nutrition and lactation equips mothers with the knowledge and confidence needed to establish a strong breastfeeding foundation, fostering infant health and maternal well-being.

Objectives: The event was dedicated to promoting awareness about the intrinsic benefits of Antenatal care (ANC). It offers a myriad of benefits that profoundly influence maternal and neonatal outcomes. Through regular medical check-ups and guidance, maternal and neonatal outcomes. Through regular medical check-ups and guidance, and her developing in identifying and managing potential risks to both the pregnant mother and her developing fetus. This proactive approach ensures timely intervention, reducing the likelihood of complications during pregnancy, childbirth, and the postpartum period. ANC also empowers expectant mothers with essential knowledge about healthy practices, nutrition, and birth preparedness, fostering a sense of confidence and control. By addressing medical, emotional, and educational needs, ANC significantly contributes to healthier pregnancies, safer deliveries, and improved overall well-being for both mothers and newborns.

Speakers of the event.

Sr.No	Name	Designation	Topic
SI.NO	Dr. Pradeep Sawardekar	NSS Program Officer	Introduction, Overview of topics and doubt session
	Dr. Riya Mishra	Intern	Importance of AnteNatal Care
3	Dr. Ruksar Nagpal	Intern	Advantages, Barriers of AnteNatal Care
4	Dr. Mrs. Rupali Gujar		Overview of AnteNatal Care
5	Mr. Jeevan Urankar	Male Assistant Programme Officer	Vote of thanks
6	Mr. Sachin Kagade	Statistician	Anchor
7	Mr. Abhijeet Rodpalkar	Record keeper cum	Anchor

Dr. Pradeep Sawardekar explaining the importance of AnteNatal Care to the attendees.

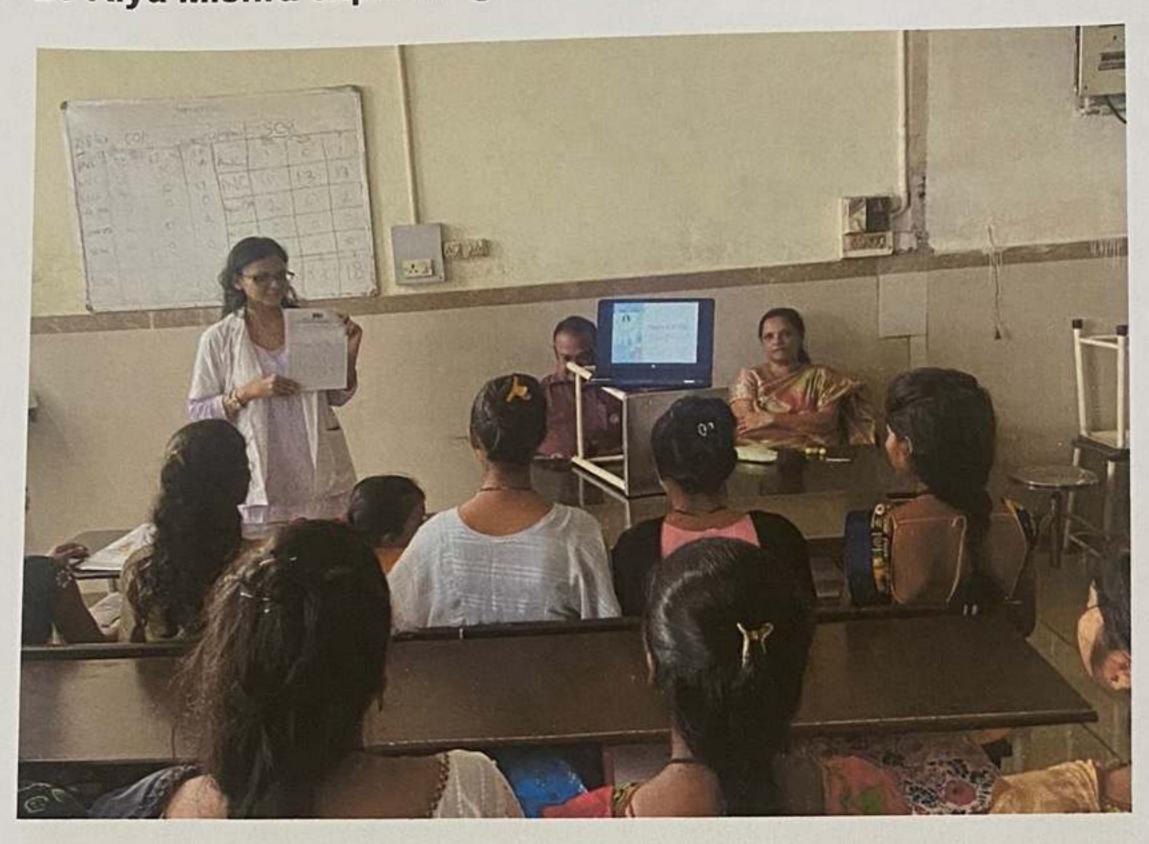




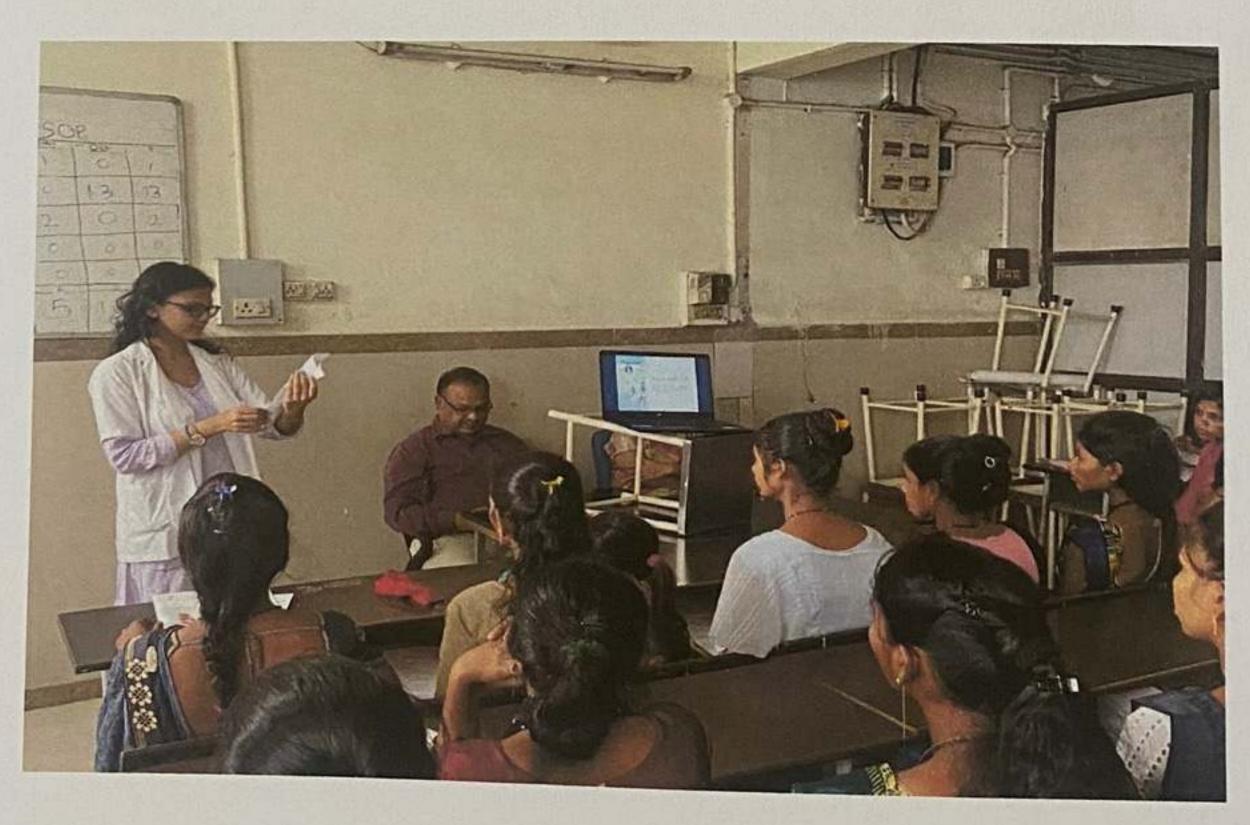
Dr. Pradeep Sawardekar briefing the crucial concepts and need for AnteNatal Care to the mothers.

Antenatal care (ANC) stands as a cornerstone of maternal and fetal well-being within hospital settings. This essential care encompasses a series of medical assessments, screenings, and guidance provided to expectant mothers during their pregnancy journey. ANC serves as a proactive strategy, facilitating the early detection and management of potential complications that could arise for both mother and baby. Through regular check-ups, health professionals monitor vital signs, track fetal development, and offer vital advice on nutrition, exercise, and birthing preparations.

Dr Riya Mishra explaining the benefits of ANC to attendees

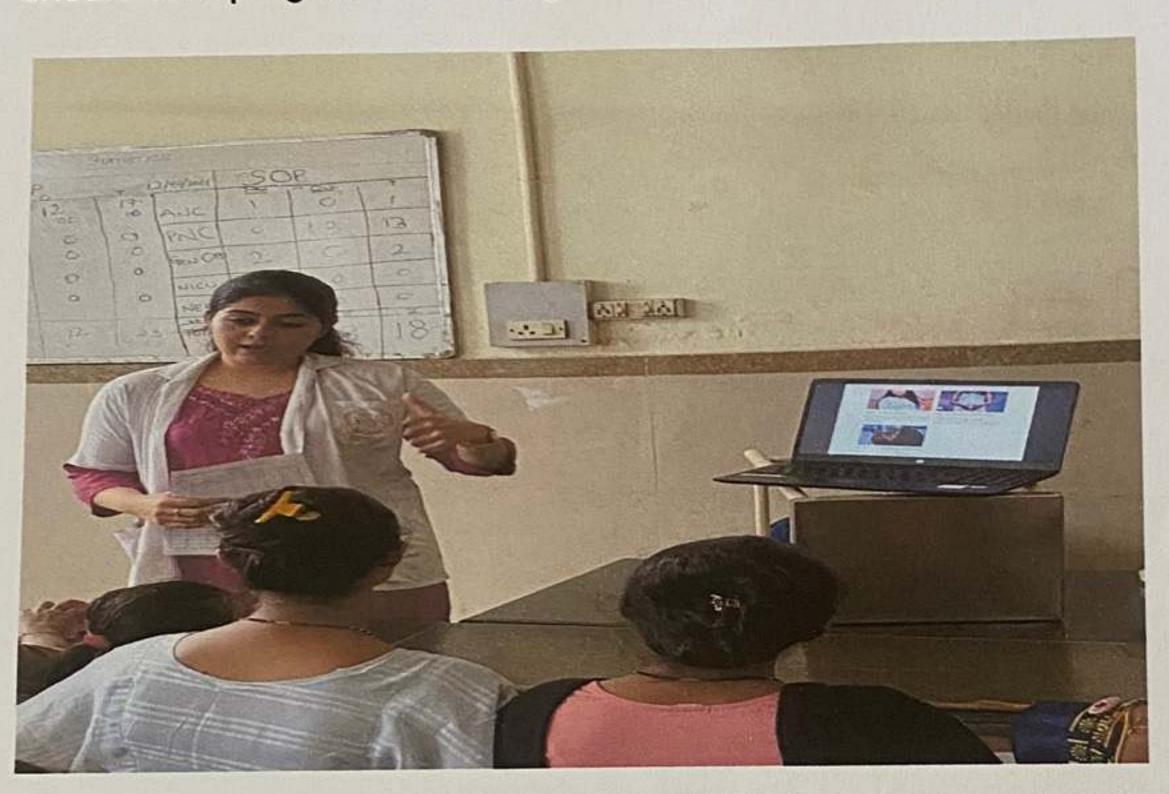


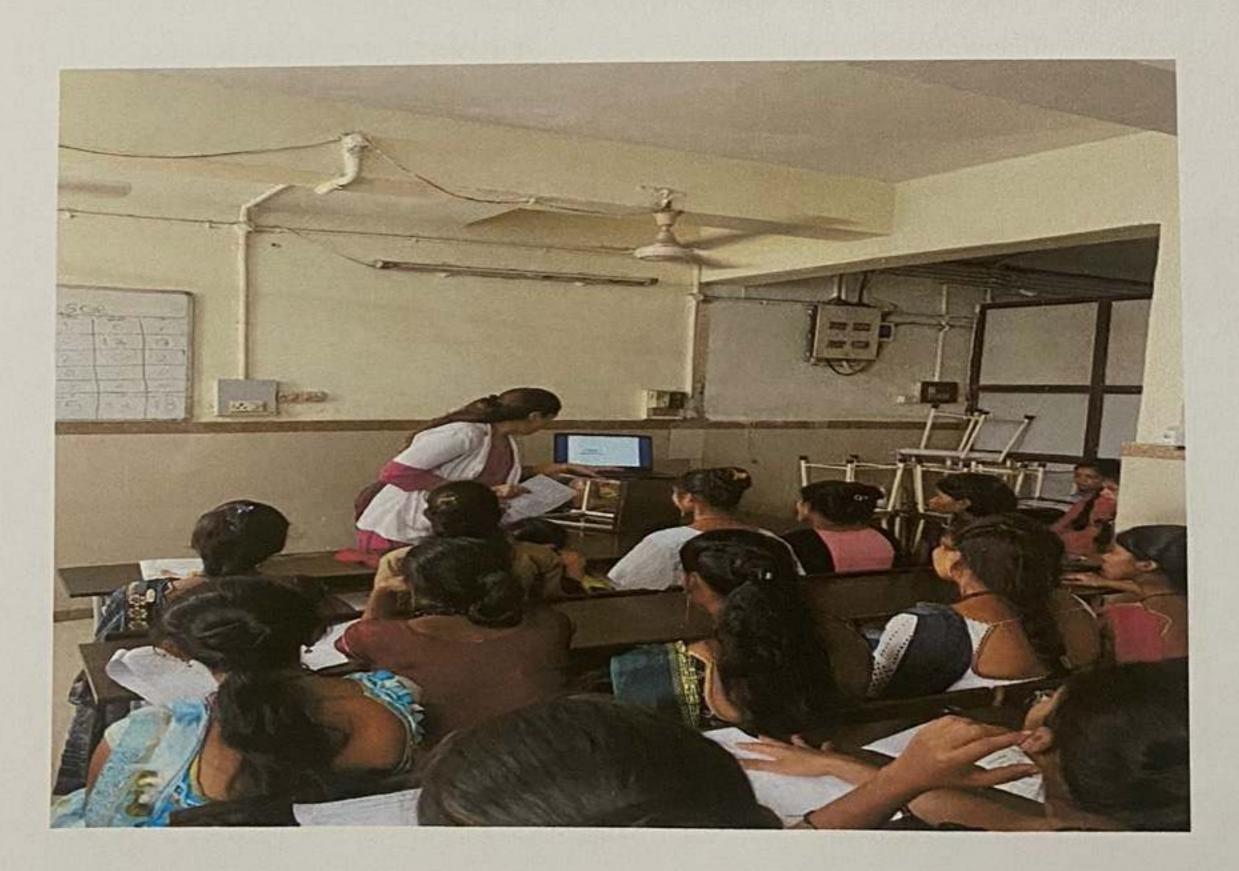
Early registration for antenatal care (ANC) is vital. Women should ideally seek ANC as soon as pregnancy is confirmed. The recommended number of ANC visits varies: the World Health Organization suggests at least 8 visits whereas NHM suggests minimum of 4 visits for uncomplicated pregnancies. These visits ensure regular health assessments, screenings, and guidance, maximizing the chances of a healthy pregnancy outcome. Early engagement and the appropriate number of visits contribute to effective monitoring, timely interventions, and comprehensive care for both mother and baby.

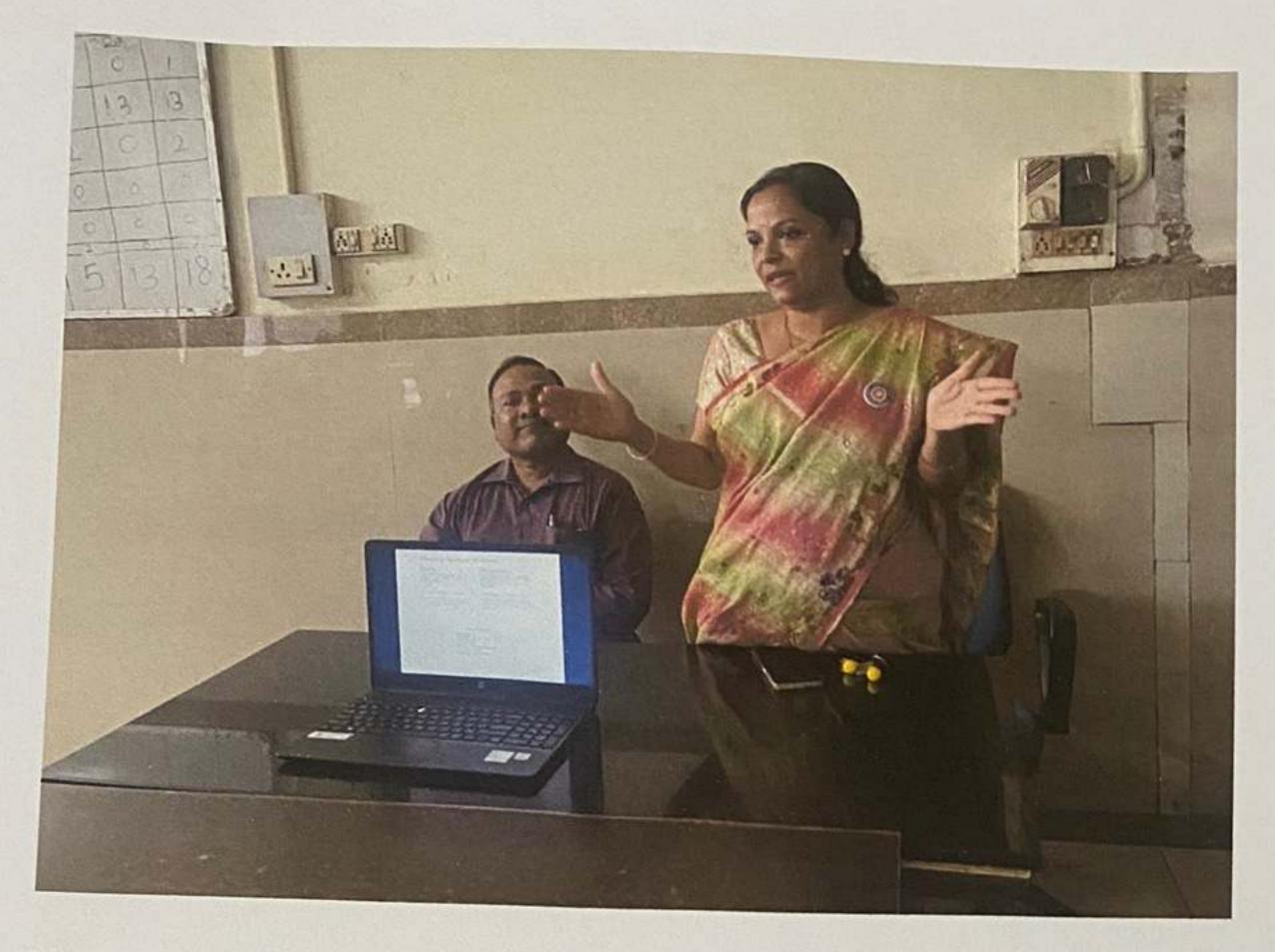


Dr. Ruksar Nagpal briefing the attendees on danger signs, and need for frequent hospital visits.

Recognizing warning signs during pregnancy is paramount. Symptoms like severe abdominal pain, bleeding, or sudden swelling demand immediate attention to avert complications. In India, health policies prioritize antenatal care (ANC) for mothers. Initiatives like the Janani Suraksha Yojana ensure free ANC check-ups, skilled birth assistance, and postnatal care. These policies emphasize ANC's critical role in improving maternal and neonatal health, aiming to reduce maternal mortality and ensure safe pregnancies through widespread access to essential healthcare services.

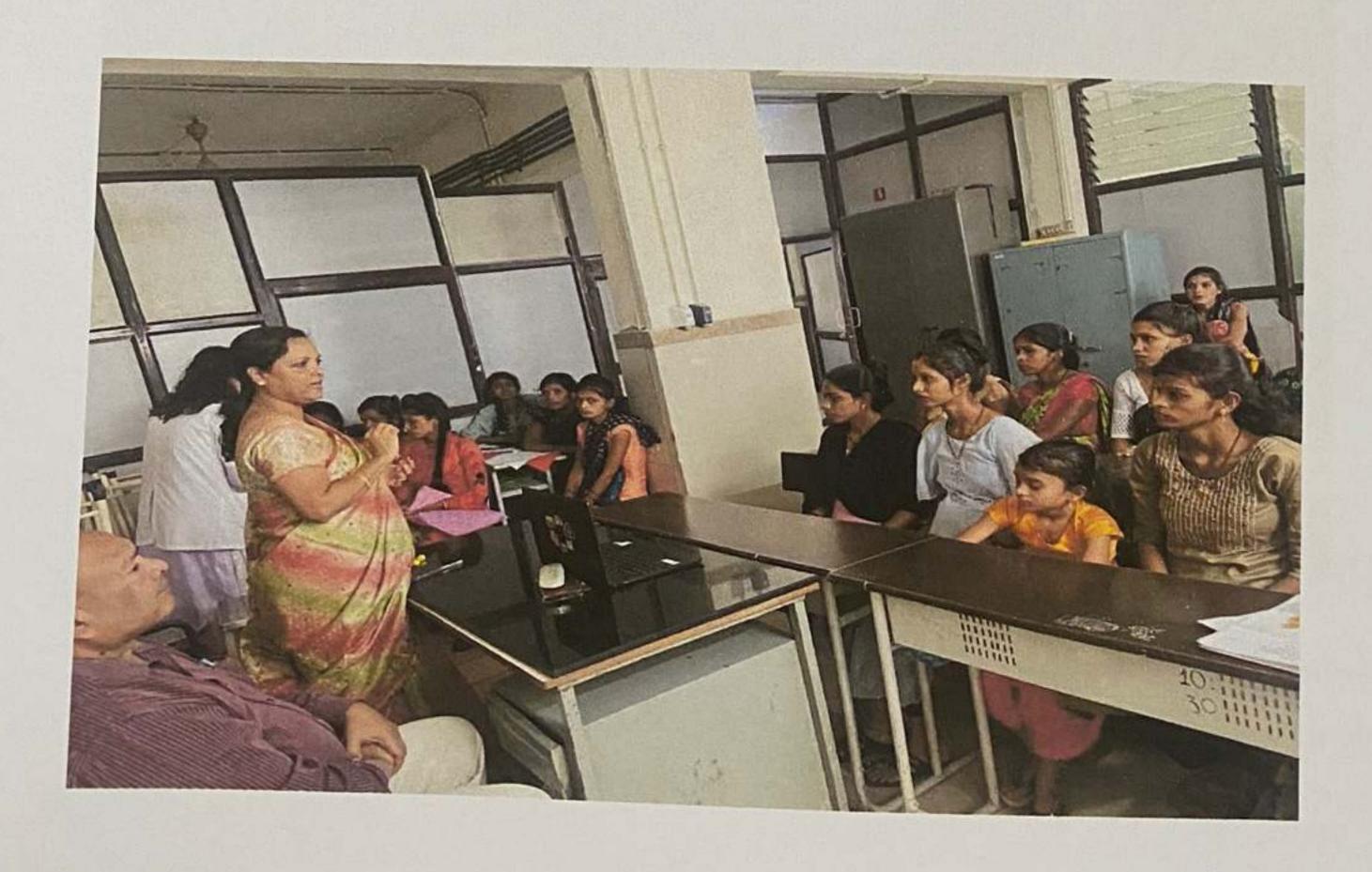






Mrs. Rupali cleared the doubts of attendees and briefed them about all round care needed for mothers during the antepartum period.

In the briefing, she addressed attendees, shedding light on the vital aspectsand.the essence of antenatal care (ANC). She stresses ANC's pivotal role in ensuring the well-being of both mother and baby during pregnancy. Through regular medical assessments and screenings, ANC aids in the early detection of potential complications. She further explains that ANC also empowers pregnant women with essential knowledge about nutrition, exercise, and birth preparedness, enabling informed decision-making.





Event ended with Vote of Thanks by Mr. Jeevan Urankar



Attentive mothers form a vital audience at the event. Eager to enhance their knowledge, they gain insights into successful ANC techniques, addressing concerns, and balancing maternal roles.









Staff present for the event-

SrNo	Name	Designation
1	Dr. Pradeep Sawardekar	NSS Program Officer
2	Dr. Madhavi Mankar	Professor, PSM
3	Dr. Mrs. Rupali Gujar	Professor, PSM
4	Dr. Ruksar Nagpal	Intern
5	Dr. Riya Mishra	Intern
6	Mr. Jeevan Urankar	Male Assistant Programme Officer
7	Mr. Abhijeet Rodpalkar	Record keeper cum clerk
8	Mr. Sachin Kagade	Statistician

Beneficiaries for the event:

SrNo	Name	Age (in years)
1	MRS. LATA BHAGAT	25
2	MRS. ANITA KATKARI	24
3	MRS. SAPNA SHID	30
4	MRS. MAHIMA BHAGAT	25
5	MRS. SONALI BHUKRE	22

6	MRS. MEENA ZUGARE	30
7	MRS. MANU CHAUDHARI	21
8	MRS. PRATIBHA SAMBHI	25
9	MRS. SHRAMILA WAGH	18
10	MRS. MEENAKSHI CHAUDHARI	21
11	MRS.DURGA CHAUDHARI	19
12	MRS. KUMARI SAMBARI	23
13	MRS. DHANASHREE PARDHI	30
14	MRS. ANITA BHAGAT	22
15	MRS. VIMAL CHAUDHARI	26
16	MRS.SUNITA PARDHI	19
17.	MRS. RENUKA WAGHMARE	25
18.	MRS. ARINA CHAUDHARY	24
19.	MRS. SAPNA BHASMA	18
20.	MRS. SHRADDHA SAKPAL	21
21.	MRS. MANDA BHALLA	21
22.	MRS. GEETA SHINDAWE	23
23.	MRS. RAJARSHEE DEGESH	26
24.	MRS. GOPANE KANIKSHKA	21
25.	MRS. KOMAL BHOSALE	19
26.	MRS. DHAMNE ASMI	20
27.	MRS. SHIFA IOBAL RAJ	28
28.	MRS. SHINDE SAMRUDHI	18
29.	MRS. SHARVARI SANTOSH SHINDE	20
30.	MRS. SUSHILA GHARAT	25
31.	MRS. JAYSHREE VEER	18

J

	3	2. MRS. ASHWINI BHALLA	20
	3:	3. MRS. VARTAK ROHANI	23
	34	4. MRS. USHMAA SATYEN	20
	35	MRS. VIRKAR SHRAVANI	21
	36	MRS. VYAS AANCHAL	24
	37	MRS. WADER SAKSHI	20
	38.	MRS. WADKAR SANJANA	22
	39.	MRS. ROHINI SHETTE	25
	40.	MRS.BAPAYE NUPUR	28
	41.	MRS.NIRMALA VIRKAR	19
	42.	MRS. CHAYA WAGHMARE	27
ļ	43.	MRS BHAGAT SUJALI	24
1	44.	MRS. MAMTA HANDIGUND	21
1	45.	MRS. LAXI SHINDAWE	22
L	46.	MRS. SUSHMA GOVINDE	25
L	47.	MRS. SHATTACHARYA ANUSHRA	20
	48.	MRS. KAJAL CHORGE	19
	49.	MRS. RUHANI VITHAL	31
	50.	MRS. BUTANI SUNANYA	20
	51.	MRS. SHRADDHA SAKPAL	18
	52. MRS. RUTIKA GONDHALI		19
	53.	MRS. JYOTI MOHALE	32
. !	54.	MRS. SUJATA MUSALE	25
5	55.	MRS. PANDEKAR YASHVI	19
5	6.	MRS. RAJARSHEE DEGESH	23
5	7.	MRS. GOPANE KANIKSHKA	26

	58.	MRS. KOMAL BHOSALE	19
	59.	MRS. DHAMNE ASMI	24
	60.	MRS. ANIRUDHA DILIP.	20
	61.	MRS. PRIYA BHAGAT	19
-	62.	MRS. SANIYA LOBHI	19
-	63.	MRS. GOTHWAL JAGRUTI	22
-	64.	MRS. GUPIMETLA YOGITA	18
-	65.	MRS. GUPTA MANISHA	20
-	66.	MRS. TABASSUM MOHAMMAD	26
L	67.	MRS. MRUNMAYI JAGANNATH	28
	68.	MRS. NAMRATA HURIA	19
	69. MRS. JADHAV MADHU		22
	70.	MRS. DAIN DIYA	24
	71.	MRS. KIRITI JAIN	21
	72.	MRS. SUSHMA GHURDE	22
	73.	MRS. AISHWARYA PATIL	19
	74.	MRS. MEDHAVINI SHINDE	25
7	75.	MRS. SAKSHI SINGH	21
7	76. MRS. JANHAVI BASARE		28
7	7.	MRS. ASMI KHATRE	24
7	8.	MRS. SHAIKH FAIZA BILAL	22
79	9.	MRS. SAIKA WAGH	19
8	0	MRS. ALKA GHUTE	19

	Male	Female	Total
Staff	4	3	7
Beneficiaries	0	80	80
Total	4	83	87

This event was made a great success with the efforts of Dr Pradeep Sawardekar ,Dr. Madhavi Mankar, Dr Riya Mishra, Dr Ruksar Nagpal, Mr. Jeevan Urankar.

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]

[MGM Medical College]

[Navi Mumbai]

MSS Programme Officer MGM Medical College, Kamothe, Navi Mumbel Dr G.S Narshetty

[Dean]

[MGM Medical College]

[Navi Mumbai]

MGM Medical College & Hospital Kamothe, Navi Mumbai-410209



SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA STUDENT COUNCIL AND ANTI- RAGGING UNIT

To,

Date- 17/08/2023

The Dean,

MGM Medical College,

Navi Mumbai.

Subject - Permission to observe Anti-ragging week and conduct an event and webcast on Anti-ragging at MGM Medical College, on 16th July 2023.

Respected Sir,

The MGM Medical College, Navi Mumbai would like to observe Anti-ragging week and conduct an event and webcast on Anti-ragging at MGM Medical College, on 16th July 2023 .Kindly permit us to conduct the event

Thanking you,

Yours sincerely,

Dr.Pładeep Sawardekar

[Secretary student council]

MGM MEDICAL COLLEGE

Navi Mumbai Secretary

MGM Medical College, Karrabo, Navi Mumbai

MGM Medica! College & Hospital Kamothe, Navi Wumbai-410209



SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA STUDENT COUNCIL AND ANTI- RAGGING UNIT

To,

Date- 17/08/2023

The Dean,

MGM Medical College,

Navi Mumbai.

Subject – Report of the event and webcast on Anti-ragging at MGM Medical College, on 16th July 2023.

Respected Sir,

Hereby submitting the report of the event and webcast on Anti-ragging at MGM Medical College.

Thanking you,

Yours sincerely,

Dr.Pradeep Sawardekar

[Secretary student council]

MGM MEDICAL COLLEGE

Navi Mombai etary
MGM Medical College,
Kamothe, Navi Mumbai

MGM Medical College & Hospital
Kamothe, Navi Mumbai-410209





SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA Report on Anti-ragging week event and webcast

MGM Medical College conducted an event and webcast on Anti-ragging on 16th July 2023.

Introduction: A communication was received from University Grant Commission (UGC) regarding observation of Anti Ragging day on 12th August 2023 and Anti Ragging week from 12th August to 18th August 2023.

In order to prevent ragging UGC has framed regulation on curbing the menace of ragging in higher educational institutions. As a step further, UGC has decided that from this year Anti Ragging Day would be observed on 12th to 14 August followed by Anti Ragging Week from 12 August to 18th August. This initiative is one of the tools of the Commission in increasing awareness against ragging.

Objectives: The main objective of this initiative is to address the issue of ragging, fostering safe and respectful academic atmospheres. By designating specific days and a week to this cause, UGC intends to heighten awareness about the negative impacts of ragging on students' mental and emotional well-being. This underscores UGC's commitment to creating campuses free from harassment, emphasizing the significance of camaraderie and mutual respect among students, and ultimately promoting a positive and secure learning environment.

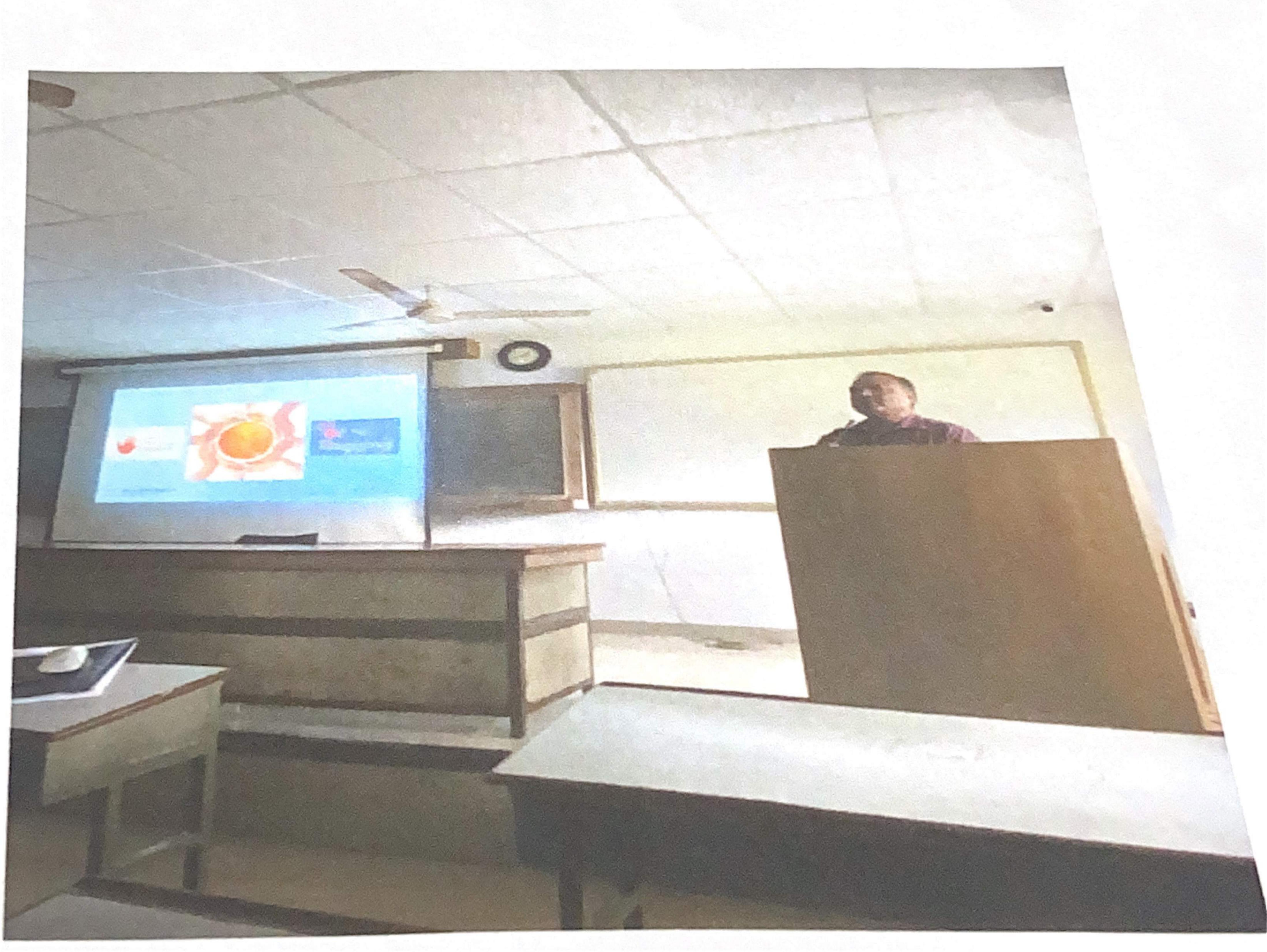
Action: In support of the anti-ragging cause, MGM Medical College took action by screening anti-ragging movies to sensitize students. These films vividly depicted the physical and emotional toll of ragging, encouraging empathy and understanding among students. By showcasing real-life scenarios, these movies instilled a sense of responsibility and discouraged ragging, fostering a safer learning environment. This proactive approach not only educated students about the repercussions of ragging but also promoted a culture of mutual respect and inclusivity. By leveraging the emotional impact of cinema, MGM Medical College aimed to create lasting awareness and prevent instances of ragging, contributing to the overall well-being of students.

Anti-ragging orientation programs, at MGM Medical College from 12th August to 19th August

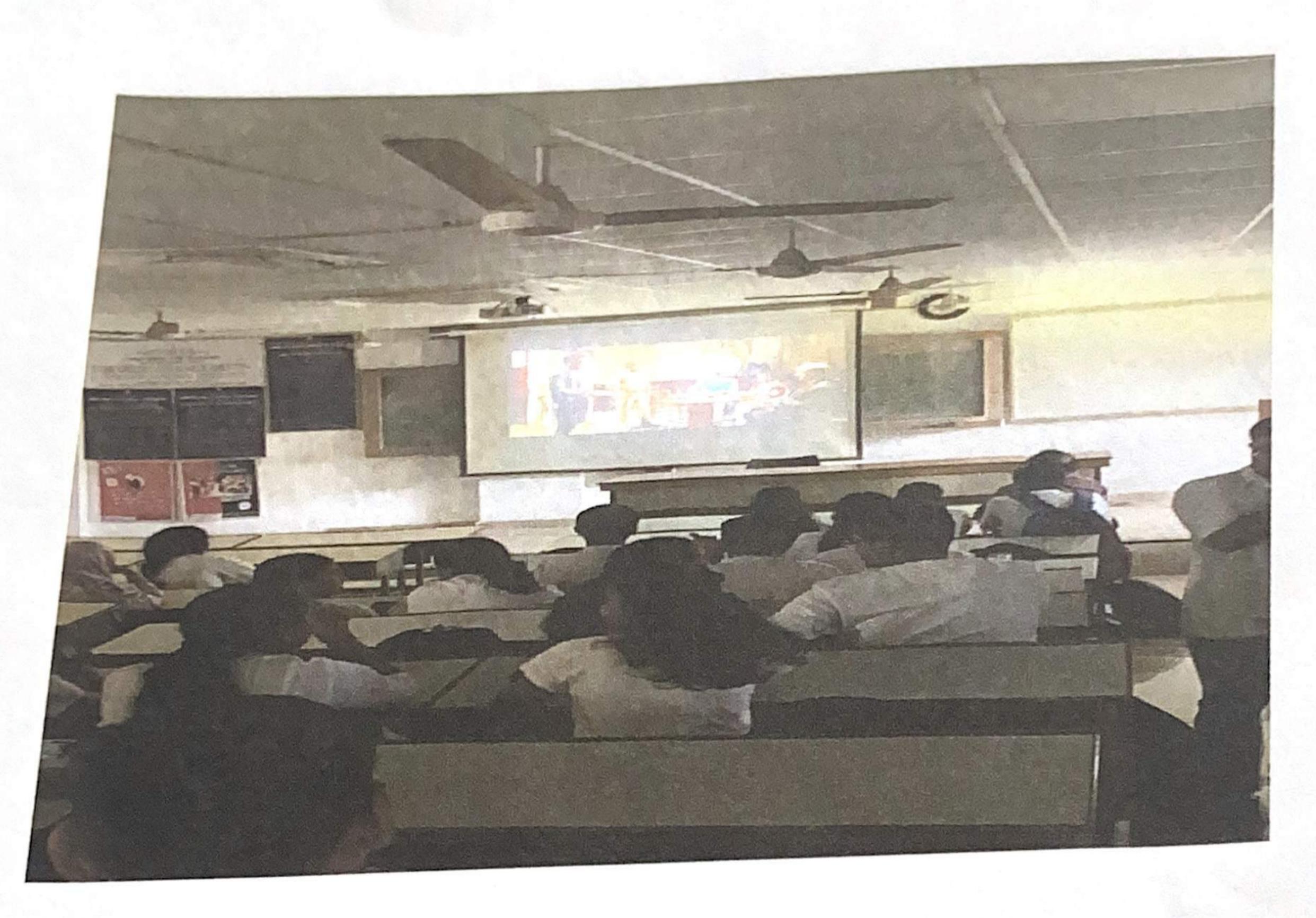


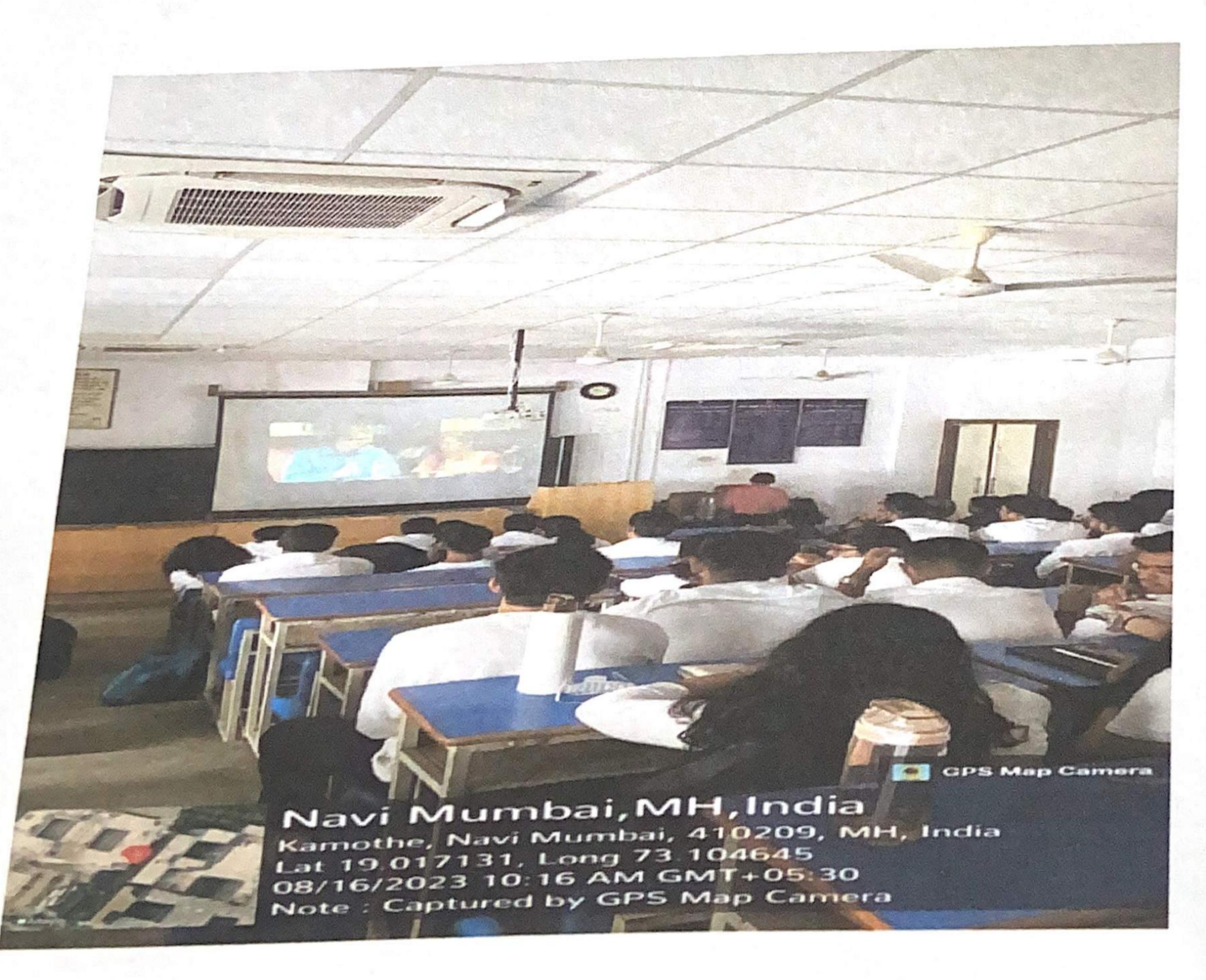
The event started off with Dr. Pradeep Sawardekar explaining the importance of Antiragging to the attendees.

Anti-ragging efforts are crucial as they create safe educational spaces, protect student mental and physical well-being, foster respectful interactions, and promote a positive learning environment for all.



Anti-ragging movies hold immense importance in sensitizing students. These films depict the harsh realities of ragging, fostering empathy and awareness. Students witnessing the negative outcomes and emotional toll are more likely to comprehend the seriousness of the issue. The visual impact triggers discussions and encourages responsible behavior, discouraging ragging. These movies effectively underline the significance of respectful interactions, contributing to safer and more inclusive learning environments.

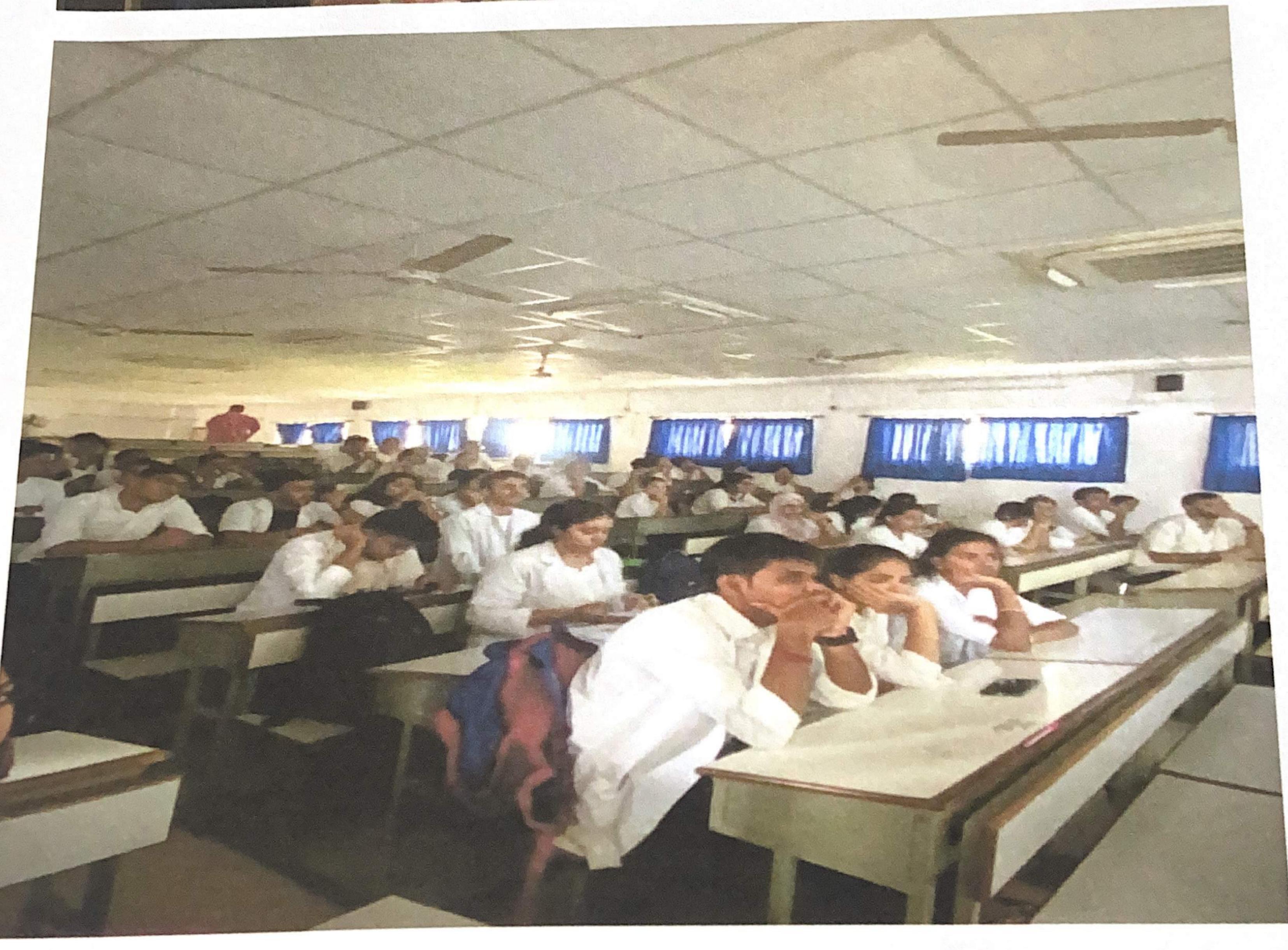


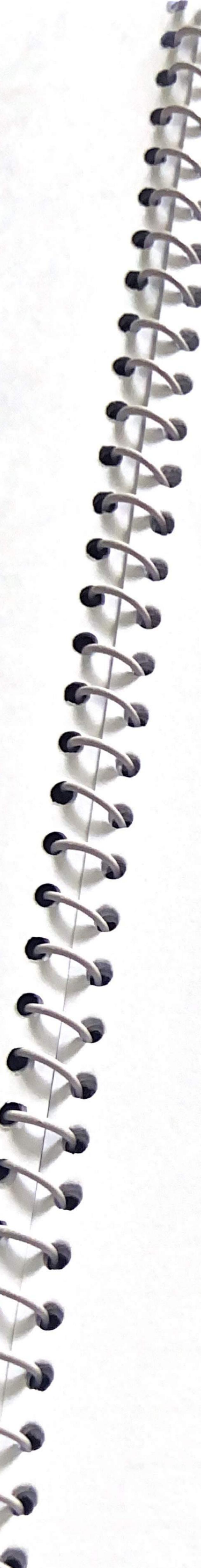


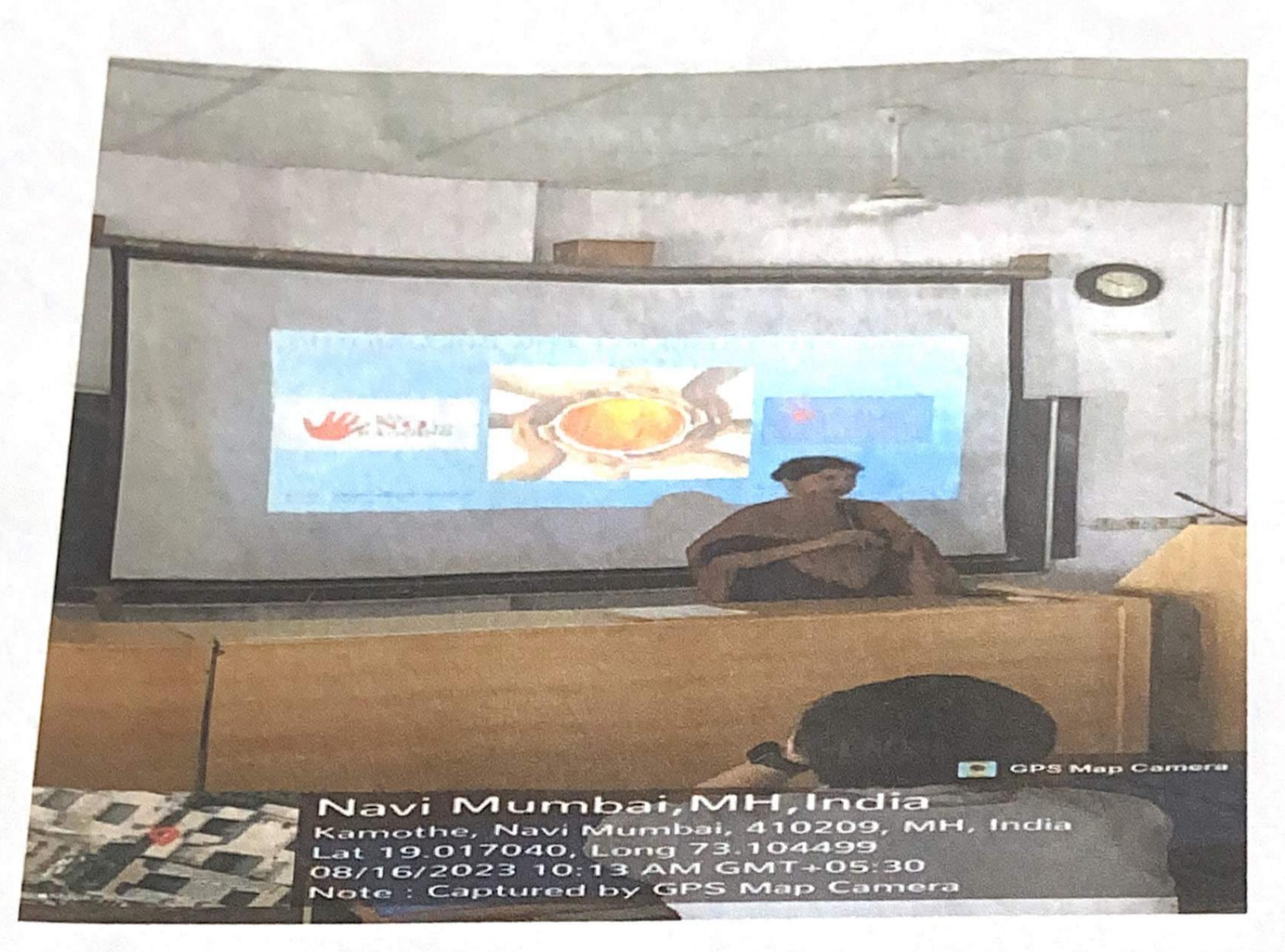
Faculty members, MGM Staff and students attending the event on Anti-ragging

The event witnessed the active participation of faculty members, MGM staff, and students. They collectively engaged in watching an impactful movie that shed light on the consequences of ragging. This event aimed to sensitize attendees, fostering a sense of responsibility and empathy.









Anti-ragging nodal head Dr. Silpi Sahu briefing the students about the repercussions on ragging In the briefing, the students were informed about the significant repercussions of ragging in India.

The session emphasized how ragging negatively impacts victims' mental and physical health, along with legal consequences for those involved. The presentation underscored that ragging also tarnishes the reputation of educational institutions and disrupts the learning environment.

Instances of ragging have tragically altered lives. The aim of the briefing was to dissuade students from participating in such activities, highlighting the need to establish a respectful and secure atmosphere that nurtures growth and well-being for everyone involved.



Faculty present for the event :-

SrNo Name		Designation	
1.	Dr. GS Narshetty	Dean	
2	Dr. Pradeep Sawardekar	Student Council Secretary	
3.	Dr. Shilpi Sahu	Head of Department, Pathology	
4.	Dr. Mrunal Pimparkar	Professor, PSM	
5.	Dr. Madhvi Mankar	Professor, PSM	
	Dr. Aarthika Sreenivasan	Assistant Professor, Physiology	
	Dr Rupali Gujar	Female assistant program Office	
	Mr. Sanjay Kale	UG Section coordinator	
	Mr.Suresh Verghese	MGM Staff	
	Ar.Khan Mohammad	MGM Staff	
	r. Ruksar Nagpal	Intern	
2. Dr. Riya Mishra		Intern	
	Shiksha Pandey	MPH	
	Asawari Sonawane	MPH	

1	F Int D	MPH
	5. Ms. Prachi Nangare	MSW
16	Mr. Vikrant Dinkar	Statistician
17.	Mr. Sachin Kagade	Record keeper
18.	Mr. Abhijeet Roadpalkar	Nurse
19.	Mrs. Pushpa Awadhe	Nurse
20.	Mrs. Kanchan Patil	Nurse
21. Mrs. Sheetal Kajare		

Beneficiaries for the event:

	Beneficiaries for the event:	(in woars)
	Beneficiario	
		18
SrNo Name	IDESH	18
1 SINGH DISHA	SUREST	
		18
2 SINGH MITU		20
3 SHINDE SARA		
L ATHARI	AJIT	18
4 SHINDE ATHARN		120
5. SHINDE ANUSHK	ASUNIL	
/ SAINDE	IT	19
6. KHEDKAR VEDAN		10
		10
7. KALYAN SANYA		18
8. SHAH JAYANI		
		18
9. SHAH SALONI		
		20
10. SHAH YASHVI		20
		8
11. SHAKH IRFAN		8
12. SHARMA RHEA	1	7
13111		
13. CHELAR AMEY		
1 STILL TOTAL		
14. CHELKE ADVAIL		
STILL		

	10		1 1 0	
	15	LELL IMIANI	18	
	16.	MAHAJAN KASHISH	18	
-	17.	PATIL MAYUR	19	
	18.	PATIL RIYA	19	
L	19.	PATIL SAHIL	19	
	20.	PATIL YOGESH	18	
	22.	UKIRADE SIDDHANT SUNIL	18	
	23.	UPADHYAY VIDHEE	18	
	24.	USAIDUR RAHMAN	20	
	25.	VARTAK ROHAN YOGESH	19	
	26.	VED USHMAA SATYEN	20	
	27.	VIRKAR SHRAVANI PANKAJ	19	
	28.	VYAS AANCHAL HADRESH	19	
	29.	WADER SAKSHI GAJANAN	17	
		WADKAR SANJANA PRAKASH	18	
		JKIRADE SIDDHANT SUNIL	18	
		APAYE NUPUR MANDAR	19	
			19	
		AROT AVADH	19	
3		ETGERI AGASTHYA KEDAR		
3	5. BH	IAGAT SUJAL TANAJI	19	
36	6. SH	ANDWALKAR ABHISHEK SHIVAJI	18	
37	SH/	ARDWAJ AADIT	18	
38.	. GHA	ATKHANDE TANMAY SANTOSH	20	
39.	SHA	TTACHARYA ANUSHRA	20	
40.	BIDA	RKAR SIDDHARTH NARENDRA	19	
41.	BITLA	A RHEA VITHAL	19	
42.	BUTA	NI SUNYA	17	
43. CHAVAN		AN ARYAN ABASAHEB	18	
44.	TO THE TOTAL STATE OF THE PARTY		18	
45.	CHOU	DHARY ARYAN	19	
		I YASH RAJOOBHAI	19	
40.	DAIVITA			

		47	PANDEKAR YASH PRASAD	19
		48	PAS RAJARSHEE DEGESH	19
		49.	GOPANE KANAK KISHOR	18
		50.	PAWOO MAHESHWARI	18
		51.	DHAMNE ASMI NITIN	20
	52.		DHAWAN ANIRUDHA DILIP.	20
		53.	PHERANGE ADVAIT RAJENDRA	19
		54.	GANDHI DEV PANKAJ	19
		55.	GANEDIWALA SUCHI	19
		56.	HO GOENKA ADIT AMIT	19
		57.	GOPANE KANAK KISHOR	19
		58.	GOSWAMI VALLABHI MILAN	19
			GOTHWAL AARYAN NITIN	18
		0.	HANUMATH PRANAY	18
			GUPTA ADITYA MANOJ	20
	6			20
	62		THAMMAD LATEEF MOHAMMED ZAKIR	19
	63	. H	HATIM MRUNMAY JAGANNATH	
	64.	-	IURIA VEDANT	19
	65.	J	ADHAV ADITYA MADHUKAR	17
-	66.	D	AIN DIYA SHRIPAL	18
-	67.	JA	IN ROMIL KIRIT	18
-	68.	52	JAKKULWAR AARYA AJAY	19
	69.	53.	JALGAONKAR ALGAMAH	19
	70.	S4 J	IAMKHANDI SUHANI	19
	71.	55 D	ASANI VISHWESH MADHAV	19
	72.	JOSH	H AYUSHI	18
			I CHINMAY RAJEEV	18
			DIKSHA JAGDISH	20
			MANISH NANDLAL	20
7	6. J	OSHI	NILAY HARSHIKESH	19
	7 10	CHIT	TAPASYA JAGDISH	19

78. JUDITH JACKSON	17
79. KABRA DHRUV VRIJESH	18
80. RADAM ADVIKA ABHILIT	18
81. KALATHIYA MEET DINESH	19
82. KANWAR HARSH	19
83. KARMAN KAUR ANAND	19
84. KAZI MARIYA IQBAL	18
85. KHAN KHUSHI ZIKRULLAH	18
AND AAQIG	18
LUIANI SHAKIL IBRAHIM	20
	20
88. KHATRI JALAR DEEPAK	19
89. SHAIKH FAIZA BILAL	19
90. SHARMA MERUL	19
CHELAR JANHAVI SANJAY	19
CHETH ASMI AMIT	19
92. SHETTY PRACHI DINESH 93. SHETTY PRACHI DINESH	
	19
94. SHETTY TANMAY	18
SHIFA IOBAL RAJ	18
95. SHINDE SAMRUDHI RAHUL 96. SHINDE SAMRUDHI RAHUL	20
96. SHINDE SANTOSH	
96. SHINDE SHARVARI SANTOSH 97. SHINDE SHARVARI SANTOSH	20
I CIMECHCHA AIL	19
98. SHUKLA SWEST 99. SHUKLA VANSHIKA SHAILENDRA	19
99. SHUKLA VANOTI	10
SINGH AKASH	10
	18
101. SINGH EESHA	20
CINIGH SAMBTIAN.	
102. SINGHAL KUSHAGRA SINGHAL KUSHAGRA	20
I SINGHAL IV	19
103. SUMRA AYESHA SUMRA AYESHA SUMRA AYESHA	
104. SUMMERIANAY PRANCE	119
I TOVAWANO!	10
105. SURTAN THADANI DHIYA MANOJ	19
THADAIN THITFSH	119
106. THAKKAR MIT HITESH	
107. THAIL YUNUS SYED	
TORAIT YUNUS C	
108.	

109. TUBA SALIM SIDDIQUI	17
110. PALRECHA MAHEK DINESH	18
111. IPANDEY PRIYA RAKESH	18
112. PARDESHI VISHAAL SHIRISH	19
113 PAREKH JHEEL	19
DARWAR DHANSHREE SATISH	19
DATIL ADVAIT SACHIN	19
115. PATIL ADVIII. 116. PATIL JANHAVI MAHESH.	18
116. PATIL SAINATH 117. ANUSHA BADRINATH	18
117. ANUSHA BADI III. 118. SHUKLA VANSHIKA SHAILENDRA	17
118. SHUKLA VANSITIO	10
119. KABIR SHRIKANT	18
120 KAJAL MARUTI	18
121. SNEHA BANARJEE	19
121. SARTHAK AVINKUMAR 122 SARTHAK AVINKUMAR	20
122. SARTIVITATION SARTIVI	19
123. AHMED PARCO	
123. ALGUR SWATI SATISH	19
124. ANAND SUYASH	19
125. ANAND O	19
125. ARSHAD AARISH	19
ADANWAN	
127. ASAD ASATI ROSHAN TARUN ASATI ROSHAN TARUN	
128. ASATTA CHOBHIT	18
	- 120
1 123. I GIRISH W.	
130. TOTATINO!	19
BALIGA TO ASHEESH	19
	10
1.32.	19
133. BHOSALE SIDE: 133. BHOSLE KRUPALI PRADEEP BHOSLE KRUPALI PRADIP	119
134. BHOST BRICAL BARSH PRAD	19
134. BHOSLE KRUPALI 134. BHOSLE KRUPALI 134. CHANGEDIYA HARSH PRADIP CHANGEDIYA HARSH VIVEK	17
135. SUARIRUDHVIVI	
135. CHAUDHARI RUDHVI VIVEK CHAUDHARI RUTYA AJAY	118
136. CHAURASIA ADITYA AJAY CHAURASIA ADITYA AJAY CHAURASIA ANANYA	
TCHAUKAU TONIVA	
137. CHAULARY ANANYA	
TCHOUD!"	
138.	

		TITALALA	19
	139.	CHOUDHARY JHALAK UJJAWAL	18
	140.	CHOUDHURY NITEESH KUMAR N	18
	141.	DAKE CHINMAY MANGESH	20
	142.	DAS SHANTANU	20
	143.	DESHMUKH ASHLESH GANESH	
		DESHMUKHRIYANKA PRITAM	19
	144.	DESHMUKHKITANTO.	19
	145.		17
	146.	DHAMANI PRIYANKA JATIN	18
1	47.	DHINGRAJASEEBA GURPREET SINGH	18
	48.	DHOLKAWALA SANAYA HUSSAINALI	
		DIGHADE MEDHAVINI ANILRAO	19
1			19
15		DOBARIVA VISHRUTI	19
15	1.	DUTTA SHREYA	19
152	2.	GADHE VEDHANT	
		GAJARE PRANAV PRAVIN	18
153			18
154		GATTANI HARSH RAMKUMAR	20
155.		GHURDE MUKTA SARJERAO	
156.		GOYAL VIPUL	20
		SUPTASHUBHAM SHANKARLAL	19
157.			20
158.	C	SURSAHANI TANYA HARESH	
159.	H	ANCHATE ANUSHKA ANAND	20
			18
160.		ONNAVALLI SUKRITI	20
161.	JA	DHAV ADITYA RAJESH	20
		DHAV ANVAYA SANJAY	19
162.			10
163.	3. JADHAV SATISH		18
161	ANI	AM SHAHAB AHMED JAFFREY	19
			10
165.	JAG	NANI MUSKAN	19
166.	IAC	TAP SEJAL SHIVAJI	18
100.	UAG		

THE THE TOSEPH DIAS	20
167. JASON JAPHET JOSEPH DIAS	19
168. JATOO SARIB AHMED	18
169. JHA MANISHA KAMAL	18
170. JOSHIPURA HARSH HASIT	20
171. KALE SIDDHI GOVIND	19
172. KAMBLI TANVI PRASHANT	18
WANTEDE AISHWARYA DEEPAK	18
173. KANERL AIO. 174. KASHYAP KOMAL	19
174. KASHTAI KOM 175. KAUCHALI AMMARA MEHMOOD	
175. KAUCHALI AMMATURANTESH	20
175. KAUSHIK AVANI SHANTESH	20
KEDARE ADVET SANJAY	20
177. KHAN SHAMA ZIKRULLAH 178. KHAN SHAMA ZIKRULLAH	18
178. KHAN STIAM.	120
178. KHAN SHAYAAN SARFARAZ	20
ANDGE SHANTANU A.	19
- ICH NAIV	18
181. KHANDELWAL LAKSH TV 181. KHANDEPARKAR RAGHUVIR SHRIRAM SINAI 182. KHANDEPARKAR RAGHUVIR SHBHAI	18
KHANDEPARKAN IST ESHBHAI	10
I MANAS SHAIL	20
183. KUBAVAT WAR	19
184. KURUP AKHILLES	10
104. LEVIJOSHUA JESSE	10
185. LEVIO	18
185. LEVI ARVIND LOKE GAYATRI ARVIND	10
100. LANGEETA RAJE	19
187. MAKHUA KASHISH LAXMAN MAKHUA KASHISH LAXMAN	20
MAKHUA KASITIO	
	20
MAURYA JUHI MAURYA JUHI	20
189. SINGHAL KUSHAGRA	
190. SINGIV.	19
190. SUMRA AYESHA SUMRA AYESHA SUMRA AYESHA	19
191. JUNANSHI PRANA	
190. SUMRA AYESHA 191. SURYAWANSHI PRANAY PRAMOD SURYAWANOJ	19
192. SURYAVII DHIYA MANOJ	
193. THITESH	
THAKKAR IVIII	

	19
195. TORAIT YUNUS SYED	19
196. TUBA SALIM SIDDIQUI	
197. PALRECHA MAHEK DINESH	17
198. IPANDEY PRIYA RAKESH	18
199. PARDESHI VISHAAL SHIRISH	18
200	18
PAREKH JHEEL	19
201. PARHAD DHANSHREE SATISH	18
202. AMMENA ABDULMAJID	20
203. SARVESH SATISH	19
204. SINGHAL KUSHAGRA	18
DI INTRA AVESHA	
205. SURYAWANSHI PRANAY PRAMOD 206. SURYAWANSHI PRANAY PRAMOD	20
	19
207. THADANI DHIYA MANOJ	18
208. YADAV ADITI AMOL	18
	10
209. YERAM ARCHITA	18
DOGIA ANIL PATYANE	20
210.	
211. WADE TITHI AJAY	18
	20
212. VERMA RIYA	19
213. VATS CHARCHIT	
/ VATO UNAMANISH	18
214. VANAGE SOHAM MANISH	10
- DARSHAN RAMESI	18
215. UNDARE DANGE	18
216. TIWARI ADARSH RAVI	
1 TIVE CONAL RAJESH	20
217. THOKALE SONAL RAJESH	19
- DARTH NAREND.	
218. THAKARE PAIN.	18
I HRIDAAY	
219. TEJWANITHA	18
220. TALVELKAR SHRESHTHA	
220. TALVELIANIN	
221. TALELE SANIKA NITIN	170
TALELLE UNA TALIB	

223.		
	SUNEJA NANDINI	18
224.	SRIVASTAVA MONICA PRANAY	19
225.	SONI NITNAVYA	20
226.	SIRASKAR VISHAL VASANTRAO	18
227.	SINHA SAKSHI RAJIV	20
228.	SINGH AAVISHKA	19
229	YADAV RADHIKA	18

Total Attendance- 248

	Male	Female	Total
Staff	8	12	20
Beneficiaries	102	126	228
Total	110	138	248

This event was made a great success with the efforts of Dr Pradeep Sawardekar, Dr. Shilpi Sahu, Dr Rupali Gujar, Dr Riya Mishra, Dr Ruksar Nagpal.

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[Secretary student council]

[MGM Medical College]

[Navid Mumbail ry

Local Madical College,

Kanada, Navi Mumbai

Dr G.S Marshetty

[Dean]

[MGM Medical College]

[Navi Mumbai]

Dean

MGM Medical College & Hospital Kamothe, Navi Mumbai-410209





Date:-20/06/2023

MGM MEDICAL COLLEGE

Sector 1 Kamothe , Navi Mumbai 410209

NSS UNIT

To,

The Dean

MGM Medical College

Navi Mumbai

Subject - Permission to conduct an event on International Yoga Day on 21 June 2023 from 9:30am to 12:30pm

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to observe an event on International Yoga Day on 21 June 2023 from 9:30am to 12:30pm in MGM Medical College. Kindly permit us to conduct the event and make arrangement of Tea and Snacks for 100 people participating in the event.

Thanking you,

3

ð

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

MGM Medical college Navi Mumbai

NSS Programme Officer

MGM Medical College,

Kemothe, Navi Mumbal

MGM Medic Tospital Kamothe, Wave comment 410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI—410209, INDIA

NSS UNIT

To,

The Dean,

MGM Medical College,

Navi Mumbai.

Subject - Report of International Yoga Day celebration at MGM Medical College on 21st June 2023.

Respected Sir,

Hereby submitting the report of International Yoga Day celebrated at MGM Medical College , Kamothe on 21st june 2023 from 9:30am to 12:30pm

Thanking you,

Yours sincerely,

Dr.Pradeep Sawardekar

[NSS Programme Officer]

MGM MEDICAL COLLEGE Navi Mumbai NSS Programme Officer MGM Medical College, Karnothe, Navi Mumbai

MGM Medical College & Hospital Kamothe, Navi Mumbai 410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

Report for International Yoga Day

International Yoga Day is marked on $21^{\rm st}$ June. This day celebrates the ancient physical, mental and spiritual practice of yoga. It also aims to promote the many benefits of practising yoga.

The NSS unit of MGM Medical College, Navi Mumbai had conducted an event on the occasion of International Yoga Day at MGM Medical College, Kamothe from 9:30am-12:30pm. The event began with an introductory speech by Dr.Pradeep Sawardekar explaining the importance of International Yoga Day and its benefits to society.



This was followed by welcoming our honorable guests by Dr. Pradeep Sawardekar, all the guests were welcomed by offering a bouquet

Dr. Shashank Dalvi, Vice Chancellor MGMIHS

Dr. Rajesh Goel, Registrar MGMIHS

Dr. Rakesh Ghildiyal, HOD Psychiatry

Dr. Shilpi Sahu, HOD Pathology

Dr. Rita Khadkikar, HOD Physiology

Dr. Prakash Khandelwal, HOD Pharmacology

Dr. Anahita Hodiwala, HOD Microbiology

Dr. Mansi Thakur, Director SBS



Dr. Madhavi Mankar felicitating honourable Vice Chancellor Dr. Shashank Dalvi sir.



Dr. Rupali Gujar felicitating honourable Registrar Dr. Rajesh Goel sir.



Mr. Vikrant Dinkar felicitating Dean Dr. GS Narshetty sir.



Mr. Abhijeet Roadpalkar felicitating Dr. Rakesh Ghildiyal sir.



Dr. Ratnaprabha felicitating Dr. Prakash Khandelwal sir.



Mr. Jeevan Urankar felicitating Dr. Anahita Hodiwala Maam.



Dr. Vineeta Singh felicitating Ms. Bharti Iyer & team.



Ms. Prachi Nagare felicitating SBS Director Dr. Mansi Thakur.



Dr. Shashank Dalvi Sir addressing our attendees



Dr. Rajesh Goel Sir addressing our attendees



Faculty members watching attendees performing yoga.

Neck warm up			
Hand movement			
Shoulder movement			
Wrist movement			
Knee movement and rotation			
Yoga Asans done by students a	nd faculties.		
Standing			
Tadasan			
Vrikshasan			
Padhastasan			
Ardhchakrasan			
Trikonasam			
Sitting			
Bhadrasan			
Vajrasan			
Ardh Ushtasam			
Uskhtraasan			
Shashekeaasan			
Uttun mandukasan			
Vakrasan			
Abdomen			
Makrasan			
Bhujangasan			
Shalabhasan			
Back			
Setulbandhasan			
Ardhchakrasan			
Pavanmukhtasan			
Shavasan			
Pranayam			
Kapalbharti			

Session was started by Mrs Bharti Iyer and taught yoga to our attendees.

Started by warm up exercises.

Omkar



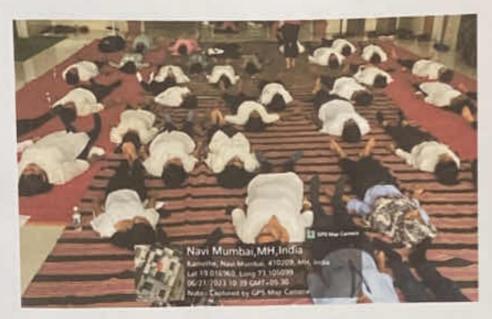
Attendees performing Bhadrasan



Attendees performing Anulom Vilom.



Attendees performing Pavanmukhtasan



Attendees performing Shavasan



Attendees performing Makrasan



Attendees performing Uskhtraasan



Attendees performing Ardh Ushtasam



Attendees performing Bhujangasan

It was followed by Yoga Dance by stubents of SBS.







Vote of Thanks by Dr.Rupali Gujar (Programme Officer Female)

This event was made a great success with efforts of Dr Pradeep Sawardekar, Dr Vandan Shingala, Dr Fahed Subedar, Dr Nandita Thakkar, Dr Mehul Varshney, Dr Shruti Singh, Dr Saraswati Singh.



Faculty present for the event :-

70

de

10

é

6

d

10

18

18

10

10

D

W

D

2000

Sr.No	Name	Designation
1	Dr. Shashank Dalvi	Vice- Chancellor
2	Dr. Rajesh Goel	Registrar
3	Dr. GS Narshetty	Dean
4	Dr. Pradeep Sawardekar	NSS Coordinator
5	Dr. Rakesh Ghildiyal	HOD Psychiatry
6	Dr. Prakash Khandelwal	HOD Pharmacology
7	Dr. Shilpi Sahu	HOD Pathology
8	Dr. Anahita Hodiwala	HOD Microbiology
9	Dr. Rita Khadkikar	HOD Physiology
10	Dr. Mansi Thakur	Director SBS
11	Dr. Mrunal Pimparkar	Professor PSM
12	Dr. Madhavi Mankar	MGMIHS Coordinator
13	Dr. Ratnaprabha Pedhambkar	Associate Professor PSM
14	Dr. Nisha Relwani	Associate Professor PSM
15	Dr. Noopur Kulkarni	Assistant Professor PSM
16	Dr. Ganesh Nair	Assistant Professor

17	Dr. Vineeta Sharma	Health Inspector
18	Dr. Neelam Yeram	SBS NSS Programme Officer
19	Dr. Rupali Gujar	Programme Officer Female
20	Mr. Jeevan Urankar	Programme Officer Male
21	Mr. Abhijeet Rodpalkar	Record Keeper
22	Mr. Sachin Kagade	Statistician
23	Dr. Fahed Subedar	MBBS Intern
24	Dr. Mehul Varshney	MBBS Intern
25	Dr. Vandan Shingala	MBBS Intern
26	Dr. Nandita Thakkar	MBBS Intern
27	Dr. Shruti Singh	MBBS Intern
28	Dr. Saraswati Singh	MBBS Intern
29	Ms Prachi Nangare	Health Inspector
30	Mr. Vikrant Dinkar	MSW
31	Ms. Purya Bobhate	MHA
32	Ms. Shifa Patel	MHA
33	Ms, Mitali Kadam	MHA

Attendance of the Students :

Sr.No	Name	Semester
1	Mr Abin Koshy	6 th
2	Ms Agrawal Praniti	6 th
3	Mr Ahmed Zubair	6 th
4	Ms Rashi Banerjee	6 th
5	Ms Tanisha Chugh	6 th
6	Ms Suhani Gupta	6 th
7	Mr Aditya Jatare	6 th
8	Ms Priyanka Kamale	6 th
9	Ms Bipasha Kapoor	6 th
10	Ms Sakshi More	6 th
11	Ms Jhanvi Nair	6 th
12	Mr Nehh Patel	6 th
13	Mr Saad Patel	6 th

14	Ms Anushka Patii	6 th
15	Ms Aariya Shah	68
16	Ms Shaya Shetty	6 th
17	Mr Ryan Vyas	6 th
18	Ms Divya Singh	6 th
19	Ms Agrawal Anvi	6 th
20	Mr Arban Vivek	6 th
21	Ms Arya shree	6 th
22	Ms Priyanka Banka	6 th
23	Mr Aditya bhat	6 th
24	Ms Zainab bubre	6 th
25	Ms Tanvi Chaudhari	6 th
26	Mr Deshmukh Arya	6 th
27	Mr Siddharth Dubey	6 th
28	Mr Faris Ahmed	6 th
29	Ms Aditi Goel	6 th
30	Mr Devanshu Gupta	6 th
31	Mr Harsh Shah	6 th
32	Ms Jhanvi jain	6 th
33	Mr Samir Joshi	6 th
34	Mr Advalt Kadam	6 th
35	Ms Shreya Rathi	6 th
36	Ms Afifa Khan	6 th
37	Mr Hanzala Khan	6 th
38	Ms Revaa Kovil	6 th
39	Ms Richa Kumar	6 th
40	Mr Harsh Mehta	6 th
41	Ms Sakshi More	6 th
42	Ms Aditi Naik	6 th
43	Mr Piyush Pathari	6 th
44	Mr Abhishek Patil	6 th
45	Mr Ibrahim Aslam	6 th
46	Ms Pritika Popat	6 th

47	Mr Atharva Pulle	6 th
48	Ms Sandra Ann	6 th
49	Mr Mihir Shah	6 th
50	Ms Hetvi Shah	6 th
51	Ms Sanaya Tejas	6 th
52	Mr Amit Sheth	6 th
53	Ms Nandita Das	6 th
54	Ms Tilin Telgote	6 th
55	Mr Collin Tharakan	6 th
56	Mr Sharon Thomas	6 th
57	Mr Upendra Gaikwad	6 th
58	Mr Kanishk Vyas	6 th
59	Ms Skandini Shinde	6 th
60	Mr Sadanand Sindhu	6 th
61	Ms Alam Sabah	3 rd
62	Mr Swapnil Bhagat	3"
63	Mr Parth Shah	3' ^d
64	Ms Jinisha Kadam	3 rd
65	Ms Sakina Chanasmawala	3 rd
56	Mr Asif Chougle	3 rd
57	Ms Vanshika Jain	310
58	Mr Atharva Kale	3 rd
9	Ms Sanjana Kalyani	3 rd
70	Ms Kashish Mahajan	3 rd
1	Ms Arjita Makhija	3 rd
72	Ms Nargis Banu	3 rd
73	Ms Tisha singh	3 rd
74	Mr Sahil Patil	3 rd
75	Mr Sarvesh Patil	3 rd
76	Mr Sanskar Pathe	3 rd
77	Ms Nandini Sanghale	3 ⁽⁰⁾
78	Ms Vaishnavi Sawant	3 rd
79	Mr Umang Saha	3 rd

S S

ののからのの

80	Ms Yashvi Singh	
	56	3 rd
81	Mr Sandipan sinha ray	
		3 rd
82	Ms Monica Jacob	3 rd
83	Mr Hriday Shah	37
03	Ivit ritiday Shah	3 rd
84	Mr Charchit Vats	
		3 rd
85	Ms Riya Verma	3 rd
0.5	11-51-1-51	37.
86	Ms Shah Sivani	3 rd
87	Mr Aditya Kumar	
9777	377.53.53.53.53.53.53.53.53.53.53.53.53.53.	3 rd
88	Ms Singh Mukta	3'4
		3
89	Ms Saloni Shah	3 rd
90	Ms Rajvi Ratthi	
		3 rd
91	Ms Dube Astha	3'9

Total Attendance-91

	Male	Female	Total	
Staff	14	19	33	
Students	39	52	91	
Total	53	71	124	

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]
NSS Programme Officer
MGM Medical College,
Kamothe, Navi Mumbai

Dr G.S Narshetty

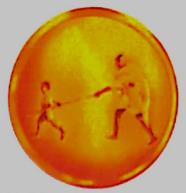
[Dean]

[MGM Medical College]

[Navi Mumbai]

MGM Medical College & Hospital Kambrid Hospital 410209





Date:21/06/2023

MGM MEDICAL COLLEGE

Sector 1 Kamothe, Navi Mumbai 410209

To,

The Dean

MGM Medical College

Navi Mumbai

Subject - Permission to conduct a spirituality event on International Yoga Day on 21 June 2023 from 11:30-12:30 pm.

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to observe a spirituality event on International Yoga Day on 21 June 2023 from 11:30 am to 12:30pm in MGM Medical College. Kindly permit us to conduct the event smoothly.

Thanking you,

Your's sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

MGM Medical college May Mumbai MGM Medical College, Kamothe, Navi Mumbai Dean

MGM Medical Cortage & Hospital

Kamothe, Navi Mumbai-410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI–410209, INDIA NSS UNIT

To,

The Dean,

MGM Medical College, Navi Mumbai.

Subject – Report of spirituality event conducted on International Yoga Day celebrated at MGM Medical College, Kamothe on 21st june 2023.

Respected Sir,

Hereby submitting the report of a spiritual session conducted by EKAM Organisation at MGM Medical College , Kamothe on 21st june 2023 from 11:30am to 12:30pm

Thanking you,

Yours sincerely,

Dr.Pradeep Sawardekar

[NSS ProgrammeOfficer]

MGM MEDICAL COLLEGE Navi Mumbai
NSS Programme Office Navi Mumbai
MGM Medical College,
Kamothe, Navi Mumbai





MGM MEDICAL COLLEGE

SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA
NSS UNIT

Report for spiritual event



Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than ourselves, and it typically involves a search for meaning in life. As such, it is a universal human experience—something that touches us all.



The NSS unit of MGM Medical College, Navi Mumbai had conducted a spiritual session in association with EKAM Organisation on the occasion of international yoga Day at MGM medical college and Hospital, Kamothe on 21st june from 11:30am-12:30pm.

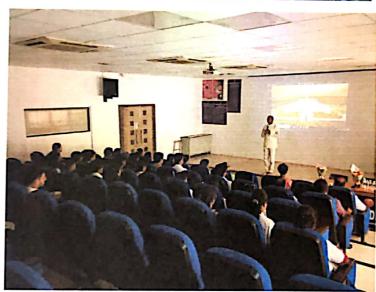


The event began with an introductory speech by Dr.Pradeep Sawardekar and inviting Dr. G.S Narshetty (Dean) for the inauguration of the guests and explaining the importance of spiritualism and it's benefits to the society.



The event proceeded further when Dr.Pallavi and Mr. Chandrashekhar oriented everyone about their journey with spirituality and EKAM foundation.



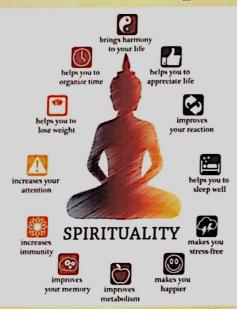




Dr.pallavi guided us through the journey explaining the benefits of spiritualism on physical, mental and emotional wellbeing.



Health Benefits of Spirituality



- ➤ Lowers stress & depression
- ➤ Reduces blood pressure
- ➤ Improves the functioning of immune system
- ▶ Increases social interactions
- ➤ Lowers rates of anxiety
- ➤ Improves mental well-being
- ➤ Increases longevity

www.medindia.net

Further along it was continued with a meditation ceremony providing a stress buster for all the students and teachers gathered altogether.





The event was concluded by Dr. Neelam yeram SBS NSS programme officer(female) who gave a vote of thanks to the EKAM organization members for conducting a mind refreshing and stress relieving activity.



Faculty present for the event :-

Faculty present for the event :-

	Sr.No	Name	Designation
1			
1	1	Dr. GS Narshetty	Dean
P	2	Dr. Pradeep Sawardekar	NSS coordinator
è	3	Dr. Rakesh Ghildiyal	HOD Psychiatry
	4	Dr. Prakash Khandelwal	HOD Pharmacology
	5	Dr. Shilpi Sahu	HOD Pathology
	6	Dr. Anahita Hodiwala	HOD Microbiology
	7	Dr. Rita Khadkikar	HOD Physiology
	8	Dr. Mansi Thakur	Director SBS
	9	Dr. Mrunal Pimparkar	Professor PSM
L	10	Dr. Madhavi Mankar	MGMIHS coordinator
	11	Dr. Ratnaprabha pedhambkar	Associate Professor PSM
	12	Dr. NIsha Relwani	Associate Professor PSM
I	13	Dr. Noopur kulkarni	Assistant Professor PSM
	14	Dr.ganesh nair	Assistant professor PSM
E	15	Dr.vineeta singh	Health inspector
	16	Dr. Rupali Gujar	Programme Officer Female
	17	Dr. Neelam yeram	SBS NSS programme officer
Г	18	Mr. Jeevan Urankar	Programme Officer Male
Γ	19	Mr. Abhijeet Rodpalkar	Record Keeper cum clerk
[:	20	Mr. Sachin Kagade	Statistician
7	21	Dr. Fahed Subedar	MBBS Intern
7	22	Dr. Mehul Varshney	MBBS Intern
7	23	Dr. Vandan Shingala	MBBS Intern
7	24	Dr. Nandita Thakkar	MBBS Intern
2	25	Dr. Shruti Singh	MBBS Intern
2	26	Dr. Saraswati Singh	MBBS Intern
2	27	Ms.prachi nangare	MPH
2	.8	Mr.Vikrant dinkar	MSW
2	9	Ms.Purva bobhate	MHA
3	0	Ms.Shifa patel	MHA
3	1	Ms. Mitali Kadam	MHA

Attendance of the Beneficiaries:-

Attendance of the Beneficiaries:-

Sr.No	Name	Semester
1	Abin Koshy	6 th
2	Agrawal Praniti	6 th
3	Ahmed Zubair	6 th
4	Rashi Banerjee	6 th
5	Tanisha Chugh	6 th
6	Suhani Gupta	6 th
	Aditya Jatare	6th

_		
8:	Priyanka Kamale	6 th
9	Bipasha Kapoor	6 th
10	Sakshi More	6 th
11	Jhanvi Nair	6 th
12	NEha Patel	6 th
13	Saad Patel	6 th
14	Anushka Patil	6 th
15	Aariya Shah	6 th
16	Shaya Shetty	6 th
17	Ryan Vyas	6 th
18	Divya Singh	6 th
19	Kashish Mahajan	3 rd
20	Arjita Makhija	3 rd
21	Nargis Banu	3 rd
22	Tisha singh	3 rd
23	Sahil Patil	3 rd
24	Sarvesh Patil	3 rd
25	Sanskar Pathe	3 rd
26	Nandini Sanghale	3 rd
27	Vaishnavi Sawant	3 rd
28	Umang Saha	3 rd
29	Yashvi Singh	3 rd
30	Sandipan	3 rd
31	Monica Jacob	3 rd
32	Hriday Shah	3 rd
33	Charchit Vats	3 rd
34	Riya Verma	3 rd
35	Shah Sivani	3 rd
36	Aditya Kumar	3 rd
37	Singh Mukta	3 rd
38	Saloni Shah	3 rd
39	Rajvi Ratthi	3 rd
`40	Gupta Astha	3 rd
	1	<u> </u>

chaff	male	female	total
staff	12	19	31
Beneficiaries	14	26	40
total	26	45	71

This event was made a great success with efforts of Dr Pradeep Sawardekar, Dr Vandan Shingala, Dr Fahed Subedar, Dr Nandita Thakkar, Dr Mehul Varshney, Dr Shruti Singh, Dr Saraswati Singh.

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]
NSS Programme Officer

MGM Medical College,

Kamothe, Navi Mumbal

Dr G.S Narshetty

[Dean]

[MGM Medical College]

[Navi Mumbai]

Dean

MGM Medical College & Hospital Kamothe, Navi Mumbai 418203



(Deemed to be University) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1, Kamothe, Navi Mumbai – 410 209.

Ref.No:MGMNBCON/Ext.Act/ /06/2023

Date: 20/06/2023

CIRCULAR

International Yoga Day 2023 will be observed on 21.06.2023 at fourth Floor classroom of MGM New Bombay College of Nursing, Kamothe Navi Mumbai at 1:30 pm by First year and Fourth year BSc Nursing students at 1:30 pm.

Signature of Organizer

Signature of Director

Tel. No.: 022-27430141/0215/0213 E-mail: principal@mgmudn-nm.edu.in | Website: www.mgmudn-nm.edu.in



(Deemed University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 20

Report of Activity

Date

: 21/06/2023

Duration

: one day

Name of the activity

:Demonstration of yoga Aasnas

Venue

: 4th floor Classroom, MGMNBCON

Organizing Institute

: MGM New Bombay college of nursing Kamothe.

Collaborating agency

: nil

Name of the scheme

: International Yoga day

No of Teachers Participated

:01

No of beneficiaries

: 63

Brief of the Activity.

On the occasion of International Yoga Day. MGM New Bombay College of nursing have organized session on yoga where Yoga Experts explained the importance of yoga and demonstrated various yoga asanas like Anulom vilome, padmasana, Tadasana, trikonasana, katiaasna etc. Students enthusiastically participated in activities, it was very good learning experience for them

1. List of Teachers Participated: Yes

2. Photos: Yes

3. List of students participated: Yes

Signature of Organizer

Date: 21.06.2023

Signature of Director



(Deemed University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

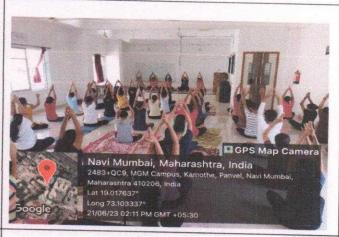
MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 20

21.06.2023

International Yoga day 2023













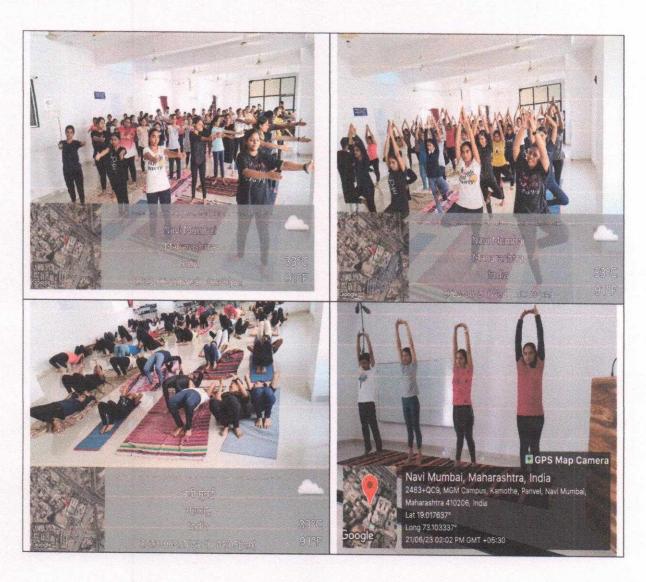
Navi Mumbai 410209

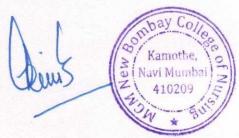


(Deemed University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 20







(Deemed to be University) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 209.

Attendance Sheet

Date:

21.06.2023

Kamothe, Navi Mumbai

Name of the Programme: International Day of Yoga

Venue: 4th Hoor, Man NBCON.

Signature Class PRN Sr. Name No. Asso. But. M& Vandana Kumbhax Thinde 2 12210300033 1844 BSC N Pranita . R. Shinde ghende siddhi - s. shende 1St yr 135CN 3 12210300046 1221030000 8.11 4 1 Styr BSCN Bherey cishri Patil mos. 1 Styr Back 122 0300003 5 Neha N. Bankar 1st yo BSCN. 12210300012 Dedae Kedae 6 Tsha 1styrBSC N a Prayapati 7 Ankitel prejapati 12210300031 Dening 1sry& BEN 8 1221030008 Dhumal 1)ipika 9 1styr BSCN 122/0300043 Sparet Pawar Snehal Totalin 1 Sty - BSCN 10 122/0300028 Patil Janvi 122/0360002 11 Aufr Duna Kalyani mhahre Khuns 12 10210300017 monton 13 12210300018 manasi mhahre TA. Pali 14 2210300024 Brown 15 10210300027 pankai patil un Bosch CHAN 16 12210300037 aishnovi Wokshe 17 1221030000 Galls. Mohto mu Movi 18 15 HU BSC(N) 12210300050 Prema Madh 19 15+ Un BSc (n) 12210300016 Mishra 20 15+ YM BSC(N) 12210300010 Showya nypya Chatwal 21 (JU BSC(N) 1221030000) Augustin dugust 22 1st 41 BSC(N) 12210300040 Trayo. Solanke 23 13441 BJC(N) 12,602000 15 Amreen. khan mbay Co



(Deemed to be University) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 209.

Attendance Sheet

Date: 21.06.2023

Name of the Programme: International Day of Yoga.

Venue: 4th floor, Mamn Book.

Sr. No.	Name	Class	PRN	Signature
24	Bharti Dave	FN BSCN	12210300038	Bails
25	Sania Songe	FUBSON	12210300032	Jeania)
28	Kalyani Chavhon	F. V. BSCN	12210300007	Charlan
27	Mansi Sankpau	F. V. BSC N	12210300039	Manicpau
28	Shreya pednekar	FI BSC N	12210300030	Bednekon
29	Mrudula Patil	FY BSC N	12210300026	PArti
30	Sneha Mhatre	FY BSC N	12210300019	Sneher
34	purva Thale	FY BSCN	1221 0 3000 36	Pthale
32	Ashuta patil	FYBSCN	12210300022	Andres
339	Lalita Chaudhan	FY BSCN	12210300006	Cheudhai.
34	Anuja Kharkar.	FYBSCN.	12210300014	Atairmo
35	Akhila Wain	FY BSCN.	12210300020	ande
35	Hepziba David	FY BS CN)	12210,000011	heprilos
34	Angel Alu Smaji	FY BS(N)	122/030000	
38	William Yourai Bhagast	Py BSC	12210300004	Delyest
39	Arand	Py BSC	12210 300021	palan
40	Shijo	FYBSC.	121020047	Algo
48	Meenakshi	FYBSC	12210300041	Andr.
42	machine mustres	FYBSE	1221030016	make
403	Adnan Alfaf	FY BSC N	1221030054	150
44	Soni	FY BSe N	12210300049	Morein
43	Manaswi, R. Patil.	FY BSC (N)	12210300025	SPANIL
48	Mezia Venugopal	FYBSC(N)	12210300013	Kun



(Deemed to be University) Grade 'A++' Accredited by NAAC

MGM NEW BOMBAY COLLEGE OF NURSING

5th Floor, MGM Educational Campus, Plot No. 1& 2, Sector-1 Kamothe, Navi Mumbai – 410 209.

Attendance Sheet

Date: 21.06.23

Name of the Programme: <u>International</u> Yoga Day

Venue: 4th floor Classoom, Man NBCON.

Sr. No.	Name	Class	PRN	Signature
46	Alshwaya Ajimon	4 Myray BSC.	11910300002	AV
217	Ineha philip	4th Yo BSC	11910300040	Boy
48	Juby Anna James	4th Yo BSC	11910300018	Libyj
4.4	Jeera S. Varghese	4thy RSC	11910300015	Te
50	Meilin B Thomas	4th 185c	11910300025	Muli
51	Jeya Samuel	Athyr Bec	11910300017	421.
.32	Askty Varghese	Athero Bsi	11910300048	Charge
53	Peryanka Patri	4thyrbac	119103000 35	Pan
34	And Masiam Mathew	Athora Bac	11910300005	
55	Mesm Masy Sami	Horbre	11910300024	Dun
56	Just March Shaji	4th yo Bu	11910300049	0
57	Alphy Joseph.	4 Byc Bsc	11/10/300045	Men
38	Albit Mathew	4th ye Bec	11910300003	Mai
59	Fasmine James	45 YR BSC	11910300014	Joseph
80	Noteina Sabu	4th Ye Bse	11910300031	Nilstan
86	Fisha Masiyam Joseph.	4th 1/2 BSE	11/10300016	20
62	Ankita Bhatade	At Ye Bse	11910300008	todala
8	Annelika kotthakar.	4th Ye Bse	11910300023	Jan
G4				
65				
21				
22			Λ.	Gombay Co
23				Namothe





Event Name: International Yoga Day 2023

Date & Time: 21-06-2023, 9:30 am - 12.00 pm

Location: Demo room no. 2, Ground floor, MGM Medical College, Navi Mumbai

Sr. No.	Event Title & Venue Details	Program Coordinators (Team members name)	Total No. of Participants
1	International Yoga Day 2023 at Demo room no. 2, Ground floor, MGM Medical College, Navi Mumbai	Dr. Mansee Thakur Dr. Himanshu Gupta Dr. Neelam Yeram	70





















Short event report

International Yoga Day was celebrated on 21st June 2023 by MGM School of Biomedical Sciences, Navi Mumbai in collaboration with MGM Medical College, Navi Mumbai from 9:30 am to 12:00 pm at the Quadrangle lawn, Ground floor, MGM Medical College, Navi Mumbai. The event started with introduction to yoga by yoga expert to all the students and faculties. The students of MGMSBS and Medical College, performed yoga exercises as per the directions of Yoga Instructor. This session was followed by a dance performance by the students of MGM SBS and Aarambh on yoga which was highly appreciated by the audience. The final session was by the Mr. Chandrashekar and Ms. Pallavi from Ekam Foundation on Spiritual and Emotional wellbeing. The event was concluded by vote of thanks by Dr. Neelam Yeram.

Report Prepared by: Dr. Neelam Yeram, Assistant Professor and NSS P.O., MGM SBS, Navi Mumbai

WAY

MUMBAI

Director MGM School of Biomedical Sciences MGM Institute of Health Sciences Kamothe, Navi Mumbai- 410 209, India **Event Name: International Yoga Day Celebration**

Date & Time:21st June, 2023



Location: SRCM Heartfulness Yoga and Meditation Centre, Panvel.

		Total No. of Participants
Event Title & Venue Details	(Team members name)	300
,	Ms. Amita Kirar, Ms. Sanjana Philip	
Yoga and Meditation Centre,		
	Venue Details International Yoga Day Celebration, SRCM Heartfulness	Venue Details (Team members name) International Yoga Day Celebration, SRCM Heartfulness Yoga and Meditation Centre, (Team members name) Ms. Amita Kirar, Ms. Sanjana Philip











Short event report

International Yoga Day is celebrated worldwide on June 21st each year. This event was carried out by Aarambh Team members of MGMSBS in collaboration with SRCM Heartfulness Yoga and Meditation Centre, Panvel. The objective of the International Yoga Day celebration was to create awareness about the benefits of yoga, and to promote yoga as a holistic approach to health and well-being among participants. The event included a variety of activities, including Yog mudras, Yogasanas, and brain exercises for children. The team members along with the help of a certified Yoga Trainer led the Yogasanas and provided detailed explanations of the benefits of each pose.

The event also featured a captivating dance performance by the Aarambh team, centred around the theme of yoga. This performance added a vibrant atmosphere to the event. Participants had the opportunity to display blended yoga poses with dance movements. These sequences were designed to encourage participants to express themselves creatively while maintaining a mindful connection to their bodies. This dance provided an outlet for self-expression, increased body awareness, and fostered a sense of joy and connection. Students were also encouraged to adopt yoga as a part of their daily lives, ultimately contributing to a healthier and more balanced society. The Aarambh team's efforts were greatly appreciated. Overall, the event was a great success and helped to promote the importance of yoga in promoting physical as well as mental wellness.

Report Prepared by: Artika Pawar (Editorial Team, Aarambh MGMIHS)

Ms. Amita kirar (President, Aarambh MGMIHS)

Ms. Sanjana Philip (Secretary, Aarambh MGMIHS)

Ms. Neelam Yeram (Co-Faculty Coordinator, Aarambh MGMIHS)

MGM School of Biomedical Sciences
MGM Institute of Health Sciences
Kamothe, Navi Mumbai- 410 209, India

KAMOTHE



INSTITUTE OF HEALTH SCIENCES MGM SCHOOL OF PHYSIOTHERAPY

(Deemed University u/s 3 of UGC Act, 1956)
Grade 'A++' Accredited by NAAC
(Constituent Unit)

Tel No: 0240-6482000 (Ext: 2912 , 2913) Email ld: mgmsop@themgmgroup.com N-6 CIDCO,AURANGABAD - 431003

Date: 22/06/2023

REPORT OF ACTIVITY ON INTERNATIONAL YOGA DAY 2023 17/06/2023 &21/06/2023

Organized by: MGM School of Physiotherapy, Aurangabad

Place: Yoga Hall, MGM School of Physiotherapy, 'C' Building, MGM Campus, Aurangabad

Participants: 50 students and NSS Volunteers

Description: MGM School of Physiotherapy, Aurangabad organized 'Common Yoga Protocol' training under Ministry of Ayush, Govt. Of India initiative from 17/06/2023 to 21/06/2023. 50 students and NSS volunteers participated in the activity and Mr. Gangaprasad KharatHOD Department of Yog Science, guided the training activity of Common Yoga Protocol for all.

During the training the students were trained in common yogasana's including, Pranayama, Bhramariyog, Tadasana, Uttarasana, Bhujangasana etc.

The students collectively performed the yogasana's on 21/06/2023 in Yoga Hall of MGM School of Physiotherapy, Aurangabad under the guidance of Mr. Gangaprasad Kharat and also, participated in 'CYP' quiz.

The event was concluded by short session of benefits of regular practice of yoga and its effect on mind and body.

Activity Coordinator

Director

Director
MOM School of Physiotheraps
Aurangabad



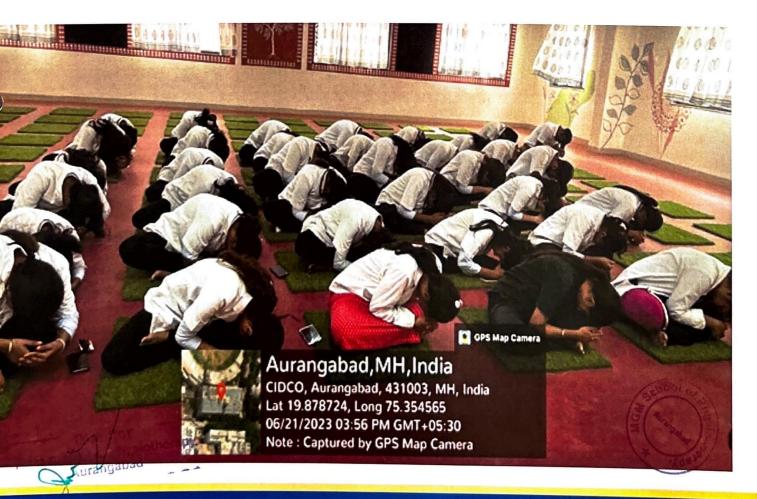


MGM SCHOOL OF PHYSIOTHERAPY

AURANGABAD

5. International Yoga Day







(Deemed to be University u/s 3 of UGC Act, 1956) **Grade 'A++' Accredited by NAAC**

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

International Yoga Day 2023 Celebration

Date: 21.06.2023

	Preamble	:	21st June is recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of Prime Minister Shri Narendra Modi. Since 2015, the IDY has been an occasion that is observed around the world with great enthusiasm. The purpose of this day is to appreciate the 'invaluable gift of India's ancient tradition' and highlight the importance of yoga for maintaining harmony between man and nature. In MGM School of Physiotherapy, Navi Mumbai, we celebrate this day, to honour the ancient wisdom of yoga and its profound impact on our physical, mental, and spiritual well-being.
Event : International Yoga Day 2023 Celebration Time and Date : 9:00-10:00 am Organized by : NSS Unit of MGM School of Physiotherapy, Navi Mumbai Participants : MPT, Semester V BPT, Sem II BPT students and Faculty member.	Objective	:	- To encourage students to inculcate yoga in their lifestyle to enhance health and well-being.
Time and Date : 9:00-10:00 am Organized by : NSS Unit of MGM School of Physiotherapy, Navi Mumbai Participants : MPT, Semester V BPT, Sem II BPT students and Faculty member.	Event	:	
Participants : MPT, Semester V BPT, Sem II BPT students and Faculty member.		:	
	Organized by	:	NSS Unit of MGM School of Physiotherapy, Navi Mumbai
Event Coordinator : Dr. Ramandeep Kaur Saini (PT), Dr. Aarohi Joshi (PT),	Participants	:	MPT, Semester V BPT, Sem II BPT students and Faculty member.
	Event Coordinator	:	Dr. Ramandeep Kaur Saini (PT), Dr. Aarohi Joshi (PT),
Venue and Time : 9:00-10:00am: Basketball court, MGM School of Physiotherapy, Navi Mumbai 10:00-11:00 Physiotherapy OPD, MGM Hospital, Navi Mumbai	Venue and Time	:	9:00-10:00am: Basketball court, MGM School of Physiotherapy, Navi Mumbai 10:00-11:00 Physiotherapy OPD, MGM Hospital, Navi Mumbai
Values inculcated : Compassion and Unity	Values inculcated	:	Compassion and Unity
Physiotherapy, Navi Mumbai conducted yoga session in accordance to the them for this year "Yoga for Vasudhaiva Kutumbakam". A mass yoga demonstration based on common yoga protocol was held at the basketball court of MGN Institute of Health Sciences. The session was started with prayers followed be warm up (loosening practices) and yogasanas demonstrated by 3 MPT students. students of Semester V BPT and 27 Semester II BPT participated with great enthusiasm. The domestic tagline for IDY 23 "Har Aangan Yog" was propagated among students. They were encouraged to promote yoga in their family an neighbourhood. Further, Chair yoga demonstration was conducted as	Summary	:	On the occasion of International Yoga Day 2023 NSS Unit of MGM School of Physiotherapy, Navi Mumbai conducted yoga session in accordance to the theme for this year "Yoga for Vasudhaiva Kutumbakam". A mass yoga demonstration based on common yoga protocol was held at the basketball court of MGM Institute of Health Sciences. The session was started with prayers followed by warm up (loosening practices) and yogasanas demonstrated by 3 MPT students. 8 students of Semester V BPT and 27 Semester II BPT participated with great enthusiasm. The domestic tagline for IDY 23 "Har Aangan Yog" was propagated among students. They were encouraged to promote yoga in their family and neighbourhood. Further, Chair yoga demonstartaion was conducted at Physiotherapy OPD of MGM Hopsital, Navi Mumbai for 10 patients and their relatives to promote overall well being through yoga.
No. of Participants : 48 student beneficiaries	No. of Participants	:	



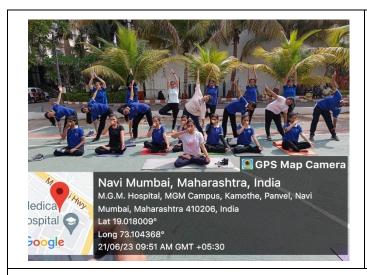
(Deemed to be University u/s 3 of UGC Act, 1956) **Grade 'A++' Accredited by NAAC**

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Feedback

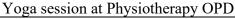
Students reported that they would inculcate yoga practice in their routine to cultivate strength, flexibility, and resilience in their physical bodies.





Semester V and II BPT students performing yoga







Chair yoga session at Physiotherapy OPD



Dr. Aarohi Joshi (PT)
Dr. Ramandeep Kaur S (PT)
NSS Assistant Program
Officer
MGM School of
Physiotherapy, Navi
Mumba

Dr. Ruturaj Shete (PT) NSS Program Officer MGM School of Physiotherapy, Navi Mumbai Dr. Shrutika Parab (PT)
IQAC coordinator
MGM School of
Physiotherapy, Navi
Mumbai

Prison MGM MGM

Dr. Rajani Mullerpatan Professor-Director MGM School of Physiotherapy, Navi Mumbai

Professor - Director MGM School of Physiotherapy MGMIHS, Navi Mumbai



(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY 48.

Sector-1, Kamothe, Navi Mumbai - 410209

Date: 21/6/2023

International Yoga Day 2023

Sr.No	Name	Signature
1.	MIZBA SAJID SHATEH	rAFEDO
2.	KINJAL PATIL	K.n.pati
3.	ANANYA YELURI	many
4.	JIDNYASA PATIL	Ceitie
5.	SARAH JAVEED FARASH	Jacan D
6.	ABEL JOHN	gotesti.
7.	HARDI DOSHI	£105hi)
8.	BHMUI BAOIYMI	Bhow.
9.	KANAN JAIN	Kananfain
10.	DEV ROKADIJA	(Jes
11.	Pranjali kumbhar.	phinohos
12.	Anaisha Fernandus	American
13.	Isha Narkar	Librar
14.	WINAL CHAUNHADI	B
15.	Devang Abhrane	B
16.	Bhath suryawanshi	Thatt.
17.	Vidui shah	Oshen
18.	Diva such	Delreh
19.	Shripti Shak	& \$.
20.	Diya chah	Rya.
21.	Nousee Metrai	Onit bed
22.	Kewhna Patu	Centhrozer.
23.	saloni	Salons
24.	Vidhi vaghoni	<u> </u>
25.	Tanvi Dhuzi	Tenuni
26.	Shulti Davane	Marane
27.	Volinda Makwana	Ofmakioana
28.	Divit Meuta	Duet
29.	Vedent Charat	O s.
30.	Sudin S. Dukar	I dinidor
31.	Akshat Raj	brow
32.	Adityon Nasienese	لكمط
33.	Khushi Sluh	Khugh
34.	Elha Bekadie.	E.N.S.
35.	Rupeli	Rupali



(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

36.	labelu	<u> </u>
37.	labolie Delshti snewlita Anjan Sadye. Aditya snirde Anusa Bardolan	Woody,
38.	shewlite	
39.	Anjan Sadye.	Dudye
40.	Aditya suinde	MELL
41.	muja Bayldiam	Doner
42.	000	And Does
43.	Harehade More	Harsholm
44.	Virguanand Blusale	Vianer 18.
45.	Mijayanand Bhosale	Acobora"
46.	Bharesh Toslie	Bhavesh #.
47.	Archana Patil. Sharesh Joshi Tyoti kadam Sapshi Bhasali.	(Jy
48.	Sarshi Bhosali.	==kB.
49.		
50.		
51.		70 - 10 - 10 - 10 - 10 - 10 - 10 - 10 -
52.		1771 V 177
53.		
54.		
55.		arial
56.		
57.		
58.		
59.		
60.		
61.		1 1 11 11 11
62.		
63.		
64.		A WAY I
65.		FRV M
66.		<u> </u>
67.	17.700	
68.		W. 19996
69.	SESSENTAL DUBLICITY	
70.		State House

Could be a first of

10 9 Land 1/4

iland in

STNP.

Name

1.

Amara Ansaxi

2.

Hassatunnisar Shah

3.

Shikha Sahu

4.

Namzata Khanavkar

5. Maya

Eginetule.

Ammeria

Hastabun Wisha Shan

Shikha sahu N. G.K.

5000 ×2

Juli bade

sokshi Kotecha

Ruma Talebox

Nederal Pahl

eldo Joji

Advika Braguat

Drun Jaid

Dhuani Dewarpalli

Shreya Dathadiya

Socha

Blaya Ponicker

Adili Nember

Latista Bajoj

Rigo Mair

Vaishrai in

sem 1



Mahatma Gandhi Mission Hospital Department of Physiotherapy Sector-1, Kamothe, Navi Mumbai – 410209 2: 022-27437866 / 7877 Fax: 91-22-2742 0320

Patient Feedback Form

Name of Patient: Yahwart Shir	ı	Age/Gender:	71/M		
Diagnosis: dow Back Pair			t MGM since: /S	5-6-23	
Name and designation of Therapist:				·	
Currently availing Therapy:					
Availed Therapy for numl	ber of days				
					-
(a. /	\cap \cap	• •			
0.4	/"-\"\"				HEE!
	Strongly				Ströngly
	Disagree	Disagree	Neutral	Agree	Agree
Wasa yay basay with yaya			1		
Were you happy with your				1/	
therapist's behaviour towards you?					
Were your exercises explained to				1	
in an adequate manner?					
Did the therapist answer your				1/	
questions to your satisfaction?			1		
Was a home program prescribed to				. /	
you? If yes, was it effective?					*
How happy are you with the					. /
treatment you receiving?		ļ	-		
Were you taken in for treatment as			1		1/
soon as you arrived?		ļ			
Was the therapy room sufficiently		100		. /	
clean?					
Was your confidentiality					. /
maintained adequately?					\sim
Please let us know your feedback					
about us.					

MO.	Patient's Signature	Clinical In-charge
	Vald week	Transfer of the state of the st
accomplished the second second	y.e	mark a long or



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

Circular

Date: 19th June 2023

Subject: Celebration of "International Yoga Day-2023" at MGMIUDPO.

Dear students,

NSS Unit of MGMIUDPO will be observing International Yoga Day-2023 on 21st June

All the students are informed to perform various Yoga asana and explain its significance to the audience.

You are also advised to bring your Yoga mat and athletic uniform for performing yoga.

Time: 02:00 pm to 03:00 pm

Venue: Classroom 1, Academic Section MGMIUDPO.

Dr. Uttara Deshmukh (P&O)

Associate Professor, Head of the Department,

MGM Institute's University Department of Prosthetics and Orthotics,

Sector-01, Kamothe, Navi Mumbai.

Dr. Uttara Deshmukh (P & O),

in. O. D. In-Charge,

জিলি দাstitute's University Department

hetics and Orthotics,

Kennolne, Navi Mumbal.

IGAC Goodinator, May MIDDPO



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620 Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

REPORT OF INTERNATIONAL YOGA DAY 2023

Name of the event: Celebration of International Yoga Day 2023

Purpose: To create awareness among the students professes a complete system of physical, mental, social,

and spiritual development.

Date: 21st June 2023.

Time: 02.00 -03.00 PM

No. of participants: 11 Students and 2 Faculties.

Proceedings of the event:

As per the guidelines received from NSS Unit, MGMIHS, this year the "International Yoga day" was celebrated on 21st June 2023 in the institute.

International Yoga Day is a global celebration that highlights the immense benefits of practicing yoga. It serves as a reminder of the importance of embracing this ancient discipline to enhance physical, mental, and spiritual well-being. Through Yoga, one develops mindfulness, improves brain power, begins to heal, opens up the mental and emotional blockages, gives the body a movement and encourages flexibility, improved breathing.

Students and faculty of MGMIUDPO performed various yoga asana and explained its benefits to the audience by which they can get cure from various types of mental and physical health issues and live a healthy life without any problems.

Students performed excellent job by doing various yoga poses and gave explanation about the asanas. This helped students to get inspired for health awareness and inculcate YOGA in their day to day life.

Dr. Uttara Deshmukh (P&O)

Associate Professor, Head of the Department,

MGM Institute's University Department of Prosthetics and Orthotics,

Sector-01, Kamothe, Navi Mumbai.

Dr. Uttara Deshmukh (P & O),

H. O. D. In-Charge,

MGM Institute's University Department

of Prosthetics and Orthotics,

Kamothe, Navi Mumbal.

TOAC Coordinator, MGMTUDPO



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS &

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI) (Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

Name of the Activity	9 10	Celebration of International Joga Day. 2023
Date	62.	21st-June - 2023
Time	". Dilu	2.00 pm - 3.00 pm
Venue		Dept of Probledics and orchabics, MGMIHS

List of Faculty Participated

Sr No.	Name of the Faculty	Signature
(P & O).	1 Dr. Cabhalish Dockfood	Spain _
ersity De	Dr. Rayl Rarola	PRobela
thoges.	of Prosthetics and O	The second second second
4		1
5		
6		
7		+

List of Students Participated

Sr No.	Name of the Students	PRNo.	Signature
1	Yashashree Gawde	11910600001	· Va.
2	Riya Gawade	11910600005	(PR.
3	JOEL PRAISHU	11900600009	Chops
4	Sarohi M. Tuarkan	1190600006	Rabon

MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC
Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

	Email: mgmudpo@mgmuhs.com	n Website: www.mgiii	4 1
5	Vanstika Raval	119 1060 000 2	Constant
6	Sachin Kawankas	11910600003	Jacher
ra Try	Wajid Mandal 10 101000	12010600003	Ala.
08	Krutik Jadhar	11910600003	gel
9	GOVIND SIMA	120/0600002	Bons.
10	Nikhi) Wagh (12010600007	appen
11	Hridha Anshazo	12010600001	physon
12			
13	A comment of the second		
14			
15 (Doing	Whomas	<i></i>
-			
16	Topac Canalinator	D. Himers Dashm	nkh (P & O),
16 17	TOAC Coordinator,	Dr. tuttera Deshm	a
10/2 (6)	TOAC Coordinator,	別、O. D. In-Charge MGMMStitute's で記述のSthetics an	o, University Departm ed Orthotics,
17	TOAC Coordinator,	W A D In Charac	o, University Departm ed Orthotics,
17	TOAC Coordinator,	別、O. D. In-Charge MGMMStitute's で記述のSthetics an	o, University Departm ed Orthotics,
17 18 19	TRAC Coordinator,	別、O. D. In-Charge MGMMStitute's で記述のSthetics an	o, University Departm ed Orthotics,
17 18 19 20	TOAC Coordinator,	別、O. D. In-Charge MGMMStitute's で記述のSthetics an	o, University Departm ed Orthotics,
17 18 19 20 21	TOAC Coordinator,	別、O. D. In-Charge MGMMStitute's で記述のSthetics an	o, University Departm ed Orthotics,
17 18 19 20 21 22	TOAC Coordinator,	州、O. D. In-Charge MGM/Institute's がProsthetics an Kannthe, Navi M	o, University Departm ed Orthotics,
17 18 19 20 21 22 23	TOAC Coordinator, MGMIODPO	州、O. D. In-Charge MGM/Institute's がProsthetics an Kannthe, Navi M	o, University Departm ed Orthotics,
17 18 19 20 21 22 23 24	TOAC Coordinator, MG/mIODPO	州、O. D. In-Charge MGM/Institute's がProsthetics an Kannthe, Navi M	o, University Departm ed Orthotics,
17 18 19 20 21 22 23 24 25	TOAC Coordinator, MG/mIODPO	州、O. D. In-Charge MGM/Institute's がProsthetics an Kannthe, Navi M	o, University Departm ed Orthotics,
17 18 19 20 21 22 23 24 25 26	TOAC Coordinator, MGMIODPO	州、O. D. In-Charge MGM/Institute's がProsthetics an Kannthe, Navi M	o, University Departm ed Orthotics,



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

GLIMPSES OF CELEBRATION OF INTERNATIONAL YOGA DAY-2023 Date -21st June 2023.











MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

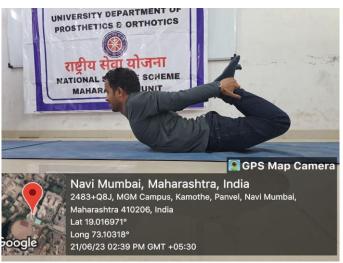
Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

GLIMPSES OF CELEBRATION OF INTERNATIONAL YOGA DAY-2023 Date -21st June 2023.













MGM MEDICAL COLLEGE

Sector 1 Kamothe, Navi Mumbai 410209

To,

Date:01/06/2023

The Medical Superintendent

MGM Medical College

Navi Mumbai

Subject - Permission to conduct an event on World No Tobacco Day on 03 June 2023 from 11am-

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to conduct an event on No Tobacco Day on 03 June 2023 from 11am-1pm in MGM Kalamboli hospital. Kindly permit us to conduct the event.

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

WSS Programme Officer mbai MGM Medical College, Karnothe, Navi Mumbai





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI–410209, INDIA NSS UNIT

To,

The Dean,

MGM Medical College, Navi Mumbai.

Subject – Report of World No Tobacco Day celebrated at MGM Hospital, Kalamboli on 3rd june 2023.

Respected Sir,

Hereby submitting the report of World No Tobacco Day celebrated at MGM Hospital, Kalamboli on 3rd june 2023 from 11am to 1pm

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS ProgrammeOfficer]

MGM MEDICAL COLLEGE Navi Mumbai NSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai Dean
MGM Medical College & Hospital
Ramotne, Navi Mumbai 410299





MGM MEDICAL COLLEGE

SECTOR-1, KAMOTHE, NAVI MUMBAI–410209, INDIA

NSS UNIT

Report For World No Tobacco Day



World No Tobacco Day is an International Day marked on 31 May to raise the awareness of Tobacco and to encourage its prevention, detection and treatment of its adverse effects. The primary goal of World No Tobacco Day is to significantly reduce illness and death caused by Tobacco. The theme of World No Tobacco Day, 2023 is "Grow food, not tobacco".

The NSS unit of MGM Medical College, Navi Mumbai had conducted an event on the occasion of World No Tobacco Day at MGM Hospital, Kalamboli from 11am-1pm. The event began with an introductory speech by Dr.Pradeep Sawardekar explaining the importance of World No Tobacco Day and the repercussations of Tobacco on the society.

Dr Pradeep Sawardekar spoke about the I'll effects and risk factors of Tobacco consumption



Dr Ananya Singh various disease and ailments that can occur due to chronic Tobacco consumption



Dr Vandan Shingala spoke about various ways in which Tobacco is consumed and about the importance of self control in quitting Tobacco



Mr jeevan Urankar (Assistant programme officer – NSS) addressed the people about prevention and concluded the programme appreciating those who attended the event



Impact of Tobacco Farming on Food Security

- 1 Environmental Damage 🌿
 - Tobacco is a demanding crop, requiring high amounts of water, and often leads to deforestation and soil depletion.
- 2 Limited Crop Diversity \(\square\)

 Tobacco is a monoculture, leading to the loss of biodiversity and a lack of crop diversification for farmers.
- 3 Food Insecurity

Tobacco farming diverts resources that could be used for food crops, contributing to poverty and malnutrition among farming communities.

4 Health Risks 😂

Tobacco is linked to various health risks, including cancer and respiratory diseases.

The Benefits of Growing Food Crops

1 Food Security [O]

Growing food crops can improve access to healthy and nutritious food for farming communities.

Environmental Sustainability

Food crop cultivation promotes sustainable farming practices and contributes to the conservation of biodiversity.

3 Diverse Income Streams 🥇

By cultivating a variety of food crops, farmers can diversify their income streams and reduce their reliance on a single crop.

Staff present for the event :-

Name	Designation
1)Dr Pradeep Sawardekar	NSS Programme Officer
2)Mr Jeevan Urankar	Programme officer Male
3)Ms Rupali Gujar	Programme officer Female
4)Mr Abhijeet Rodpalkar	Record keeper cum clerk
5) Mr Sachin Kagade	Statistician
6)Dr Vandan Shingala	Intern
7)Dr Ananya Singh	Intern
8) Dr Mehul Varshney	Intern
9) Dr Nandita Thakkar	Intern

Attendance of the Beneficiaries:

1)Mr Mangesh Gadkgal
2)Ms Anita Gadkhal
3) Mr Rajesh Gupta
4) Ms Himadevi Agila
5) Mr Dinesh Rathod
6) Mr Deepak Gupta
7) Mr S. S Chauhan
8) Ms Banubai Koli
9) Mrs Sita Waghmare
10)Mrs madhu Dutta
11) Mrs Apoorva Patil
12) Mrs Suvarna Katkari
13) Mrs Riya Patil
14)Mr Vijay Patil
15) Mr Nayan Mahadik
16) Mrs Mohini Mhatre
17) Mrs Tabassum khan

18)Mrs Kavita Sharma
19) Mrs Priti Mhatre
20) Mrs Sanika erande
21) Mr amol patil
22)Mr Pintu Waghmare
23) Mr Rohan Kamat
24) Mrs Nandu Mengol
25) Mrs Ravina Varankar

	Male	Female	Total
Staff	6	3	9
Beneficiaries	10	15	25
Total	16	18	34

This event was made a great success with efforts of Dr Pradeep Sawardekar, Dr Vandan Shingala, Dr Ananya Singh, Dr Mehul Varshney and Dr Nandita Thakkar

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]

MSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai Dr G.S Narshetty

[Dean]

[MGM Medical College]

[Navi Mumbai]

MGM Medical College & Hospital



(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

World No Tobacco Day 2023

Date: 31.05.2022

Preamble : The Member States of the World Health Organization first observed World No

Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. MGM School of Physiotherapy, Navi Mumbai intended to draw attention to the widespread prevalence of tobacco use

and to negative health effects by observing this day.

Objective : To create awareness in the community about on the dangers of using tobacco

and its negative effects on health

Event : Creating awareness on social media platform using Instagram Reels

Date : 31st May, 2023

Organized by : NSS Unit of MGM School of Physiotherapy, Navi Mumbai

Participants : 9 Bachelor of Physiotherapy students.

Event Coordinator : Dr. Aarohi Joshi (PT), Dr. Ramandeep Kaur Saini (PT), Dr. Ruturaj Shete (PT)

Venue : MGM School of Physiotherapy, Navi Mumbai.

Summary : No Tobacco Day was observed at MGM School of Physiotherapy, Navi Mumbai

to draw attention to the widespread prevalence of tobacco use and to spread

awareness about the negative health effects of tobacco use.

NSS volunteers created reels and uploaded them on Instagram, using social media as a platform to create awareness about the same. The reels were shared

over stories by all the volunteers to reach masses.

No. of Participants : 9

Feedback : Students were eager to use social media platform for a good cause & were

encouraged to spread awareness in the community about the negative health

effects of tobacco use.



Reel created by NSS volunteers on Instagram NSS page

Dr. Aarohi Joshi (PT)
Dr. Ramandeep Kaur S (PT)
NSS Assistant Program
Officer
MGM School of
Physiotherapy, Navi
Mumba

Dr. Ruturaj Shete (PT) NSS Program Officer MGM School of Physiotherapy, Navi Mumbai Dr. Shrutika Parab (PT)
IQAC coordinator
MGM School of
Physiotherapy, Navi
Mumbai



Dr. Rajani Mullerpatan Professor-Director MGM School of Physiotherapy, Navi Mumbai

Professor - Director MGM School of Physiotherapy MGMIHS, Navi Mumbai



(Deemed to be University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

World No Tobacco Day 2023 Date: 31/05) 2022

NSS Activity Attendance sheet

Sr.No	Student Name	Batch	Sign
1.	Sudin S. Dinkors	Semv	Tackinions
2.	Raashi Radam	Semv	naasyos
3.	Aldshat Raj	Sem V	Mishate
4.	Rupali Bhosale	Sem V	fulati
5.	dadambari M.	Somo V	Dodane
6.	Vaishaavi C.	Som V	Valous
7.	White No	SemV	Aditya
8.	Ractiona Baredia	Sem V	23
9.	Ractiona Baradia Mehek Jain	Sent	melig.
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			
21.			
22.			
23.			
24.			
25.			
26.			
27.			
28.			
29.		1	
30.			
31.			
32.			
33.			
34.			
35.	L		
36.			
37.			
38.			
39.			
40.			





MGM MEDICAL COLLEGE Sector 1 Kamothe , Navi Mumbai 410209

To,

The Dean

Date:01/06/2023

MGM Medical College

Navi Mumbai

Subject - Permission to conduct an event on World Hypertension Day on 02 June 2023 from 2pm to 3pm

Respected Sir.

The NSS Unit of MGM Medical College, Navi Mumbai would like to observe an event on World Hypertension Day on 02 June 2023 from 2pm to 3pm in MGM Kalamboli hospital. Kindly permit us to conduct the event and make arrangement of Tea and Snacks for 30 people participating in the event.

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS Programme Officer]

MGM Medical college Navi Mumbai

MGM Medical College, Kamothe, Navi Mumbal MGM Medical Culrege & Hospital Rammhe, Nov. Jombai-410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI–410209, INDIA NSS UNIT

To,

V

6

J

C

3

3

The Dean,

MGM Medical College, Navi Mumbai.

Subject – Report of World Hypertension Day celebrated at MGM Hospital, Kalamboli on 2nd june 2023.

Respected Sir,

Hereby submitting the report of World Hypertension Day celebrated at MGM Hospital , Kalamboli on 2^{nd} june 2023 from 2pm to 3pm

Thanking you,

Yours sincerely,

Dr. Pradeep Sawardekar

[NSS ProgrammeOfficer]

MSS Programme Outrest Navi Mumbai MGM Medical College, Kamothe, Navi Mumbai Dean'

MGM Medical College & Hospital Kamothe, Navi Mumbai-410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI–410209, INDIA NSS UNIT

Report for World Hypertension Day

World Hypertension Day is an International Day marked on 17 May to raise the awareness of hypertension and to encourage its prevention, detection and treatment. The primary goal of World Hypertension Day is to significantly reduce illness and death caused by Hypertension. The theme of World Hypertension Day, 2023 is 'Measure Your Blood Pressure Accurately, Control It, Live Longer'.



Measure Your Blood Pressure Accurately Control it, Live Longer.

The NSS unit of MGM Medical College, Navi Mumbai had conducted an event on the occasion of World Hypertension Day at MGM Hospital, Kalamboli from 2pm-3pm. The event began with an introductory speech by Dr.Pradeep Sawardekar explaining the importance of World Hypertension Day and the repercussations of Hypertension on the society.

Dr Pradeep Sawardekar spoke about the warning signs and risk factors for Hypertension

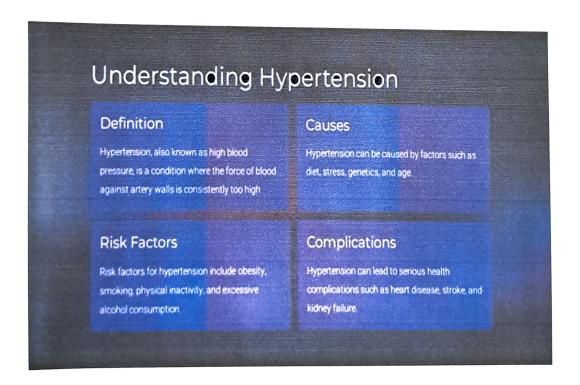


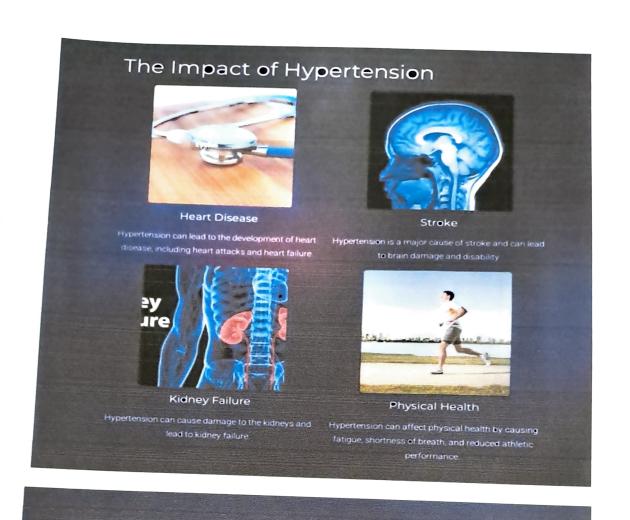
Dr Ananya Singh spoke about various diseases and ailments due to Hypertension





Mr jeevan Urankar (Assistant programme officer – NSS) addressed the people about prevention and concluded the programme appreciating those who attended the event





Prevention and Control of Hypertension

Eat a healthy diet 🍏



Aim for a diet low in salt, saturated fat, and processed foods, and high in fruit, vegetables, and whole grains

Manage Stress 🔆

Stress reduction techniques such as meditation and yoga can help reduce blood pressure and improve overall health

2 Stay Active 🏃

Regular exercise can help lower blood pressure and improve physical health

Monitor Your Blood Pressure 4

Regular blood pressure checks can help identify hypertension early and allow for proper treatment

Staff present for the event :-

Name	Designation
1)Dr Pradeep Sawardekar	NSS Programme Officer
2)Mr Jeevan Urankar	Programme Officer Male
3) Ms Rupali Gujar	Programme Officer Female
4) Mr Abhijeet Rodpalkar	Record keeper cum Clerk
5) Mr Sachin Kagade	Statistician
6) Dr Vandan Shingala	Intern
7) Dr Ananya Singh	Intern
8) Dr Mehul Varshney	Intern
9) Dr Nandita Thakkar	Intern

Attendance of the Beneficiaries:-

1)Mr Mangesh Gadkhal
2) Mrs Anita Gadkhal
3) Mr Rajesh Gupta
4) Mr Dinesh Rathod
5) Mrs Banubai koli
6) Mrs Sita waghmare
7) Mrs Suvarna Katkari
8) Mrs Riya Patil
9) Mr arun Katkari
10)Mr Deepak Gupta
11) Mr Vijay Patil
12) Mr Nayan Mahadik
13) Mr Sachin mohite
14) Mrs Mohini Mhatre
15)Mrs Supriya Chauhan
16) Mrs Tabassum khan

17) Mrs Kavita Sharma	
18) Mr Nayan Mahadik	
19) Mrs Priti Mhatre	
20) Mrs Sauth	
20) Mrs Sanika Erande	
21) Mrs Nandu Mengol	
22) Mrs Ravina Varankar	
23) Mr Pintu Waghmare	
24) Mr rohan kamat	
25) Mr Amol Patil	

This event was made a great success with efforts of Dr Pradeep Sawardekar, Dr Vandan Shingala, Dr Ananya Singh

Thanking you

Yours Sincerely,

Dr Pradeep Sawardekar.

[NSS Programme Officer]

NSS Programme Officer MGM Medical College, Kamothe, Navi Mumbal

Dr G.S Narshetty

Kamothe, Navi Mumbai 410209

[MGM Medical College]

[Navi Mumbai]

Event Name: World Hypertension Day

Date & Time: 17/05/2023: 01:00 pm to 02:00 pm



Location: Second Floor, Cardiology OPD, MGM Hospital, Kamothe.

0			Total No. of Participants
Sr.	Event Tile &	Program Coordinators	Total No. of A area
No.	Venue Details	(Team members name)	30
1	World Hypertension Day	Mr Sufyan Ahmad Siraj	30
	Awareness	Ms Pranita Utekar	











Short event report

On the occasion of World Hypertension Day, the students of B.Sc. CCT and Cardiology, presented an awareness program in the hospital building on 2^{nd} floor cardiology OPD.

The awareness program was started by Dr. Bhai Mangesh Naik, SR Cardiology, by giving a talk on hypertension, its risk factors and the etiology.

The awareness program was then followed by our CCT students, who presented the patients with specific instruction on hypertension related topic such as, DASH diet, Yoga, Meditation, regularly Blood Pressure Monitoring, Eating habits etc.

Overall the program was successful and the Q&A session between the patient and Health Care Worker was held.

Report Prepared by: Ms Pranita Utekar & Mr Sufyan Ahmad Siraj (Tutor & Coordinator of CCT)

Contact details: MGM SBS & CARDIOLOGY DEPARTMENT

Director

MGM School of Biomedical Sciences MGM Institute of Health Sciences Kamothe, Navi Mumbai- 410 209, India





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA NSS UNIT

To,

The Dean,

MGM Medical College,

Navi Mumbai.

Subject – Report for Blood Donation Camp conducted at MGM Medical College and Hospital on 25th January 2023

Respected Sir,

Here by submitting the report of Blood Donation Camp conducted at MGM Medical College and Hospital on 25th January 2023(10am-3pm)

Thanking you,

Yours sincerely,

Dr.Pradeep Sawardekar
[NSS Programme Officer]
NSS Programme Officer
MGM Medical College,
Kamothe, Navi Mumbai

MGM Medical College & Hospital
Kamothe, Navi Mumbai-410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI—410209, INDIA NSS UNIT

Report for Blood Donation Camp

The NSS unit of MGM Medical College, Navi Mumbai had conducted a Blood Donation camp on 25th January 2023 in the blood bank of MGM Hospital, Kamothe from 10am to 3pm on the occasion of National Youth Day(12th Jan)and Republic Day(26th Jan). The volunteers included students from MBBS and relatives of the patient. A total of 28 participants had registered for the blood donation but only 8 volunteers were able to donate blood due to medical conditions.

Volunteers were asked to fill the demographic data and other medical information.

Haemoglobin and vitals were checked of all donors before donation .The volunteers were further motivated to donate blood at regular intervals especially on their birthday.

National Youth Day:-

National Youth Day also known as Vivekananda Jayanti is celebrated on 12th January being the birthday of Swami Vivekanand..



The main objective of National Youth Day and the reason for its observance is to create a platform for the youth and address their problems in various spectrums of life. The Techniques, Philosophies and Ideologies of Swami Vivekanand are propagated through Universities, schools and colleges on National Youth Day every year

Republic Day:-

Republic Day is celebrated on 26th January



In 1950, the constitution made by Dr. B.R.Ambedkar.India turned into a secular Nation on this day.Republic Day holds a lot of significance in keeping India together.It is one of the three national festivals of India.Fundamental rights of Indian Constitution include Right to Equality,Right to Freedom,Right against Exploitation,Right to Freedom of Religion,Right to Constitutional Remedies,Cultural and Educational Rights



Participants and Donor List:-

S.no	Name							
		Age	Sex	Mob.no	Blood	D	onated	
1.	Asmi Sheth	19	-	00.55	Group		To-	\dashv
2.	Vishwesh	20	F	8963201475	B+		No.	\dashv
	Jasani	۷0	M	7852104930	B+	1,	No	
3.	Romil Shaikh	19	M	7896541032	B+	-	No	
4.	Avadh Barot	18	M	8789025165	_		No	
5.	Aditi Goenka	18	F	8956230147			No	
6.	Suchi	19	F	9634852107			No	
	Ganediwala							
7.	Dheer	20	M	9874036874	4 B+		No	
	Mulchandani						\ <u></u>	
8.	Aditya Gupta	18	M	893214750			No	
9.	Rhea Bitla	18	F	736945210			No	
10.	Omkar	20	М	863210459	7 B+		No	
	Mudhale						1	
11.	Prisha Mehta	19	F	723694510			Yes	100
12.	Khushi Kothari	20	F	963014852			No	
13.	Mit Thakkar	19	M	830021456			No	
14.	Vallabhi	18	M	96301254	70 B+	۲	No	
	Goswami		8				-	
15.	G.H Pranav	18	M	80236974			No	
16.	Kushagra	19	M	97852361		S +	No	
17.	Ankit	19	M	95630023	148 E	3+	No	O
	Majumdar							- Marie - I
18.	Rajashree Das	19	F	9302148	962 l	B+	71.000	0
19.	Shambhavi	18	F	9823654	512	0+	\ Y	es
IJ.								
20	Singh	20	F	7123698	3500	0+	1	Yes
20.	Advika Kadam		F	8933147		B+		No
21.	Riya Mehta	21		723694		B+		No
22.	Vanshika	18	F	123694	7111	DT		
	Shukla					A -		Voc
23.	Sarthak	18	M	987403	16754	A+		Yes

	Agrawal					
24.	Tapasya Joshi	19	F	9536002148	B+	No
25.	Omprakash Choudhary	28	M	9320149962	O+	Yes
26.	Ribah Rakhanje	24	М	8023679415	0+	Yes
27.	Prabhat Das	25	М	7582104930	A+	Yes
28.	Chiranjit Roy	22	M	7639452108	A+	Yes

		FENANIE	TOTAL
VOLUNTEERS	MALE	FEMALE	28
REGISTERED	16	12	8
DONATED	5	3	5
STAFF	3	<u> </u>	

Staff Present for Camp:-

		Designation
S.no	Name	NSS Program Officer
1.	Dr.Pradeep Sawardekar	Associate Professor
2.	Dr.Madhavi Mankar	FSW
3.	Dr.Rupali Gujjar	MSW
4.	Mr.Bagul	Biostatistician
5.	Mr.Sachin Kagade	





C





We appreciate the efforts Dr.Saurabh Kumar, Dr. Preeti Gupta, Dr. Shrestha Sahay, Dr. Devashish Kurekar and Dr. Taranpreet Singh in making this camp a grand success.

Thanking you Yours sincerely,

Dr. Pradeep Sawardekar [NSS Brossmann Proficer]

MGM Medical Colleges

Dr. G.S Narshetty Dean MGM Medical College Navi Mumbai

MGM Medical College & Hospital Kamothe, Navi Mumbai-410209





MGM Medical College

SECTOR-1, KAMOTHE, NAVI MUMBAI 410209, INDIA

NSS UNIT

Date:14.06.2023

To, Dr G.S.Narshetty Dean MGM Medical college Kamothe

Respected sir

22222222222222222222222222

Herewith I am submitting the report for a blood donation camp organized at MGM Blood Bank to celebrate the International World Blood Donor Dayon 14th June 2023.

Thanking you

Dr Pradeep Sawardekar Program Officer NSS Unit MGM Medical college Navi Mumbai

MSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai Dean

MGM Me Jollege & Hosnital Kamothe, wavi Mumbai 4102Ua



MGM Medical College



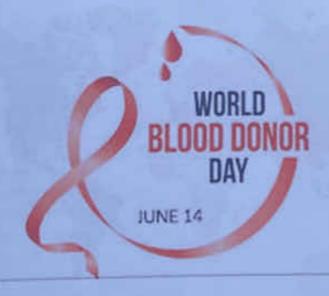
NSS UNIT

Report on blood donation camp organized at MGM Blood Bank to celebrate the World Blood Donor Day on 14th June 2023

The NSS unit at MGM Medical college Navi Mumbai organized a blood donation camp at MGM Blood Bank to celebrate the World Blood Donor Day on 14th June 2023.

World Blood Donor Day is celebrated on the 14 June every year. It being distinguished to raise awareness about saving lives by blood donations. Each year millions of people all over the world decide to donate blood and plasma; this is the reason why it has been called the World Blood Donor Day.

This year, 2023, the World Blood Donor Day theme is "Give blood, give plasma, share life, share often", emphasising the importance of blood and plasma donations for lifelong transfusion patients and to encourage donating blood or plasma often to ensure a safe and sustainable global supply of blood to all who are in need.



The faculty present was:

Sr.No	Name	Designation
1	Dr Pradeep Sawardekar	Program officer NSS MGMIHS
2	Dr. Kaivalya Shah	HOD,IHBT
3	Dr. Ratnaprabha Pedhambkar	Asso. Professor
4	Dr. Shweta Dhote	IHBT Incharge
5	Mr Jeevan Urankar	Male assistant program officer
6	Mr Abhijit Rodpalkar	PSM Clerk cum Record Keeper
7	Ms Prachi Nangare	Health inspector
8	Dr Mehul Varshney	MBBS Intern
9	Dr Nandita Thakkar	MBBS Intern
10	Dr Vandan Shingala	MBBS Intern
11	Dr Ananya Singh	MBBS Intern

The following volunteers donated blood at the blood bank in MGM :

Sr.No	Name	Designation
1	Dr Anupam Walawalkar	Intern
2	Mr Sahil Patil	student
3	Ms Vanshika Huria	student
4	Dr Naman Shah	Intern
5	Ms Mantasha Inamdar	student
6	Dr Roshan Asati	Intern
7	Ms Kritika Singh	student
8	Dr Devang Patil	Intern
9	Mr Atharva Marathe	student
10	Mr Pratap Thombare	student
11	Mr Dhaiyay Pandya	student
12	Mr Charchit Vats	student
13	Mr Akash Singh	student
14	Mr Mehul Sharma	student

15	Mr Sujal Bhagat	student
16	Mr Tanmay Shetty	student
17	Ms Vanshika Shukla	student
18	Mr Vishal Agroya	student
19	Mr Faris Ahmed	Student
20	Mr Abin Koshy	student
21	Mr Vishal Siraskar	student
22	Mr Prajyot Kale	student

The volunteers were provided with certificates and refreshments following the donation.

List of Registered candidates t	for blood donation
Sr.No. Name.	Designation .
1. Mr. Dhaiyay Pandya	Final Yr MBBS Student
2. Mr. Peeyush Kothari	Final Yr MBBS Student
3. Dr. Naman Shah	MBBS Intern
4. Dr. Anupam Walawalkar	MBBS Intern
5. Dr. Roshan Asati	MBBS Intern
6. Ms. Zaina Ansari	3rd Year MBBS Student
7. Mr. Sagar Waybase	3rd Year MBBS Student
8. Ms. Revaa Kovil	3rd Year MBBS Student
9. Mr. Devansh Jain	3rd Year MBBS Student
10. Mr. Vivek Arban	3rd Year MBBS Student
11. Ms. Anoushka Sehgal	3rd Year MBBS Student
12. Mr. Kanishk Vyaas	3rd Year MBBS Student
13. Mr. Arya Shree	3rd Year MBBS Student
14. Ms. Priyanka Kalme	3rd Year MBBS Student
15. Mr. Faris Ahmed	3rd Year MBBS Student
16. Mr. Charchit	2nd Year MBBS Student
17. Mr. Sandipan Sinha	2nd Year MBBS Student
18. Mr. Vasundra Bhojane	2nd Year MBBS Student
19. Mr. Vishal Siraskar	2nd Year MBBS Student
20. Ms. Sambhavi Singh	1st Year MBBS Student
21. Ms. Vallabhi Goswami	1st Year MBBS Student
22. Mr. Abhiraj	Final Yr MBBS Student
23. Ms. Prisha Mehta	1st Year MBBS Student
24. Dr. Devang	MBBS Intern
33. Mr. Darshan Undare	2nd Year MBBS Student
34. Dr.Ganesh	Teaching Staff
35. Dr. Naaz	Teaching Staff
36. Mr. Abhijit	Non-Teaching Staff
37. Pramila Ma'am	Non-Teaching Staff
38. Ms.Vanshika	Final Year MBBS Student
BARA MANAGAMATAN	

39.	Ms. Mantasha	Final Year MBBS Student	
	Mr.Pratap	Final Year MBBS Student	
41.	Ms. Kritika Singh	Final Year MBBS Student	
42.	Ms.Anusha	Final Year MBBS Student	
43,	Mr. Abin Koshy	3rd Year MBBS Student	
44.	Mr. Artharva Marathe	Final Year MBBS Student	
45.	Ms. Aishwarya	Final Year MBBS Student	
46.	Mr. Tanmay shetty	1st Year MBBS Student	
47.	Ms. Vanshika Shukla	1st year MBBS Student	
48.	Dr. Sivani Velpula	MBBS Intern	
49.	Mr. Prayjot kale	2nd year MBBS Student	
50.	Mr. Sujal	1st year MBBS Student	

	Male	Female	Total
Teaching staff	7	5	12
Non teaching staff	1	1	2
Registered	36	14	50
Donated	18	4	22
Total	62	24	86



Dr Pradeep Sawardekar with the volunteers.









With the help of Dr. Pradeep Sawardekar (Program Officer NSS), Mr.Jeevan Urankar (Assistant Program Officer) and MBBS Interns Dr. Mehul Varshney, Dr. Nandita Thakkar, Dr. Vandan Singala, Dr. Ananya Singh, the blood donation camp was of great success with 22 donors.

Dr Pradeep Sawardekar Program Officer

NSS Unit MGM Medical college

Navi Mumbai NSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai MGM M. ..eye & Hospital Kamothe, Nabi Mumbai-410205

Dr G.S.Narshetty
Dean
MGM Medical college
Navi Mumbai





MGM Medical college

SECTOR-1,KAMOTHE,NAVI MUMABI410209,INDIA NSS UNIT

To Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai

The NSS unit at MGM Medical college Navi Mumbai is organizing to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar from 12th to 15th April 2023.

Time-9:00 a.m to 4:00 p.m on all days

- A. Activities
 - 1. Essay competition (students ,teaching non teaching staff)
 - 2. Blood donation camp
 - Place -MGM blood bank
 - Date- 13 April 2023
 - Time -9:00 a.m = 3:00 p.m.
 - Poster exhibition on all four days. Place-groutd floor, medical college building.
 - 4. General health check up camp
 - -Place -at Apte
 - -Date -15 April 2023
 - -Time 10:00a.m to 2:00p.m
- B. Requirements-
 - 1. For blood donation camp kindly arrange tea and snacks for around 30 people.
 - 2.For medical camp-medicines
 - 3. Poster exhibition-display stands

4. Province

Thank you

N. Jawasheun

Secretary

MGM Medical College

Kamphe, Navi Mumbai

Dean

MGM Medica in the 8. Hospital Kampthe, ile 1 10000 410205







NSS UNIT

To Dr G.S.Narshetty Dean MGM Medical college Kamothe

Respected sir

Herewith I am sending the report for an essay writing competition held at MGM Medical College to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar on 13th April 2023.

Thanking you

Dr Pradeep Sawardekar Program Officer NSS Unit MGM Medical college

Navi Mumbai tary MGM Medical College, Kamothe, Navi Mumbai Date:25.04.2023

Dean wosekal Colle wosekal





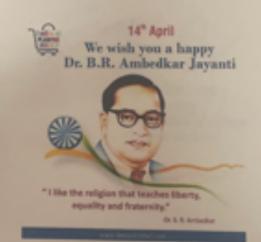
MGM Medical college

SECTOR-1,KAMOTHE,NAVI MUMABIH10209,INDIA NSS UNIT

Report on essay writing competition to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar

The NSS unit at MGM Medical college Navi Mumbai organized an essay writing competition held at MGM Medical College to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar on 13th April 2023.





The participants were:

1	Dr Pradeep Sawardekar	Program officer NSS MGMIHS
2	Dr Madhvi Mankar	NSS Coordinator MGMIHS
3	Dr Ratnaprabha Pedhankar	Ass. Professor community medicine
4	Mr Jeevan Urankar	Male assistant program officer
5	Ms Prachi Nangare	Health inspector

6	Mr Abhijeet Roadpalkar	0.1
7	Mr Sachin Kagde	Clerk
8	Mr Vikrant Dinkar	Tutor
9	Mr Anil Khandare	MSW
10		A.V.Technician
11	Mr Gajanan Raut	clerk ,Dept of Surgery
12	Mr Kamble	security supervisor
	Ms Akmal Dange	2 nd MBBS Student
13	Mrs Rupali Gujar	Female assistant program officer
14	Dr Muskaan Johal	Intern
15	Dr Kaushal Gunjal	Intern
16	Dr Nishant Kumar	Intern
17	Dr Abhishek Shinde	Intern
18	Dr Heet Savani	Intern
19	Dr Huzaif Ansari	Intern
20	Dr Devansh Ganatra	intern

Dr Pradeep Sawardekar
Program Officer
NSS Unit MGM Medical college
Navid/we/betary
MGM Medical College,
Kamothe, Navi Mumbai

Dear Revision & Property of State of St

Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai





SECTOR-1, KAMOTHE, NAVI MUMABI410209, INDIA NSS UNIT

Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai

The NSS unit at MGM Medical college Navi Mumbai is organizing to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar from 12th to 15th April 2023.

Time-9:00 a.m to 4:00 p.m on all days

- A. Activities
 - Essay competition (students ,teaching non teaching staff)
 - 2. Blood donation camp
 - Place -MGM blood bank
 - Date- 13 April 2023
 - Time -9:00 a.m = 3:00 p.m.
 - 3. Poster exhibition on all four days. Place -groubd floor, medical college building.
 - 4. General health check up camp
 - -Place -at Apte
 - -Date -15 April 2023
 - -Time 10:00a.m to 2:00p.m
- B. Requirements-
 - 1 For blood donation camp kindly arrange tea and snacks for around 30 people.
 - 2. For medical camp-medicines
 - 3.Poster exhibition-display stands

Dr. Amelicep N. Jawander

· Secretary

MGM Medical College, Kamothe, Navi Mumbai

MCM Next. - a 3x 8 Haspital

Mahatma M «segremonloggmail.com» on regarding Celebration of Ambedkar Jayanti on 14th April 2023, Friday MOMBHS <lgac@mgmuhs.com> Tue, Apr 4, 2023 at 2:52 PM pownal Quality Assurance Cell <mgmmcigac@gmail.com>, "Dr. Kavita More" <kavitatmore@gmail.com>, 404 4, 2023 at 2:52 Ptd. ** angabad <anomalian adulary MGMSOP IOAC compressional come. *Dr. Shrutka Parat/ grand@mgmsopnm.edu.in>, MGMSOP IQAC <mgmsopiqac@gmail.com>, Junneshwar Bidve currentwar@gmail.com>, mgmsbs iqac <mgmsbsnm.iqac@gmail.com>, "Dr.Himanshu Gupta" nimanshugupta@mgmsbsnm.edu.in>, anudhanke04@gmail.com, IQAC MGMNBCON <iqac@mgmuds-nm.edu.in> Susan Jacob <s.jacob@mgmudn-nm.edu.in>, susanninanjacob@gmail.com, IQAC MGMUDPO agac.mgmudpo@gmail.com>, Subhasish Palkray <subhasishpalkray@gmail.com> Cc: Registrar <registrar@mgmuhs.com>, VC MGMIHS <vo@mgmuhs.com>, Mahatma M <mgmmcnb@gmail.com>. DEAN MGMMC Aurangabad <mgmmca@themgmgroup.com>, rajbohra@msn.com, "Dy. Registrar Office MGMIHS (RO)" «dyn@mgmmcha.org», rajoni.kanade@gmail.com, Rinkle Malani «dr.rinklemalani@gmail.com», "Dr.Mansee Thakur" <mansibiolech79@gmail.com>, rdase25@gmail.com, "Dr. (Mrs.) Prabha K. Dasita" <principal@mgmudn-nm.edu.in>, "Dr. (Mrs.) Prabha K. Dasila" <mgmnewbombaycollegeofnursing@gmail.com>, "Dr. R Ponchitra" <r.ponchitra@mgmudnnm.edu.in>, Uttara Deshmukh <uttara.deshmukh2010@gmail.com>, Madhavimankar jogesh <madhumankar@gmail.com> Jear SinMadam,

The institutions are requested to organize events/programmes for the celebratration on the occasion of the Ambedian Jayanti (14th April, 2023, Friday) in your respective institute.

Thank you,

Regards,

Dr. Rita Khadkikar University IQAC Co-Ordinator MGM Institute of Health Sciences Navi Mumbai DOST Report Revision & 1070s

Dean

NGM Device College > Propinal Kamping, Navy Mustical 410709

M F 1 N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 | N E D

| N F 2 |





MGM Medical college

SECTOR-1,KAMOTHE,NAVI MUMABI410209,INDIA **NSS UNIT**

To Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai

The NSS unit at MGM Medical college Navi Mumbai is organizing to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar from 12th to 15th April 2023.

Time-9:00 a.m to 4:00 p.m on all days

- A. Activities
 - 1. Essay competition (students ,teaching,non teaching staff)
 - 2. Blood donation camp
 - Place -MGM blood bank
 - Date- 13 April 2023
 - Time -9:00 a.m 3:00 p.m
 - 3. Poster exhibition on all four days. Place -ground floor, medical college building
 - 4. General health check up camp
 - -Place -at Apte
 - -Date -15 April 2023
 - -Time 10:00a.m to 2:00p.m
- B. Requirements-
 - 1. For blood donation camp kindly arrange tea and snacks for around 30 people.
 - 2. For medical camp-medicines
 - 3. Poster exhibition-display stands

4, Banner

Thank you W

Dr. Ponderen N. Jawashuan Socretary

MGM Modical College, Kampthe, Navi Mumbai

MGM Medical Codepe & Hospital Kamothe, Navi Mumbai-410209





Date:25.04.2023

MGM Medical college

SECTOR-1,KAMOTHE,NAVI MUMABI410209,INDIA

NSS UNIT

To

Dr G.S.Narshetty

Dean

MGM Medical college

Kamothe

Respected sir

Herewith I am sending the report for a blood donation camp organized at MGM Blood Bank to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar on 13th April 2023.

Thanking you

Dr Pradeep Sawardekar Program Officer NSS Unit MGM Medical college Navi Mumbai

Secretary MGM Medical College, Kamothe, Navi Mumbai MGM Medical College & Hashital

Manbithe, Navi Numinor a 10208





MGM Medical college

SECTOR-1,KAMOTHE,NAVI MUMABI410209,INDIA

NSS UNIT

Report on blood donation camp organized at MGM Blood Bank to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar

The NSS unit at MGM Medical college Navi Mumbai organized a blood donation camp at MGM Blood Bank to celebrate the 132^{nd} birth anniversary of Dr Babasaheb Ambedkar on 13^{th} April 2023.





The faculty present was:

1	Dr Pradeep Sawardekar	Program officer NSS
2	Dr Madhvi Mankar	MGMIHS
3	Ms Vineeta Sharma	Asso.professor
	1413 VIIICELA SITALITIA	Health inspector

4	Mr Jeevan Urankar	Male assistant program officer
5	Ms Rupali Gujar	Female assistant program officer
6	Ms Pratibha	Housekeeper
7	Ms Prachi Nangare	Health inspector
8	Mr Sachin Kagde	Tutor
9	Dr Kaushal Gunjal	Intern
10	Dr Nishant Kumar	intern
11	Dr Huzaif Ansari	Intern
12	Dr Muskaan Johal	Intern

The following volunteers donated blood at the blood bank in $\ensuremath{\mathsf{MGM}}$:

1		Mr Nilay Joshi	student
2	2	Ms Khushi Kothari	student
3	3	Ms Ananya Chaudhary	student
-	4	Dr Nishant Kumar	intern
1	5	Mr Colin Tharakan	student
-	6	Mr Achintya Gupta	student
\vdash	7	Mr Vinay Gupta	student
\vdash	8	Ms Jogmani Sattiraja	student
-	9	Ms Sharon Thomas	student
t	10	Ms Bhavee Desai	student
-	11	Mr Aditya Ghogare	student
ŀ	12	Ms Athira Prasanth	student
	13	Dr Kaushal Gunjal	intern
t	14	Mr Sunpreet Sawarpet	student
ŀ	15	Me Eldo Joji	student
f	16	Mr Abhishek Joshi	student
1	17	Mr Tejas Pawar	student
1	18	Mr Kushal Nikam	student
1	19	Ms Diksha Joshi	Student
1	20	Mr Dhananjay Mehta	student
- 1		TOTAL STATE OF THE PARTY OF THE	

The volunteers were provided with certificates and refreshments following the donation.



Dr Pradeep Sawardekar with the volunteers.







The volunteers donating blood.

Dr Pradeep Sawardekar Program Officer

Program Officer
NSS Unit MGM Medical college
Navigue Detary
MGM Medical College,
Kamothe, Navi Muchoal

Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai





MGM Medical college

SECTOR-1, KAMOTHE, NAVI MUMABI410209, INDIA **NSS UNIT**

To Dr G.S.Narshetty Dean MGM Medical college Navi Mumbai

The NSS unit at MGM Medical college Navi Mumbai is organizing to celebrate the 132nd birth anniversary of Dr Babasaheb Ambedkar from 12th to 15th April 2023.

Time-9:00 a.m to 4:00 p.m on all days

A. Activities

- 1. Essay competition (students ,teaching,non teaching staff)
- 2. Blood donation camp
 - Place -MGM blood bank
 - Date- 13 April 2023
 - Time -9:00 a.m 3:00 p.m
- 3. Poster exhibition on all four days. Place -ground floor, medical college building
- 4. General health check up camp
- -Place -at Apte
- -Date -15 April 2023
- -Time 10:00a.m to 2:00p.m
- B. Requirements-
 - 1. For blood donation camp kindly arrange tea and snacks for around 30 people.
 - 2.For medical camp-medicines
 - 3. Poster exhibition-display stands

Thank you pleased N. Jamenhuer Secretary

MGM Medical College, Kamothe, Navi Mumbai

a ar & Hospital MGM Med. Kamothe, 11a / 201/2/10209



Notification regarding Celebration of Ambedkar Jayanti on 14th April 2023, Friday

1 message

Tue, Apr 4, 2023 at 2:52 PM

IQAC MGMIHS <iqac@mgmuhs.com>
Tue, Apr 4, 2023 at 2.32 FM
To: Internal Quality Assurance Cell <mgmmciqac@gmail.com>, "Dr. Kavita More" <kavitatmore@gmail.com>, MGM IQAC
To: Internal Quality Assurance Cell <mgmmciqac@gmail.com>, "Dr. Shrutika Parab"
Aurangabad <iqac@mgmmcha.org>, iqac mgm <iqacmgmsop@gmail.com>, Junneshwar Bidve
<sparab@mgmsopnm.edu.in>, MGMSOP IQAC <mgmsopiqac@gmail.com>, "Dr.Himanshu Gupta"
<dr.himanshugupta@mgmsbsnm.edu.in>, anudhanke04@gmail.com, IQAC MGMNBCON <iqac@mgmudn-nm.edu.in>,
Susan Jacob <s.jacob@mgmudn-nm.edu.in>, susanninanjacob@gmail.com, IQAC MGMUDPO
<iqac.mgmudpo@gmail.com>, Subhasish Paikray <subhasishpaikray@gmail.com>
Cc: Registrar <registrar@mgmuhs.com>, VC MGMIHS <vc@mgmuhs.com>, Mahatma M <mgmmcnb@gmail.com>,
DEAN MGMMC Aurangabad <mgmmca@themgmgroup.com>, rajbohra@msn.com, "Dy. Registrar Office MGMIHS (RO)"
<dyr@mgmmcha.org>, rajani.kanade@gmail.com, Rinkle Malani <dr.rinklemalani@gmail.com>, "Dr.Mansee Thakur"
<mansibiotech79@gmail.com>, rdase25@gmail.com, "Dr. (Mrs.) Prabha K. Dasila"
rprincipal@mgmudn-nm.edu.in>, "Dr. (Mrs.) Prabha K. Dasila" <fre>
rponchitra@mgmudn-

Dear Sir/Madam,

<madhumankar@gmail.com>

The institutions are requested to organize events/programmes for the celebratration on the occasion of the Ambedkar Jayanti (14th April, 2023, Friday) in your respective institute.

nm.edu.in>, Uttara Deshmukh <uttara.deshmukh2010@gmail.com>, Madhavimankar jogesh

Thank you,

Regards,

Dr. Rita Khadkikar University IQAC Co-Ordinator MGM Institute of Health Sciences Navi Mumbai

MGM Medical College & Hospital, Mavi Mumbai 410209

Dean

MGM Medical College > Mosnital Kamotne, Wavi Munuared (1799)

MC W/MED INVENT NO 2757 DATE 4/4/23 SIGN:



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai – 410209

Date: 13.04.2023

Dr. Babasaheb Ambedkar Jayanti

Preamble	:	Dr. Babasaheb Ambedkar Jayanti is celebrated every year on 14 th April. NSS unit of MGM School of Physiotherapy, Navi Mumbai took this as an opportunity to remember and celebrate Dr. B. R. Ambedkar's life and legacy, and to renew our commitment to the principles of social justice and equality that he championed throughout his career.
Objective	:	-To remember and celebrate Dr. B. R. Ambedkar's life and legacy -To renew our commitment to the principles of social justice and equality.
Event	:	Elocution regarding Dr. Babasaheb Ambedkar's life events and his contributions towards upliftment of society.
Time and Date	:	3:00 to 4:00 pm, 13 th April 2023
Organized by	:	NSS Unit of MGM School of Physiotherapy, Navi Mumbai
Participants	:	Semester III BPT students of MGM School of Physiotherapy, Navi Mumbai and NSS volunteers
Event Coordinators	:	Dr. Ramandeep Kaur (PT), Dr. Aarohi Joshi (PT), Dr. Ruturaj Shete (PT)
Venue	:	MGM School of Physiotherapy, Navi Mumbai.
Value Inculcated	:	Equality, Justice
Summary	:	On the occasion of Dr. Babasaheb Ambedkar Jayanti, the students delivered a speech narrating untold stories of Dr. Babasaheb Ambedkar. Students highlighted Dr. Ambedkar's contribution as a social reformer by promoting the betterment of the oppressed classes in India. Students emphasized on noteworthy contributions of Dr. B. R. Ambedkar in the fields of economics, law, and politics. His work towards women's rights and gender equality, advocating for these issues throughout his career was reflected upon. Students shared their views about how they can contribute in betterment of the oppressed classes in India so as to promote equality and justice for all.
Feedback		Students were inspired to create an equal and inclusive society where everyone is treated with dignity and respect.





NSS Voulnteers narrating Dr. B. R. Amberkar's contribution towards upliftment of society

Dr. Aarohi Joshi (PT)
Dr. Ramandeep Kaur S (PT)
NSS Assistant Program
Officer
MGM School of
Physiotherapy, Navi
Mumba

Dr. Ruturaj Shete (PT) NSS Program Officer MGM School of Physiotherapy, Navi Mumbai Dr. Shrutika Parab (PT)
IQAC coordinator
MGM School of
Physiotherapy, Navi
Mumbai



Dr. Rajani Mullerpatan Professor-Director MGM School of Physiotherapy, Navi Mumbai

Professor - Director
MGM School of Physiotherapy
MGMIHS, Navi Mumbai



MGM INSTITUTE OF HEALTH SCIENCES

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A' Accredited by NAAC

MGM SCHOOL OF PHYSIOTHERAPY

Sector-1, Kamothe, Navi Mumbai - 410209

Batch: Semester III BPT (2021-2022)

Subject: NSS Event

Date: 13-04-23

Sr.	Name of Students	Signature	Sr.	Name of Students	Signature
No.	Name of Students		No.	12.20	
1	Aayush Atul Sawdawkar	(A)	40	Khan Mohd Naved Nafees	1
2	Abuji Moosa Badruddin	Who !	41	Khan Sana Parvez Alam	Nous
3	Akhand Panda	Afril.	42	Khan Zoya Mahfooz Alam	Minor
4	Akshita Rohit Haria	14100SC-	43	Khanavkar Rani Naresh	are .
5	Alan Costa	Slax	44	Khyati Umesh Lodaya	Kulon
6	Anigha Prasad	anigna	45	Kinage Srushti Ganesh	Shring
7	Ankur Sharma	12	46	Mahajan Akshata Sanjeev	Arabotas
8	Ashar Kartavi Nikhil	(A)	47	Makwana Sonali Praful	-drough
9	Bapardekar Yashashri Shivram	(A)	48	Malhar Chandraprasad Pingle	60000
10	Bhamare Deepali Prakash	(A)	49	Malik Falak Abdul	Snall .
11	Bhopalkar Rucha Anant	Ruchais	50	Megha Kuldeep Agrawal	Agrand.
12	Chavan Namita Sanjay	Paris	51	Mehta Krisha Jinesh	Muella
13	Chhatlani Mahek Kamal	Mahek	52	Mhatre Riya Laxman	(BMhate
14	Chheda Khushi Piyush	plue?	53	Mohammad Moin Abdul Razzak Patel	notel
15	Chogale Anushka Amrut	(A)	54	Mullahrawther Alfiya Akbarali	(A)
16	Darji Saloni Hasmukh	Bariji .	55	Muneeb Abidali Nore	Allone
17	Dawre Munib Javed		56	Nandurkar Akshita Abhaykumar	De
18	Deshmane Shruti Suresh	Silv	57	Narkar Sakshi Sunil*	(A)
19	Devanshu Gupta	0 mote	58	Nischay Shreyans Sable	(B)
20	Devrukhkar Shrey Uday	Silve .	59	Om Mohite	A
21	Diksha Milind Tandel	(A)	60	Pasha Mehtab Alam Irshad	(B)
22	Gaikwad Sayali Krishna	Seugl	61	Patil Arpita Damodar	SPatil
23	Gamare Divyangi Sandip	(A)	62	Patil Jidnyasa Vishwas	(A)
24	Geetika Teckchandani	(A)	63	Patil Riddhi Pratik	
25	Girase Apurva Niteen	Marie .	64	Patil Sameeksha Sunil	-
26	Gupta Sarita Sajanlal	saret	65	Pawar Hrutuja Deepak	One-
27	Ishita Sunil Shinde	Jestita	66	Pranal Ghadge	(A)
28	Iyer Samiksha Venkatraman	Jayes !	67	Purnima M Indulkar	Broull
29	Jadhav Kaustubh Sandeep	Harry adlogg.	68	Raahi jignesh shah	(A)
30	Jadhav Shreya santosh	shege	69		Simmou
31	Jain Rimzim Suresh	a 1 a 1 a 1 (A) a 1 a 1 a 1	70	Riddhi Ahuja	phya
32	Jairamdasani Divesh Shankar	To Exceed	71	Sahana Rangarajan	(A)
33	Joad Maryam Salauddin	mond	72	Sakshi Sagar Punyarthi	Sherry
34	Joshi Aaditi Amarish	Ajosh	73		Bank
35	Joshua Selwyn Pereira		74	Sara Santosh Kondhalkar	esuonation
36	Kamble samruddhi dhananjay		75	Shah Hiya Sanjay	Hissna
37	Kamble Smruti Vijay	TAO T	76	Shah Jiya	Shah
38	Karandikar Bhargavi Jayant	OKa mand sk ou	~ 77	Shah Krisha Bhavin	Ck
39	Kasrale Kalpita Shreekrishna		78	Shah Namita Chandrakant	and.

		A	90	Tanushree Hitendra Bhagat	18
79	Shah Pooja Chirag		91	Tasneem Basha	Tan
80	Shaikh Ayesha Anis			lasheem basha	Eyast
81	Shaikh Nafisa amra	Natiral	92	Tejas Jayaprakash Shiddanagoudar	018
82	Shaikh Neha Abdul Wahab	Quely	93	Thacker Khushi Rakesh	
100-000		(A)	94	Thakekar Om Ashok	(B)
83	Shinde Mrudula Sanjay	(A)	95	Thakur jituraj pandurang	Molam
84	Shirke Ayushi Kiran			Vaishnavi S Namboothiri	A
85	Singh Sagar Vijaykumar*	(A)	96		1
86	Suraj Ghanshyam Gupta	divers	97	Wilankar Taksheel Kedar	
	Surve Yadnya Pravin	(A)	98	Gangad Pooja Pandurang	Poce
87		- 	99	Labana Simran Kaur	l D
88	Suryawanshi sejal madhukar	- J. P.	-		
89	Suvarna Esha Kirankumar	Egher			

Lecture Summary

Speech about Baba saheb Ambedhar which on the occassion of Ambedhar Jayanta organized NSS volunteers.

Name & Signature of Faculty	100	
Name & Signature of Class Representative		(A)
Signature of Co-Ordinator	:	
No. of Student absent	: -	<u>\$6</u>
Remark		



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956) Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620 Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

CIRCULAR

Date: 12/03/2023

Agenda: To remark the birth anniversary of Dr. B. R. Ambedkar and to enlighten about his dedications to the contributions in social justice and equal rights of marginalized section of the society.

All students and faculty are hereby informed that 'MGM Institute's University Department of Prosthetics & Orthotics' is organizing a skit competition on the occasion of Dr. Ambedkar Jayanti.

The Details of the event are as follows:

- 1. Date: 17th April, 2023 (17th April 2023)
- 2. Time: 00:00 am. Onwards.
- 3. Venue: MGM Institute's University Department of Prosthetics & Orthotics
- 4. Event details:

Each class is informed to prepare a skit on life events of Dr. Babasaheb Ambedkar.

The maximum time allotted for the skit will be 10 mins.

The best skit will be awarded and certificates will be given to the participants.

You can use any language (English/ Hindi/ Marathi)

Note: All are expected to actively participate with their maximum presence.

Dr. Uttara Deshmukh (P&O)

Associate Professor,

Head of the Department,

MGM Institute's University Department of Prosthetics & Orthotics,

Sector-01, Kamothe, Navi Mumbai.

Head of the Department,
MGM INSTITUTE'S UNIVERSITY DEPARTMENT
OF PROSTHETICS AND ORTHOTICS
NAVI MUMBAI



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAL)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A'" Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

<u>REPORT ON CELEBRATION OF DR. AMBEDKAR JAYANTI</u>

Name of the event: Ambedkar Jayanti Celebration

Purpose: To remark the birth anniversary of Dr. B. R. Ambedkar and to enlighten about the achievements and

contributions towards upbringing of the society.

Venue: MGM Institute's University Department of Prosthetics & Orthotics.

Dak & Time: 17th April 2013; 03: 00pm to 04:00pm

Proceedings of the event:

Dr. Ambedkar was a social reformer, jurist, economist, author, polyglot, orator and a thinker of comparative religions. The father of the Indian Constitution was the India's first Law Minister. The well-known statesman who fought for the rights of the Dalits and other socially backward classes.

On the occasion of his birth anniversary MGM Institute's University Department of Prosthetics & Orthotics organized a skit competition.

Ambedkar Jayanti or Bhim Jayanti observed on 14th April every year to commemorate the memory of Dr. B. R. Ambedkar's birth anniversary and was celebrated with lot of enthusiasm by the students of MGM Institute's University Department of Prosthetics & Orthotics, Kamothe, Navi Mumbai who organized a skit competition.

The occasion was held in the campus premises which enlightened about the achievements and contributions of Dr. Ambedkar in the form of a skit performed by students of fourth year, BPO. Later on, emphasis was laid on his writing a vase and lengthiest Constitution of the world.

Students of first year, BPO also delivered an informative speech on the life history of Dr. Ambedkar. Important incidents from his life were narrated to the students for inculcating good values among them. They also embraced his interests in the upliftment of lower caste people and to be socially justified in each and every aspect.

The event then commenced with the motivational words of Dr. Uttara Deshmukh, Head of the Department which encouraged the students to follow Dr. Ambedkar's footsteps for inculcating his values in their life to achieve their aim and improvements in the upbringing of the society.

Dr. Uttara Deshmukh (P&O)

Associate Professor,

Head of the Department,

MGM Institute's University Department of Prosthetics & Orthotics,

Sector-01, Kamothe, Navi Mumbai.

Head of the Department, MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS NAVI MUMBAI



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS &

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A''' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

Email: mgmuapetes		d A - h-lund Tomans
Name of the Activity	:	Celebration of Dr. Babasahab Ambedrar Jayonte
Date		17th April 2023
Time	;	03:00pm to 04:00pm
Venue	:	Academics section MamiuDPO

List of Faculty Participated

Sr No.	Name of the Faculty	Signature
2	Dr. Otlara Deshmurch (Pro) Dr. Deepshilcha Rout (PSO) Dr. Gauri D. Panse (PRO)	Teck
4 5	Dr. Simranjet Kaur (Pho)	Similation
6		

List of Students Participated

Sr No.	Name of the Students	PRNo.	Signature
1	Sneha Sunil	11810600013	Mh;
2	Wajid Mandal	12010600003	R
3	Yadneh Partil	12210 60000 4	
4	Aarer Mawami	1221060000 3	Lighti/



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620 Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

,	Email: ingmudpo@ingmuns.com	Wedsite. WWW.	
5	Kartik Agrawal	122/0600004	Could
6	Bhavya Pal	12210600001	Samal
7	Suchma Singh	122 10600009	Rech .
8	Jashashree gande	11910600001	Yeard
9	Laut Paril	11910600004	Paril.
10	Sakshi Thatkar	11910600006	Fretton.
11	Vanstika Raval	119/0600002	Dand.
12	Maria Ubarre	11910600003	Marita.
13	Sacuin Kawankor	11910600008	Salvink.
14	Rohan Dekate	12110600005	a afer
15	·		,
16		The second of the	
17		·	
18			
19		IQAC G	ordinator /
20	Justala 0 4/2023	MGn	TODPO
21	12/0 4/		
22	-		
23	Head of the Departmen	nt,	
24	MGM INSTITUTE'S UNIVERSITY DE OF PROSTHETICS AND ORTH	PARIMENI	
25	NAV! MUMBA!		
26			
27			
28		1	
29		7	· · ·



MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS & ORTHOTICS (A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)

(Deemed to be University u/s 3 of UGC Act, 1956)

Grade 'A++' Accredited by NAAC

Sector-1, Kamothe, Navi Mumbai-410 209 | Tel.: 022-27437829, 27437620

Email: mgmudpo@mgmuhs.com | Website: www.mgmudpo.edu.in

GLIMPSES OF DR. B.R - AMBEDKAR JAYANTI CELEBRATION DATE - 17TH April, 2023









MGM MEDICAL COLLEGE

SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA

NSS UNIT

To, The Dean, MGM Medical College, Navi Mumbai

Subject – Permission to conduct an event on World Cancer Day on 04th February ,2023 from 10am-12pm.

Respected Sir,

The NSS Unit of MGM Medical College, Navi Mumbai would like to conduct an event on an event on World Cancer Day on 04th February ,2023 from 10am-12pm in MGM Kalamboli hospital . Kindly permit us to conduct the event and make an arrangement of Tea and Snacks for 30 people participating in the event.

Thanking you, Yours sincerely,

Dr. Pradeep Sawardekar
[NSS Programme Officer]
MGM Medical college Navi Mumbai
NSS Programme Officer

MGM Medical College, Kamothe, Navi Mumbal Doan

Mo Was Garge & Hospital

Manual Humbai 410209





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA NSS UNIT

To.

The Dean.

MGM Medical College,

Navi Mumbai.

Subject – Report of World Cancer Day celebrated at MGM Hospital, Kalamboli on 4th February, 2023.

Respected Sir,

Hereby submitting the report of World Cancer Day celebrated at MGM Hospital, Kalamboli on 4th February, 2023 (10am-12pm)

Thanking you,

Yours sincerely,

Dr.Pradeep Sawardekar [NSS Programme Officer]

NSS Programma Officer MGM Medical College, Kamotho, Novi Mumbal Niem Medical Cellege & Respiral
Karnocha, Revi Mumbal 419293





MGM MEDICAL COLLEGE SECTOR-1, KAMOTHE, NAVI MUMBAI-410209, INDIA NSS UNIT

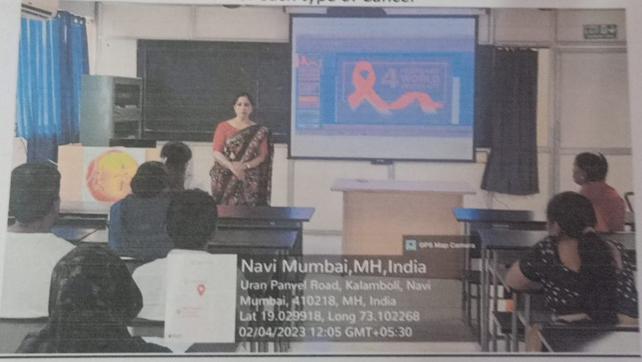
Report For World Cancer Day

World Cancer Day is an International Day marked on 4th February to raise the awareness of cancer and to encourage its prevention, detection and treatment. The primary goal of World Cancer Day is to significantly reduce illness and death caused by cancer. The theme for the years 2022-2024 is cancer care gap' that focuses on eliminating the difference in access to cancer care services faced by populations of various groups of country income, age, gender, ethnicity.

The NSS unit of MGM Medical College, Navi Mumbai had conducted an event on the occasion of World Cancer Day at MGM Hospital, Kalamboli from 10 am-12pm. The event began with an introductory speech by Dr. Pradeep Sawardekar explaining the importance of World Cancer Day and the repercussations of Cancer on the society.



Dr. Pradeep Sawardekar spoke about the Warning Signs of Cancer and Risk Factors of each type of Cancer



Dr. Madhavi Mankar addressed the audience about the Common Types of Cancer seen in India, the need to identify them at early stages and the treatment available.



Mrs.Rupali Gujjar addressed the audience about the MJPJAY benefits available in MGM Hospital, Kamothe and the documents required such as ration card, aadhar card to avail the benefits of the schemes. She also mentioned about various treatment modalities available under the scheme.



Mr.Jeevan concluded the event with a Vote of Thanks

Staff Present for the Event:-

S.no	Name	
	Dr. Pradeep Sawardekar	Designation
	Dr.Madhavi Mankar	NSS Program Officer
	Dr.Rupali Gujjar	MGMIHS NSS Co-ordinator
	Mr.Jeevan Uramekar	Programme Officer Female
	Dr.Shrestha Sahay	Programme Officer Male
	Dr. Gayatha Sahay	Intern
	Dr.Gayathri Kumar	Intern

Attendance of the Beneficiaries:-

Sr.no	D. NAME	
1.	Mr.Bhagwan Sharma	
2. 3. 4. 5. 6.	Mrs.Seeta Devi	
3.	Mr.Navin Naved	
4.	Mr.Amol Patil	
5.	Mrs.Sanjana Patil	
	Mr.Rakesh Pawar	
7.	Mrs.Pranali	
<u>8.</u>	Mr.Rohan Kamat	
9.	Mr.Sachin Ingale	
<u>10.</u>	Mrs.Savita Pawar	
<u>11.</u>	Mrs.Pushpa Patil	
12.	Mr.Suraj Sharma	
13.	Mr.Raju Yadav	
14.	Mrs.Radhe Devi	
15.	Mr.Rakesh Yadav	
16.		
	Mrs.Falguni Singh	
17.	Mrs.Sushila Kamat	
8.	Mr.Mohan Sharma	

STAFF	MALE	550	
	2	FEMALE	TOTAL
STUDENTS	1	2	4
BENEFICIARIES	10	1	2
		8	18

This event was made a Grand Success with the efforts of Dr.Pradeep Sawardekar, Dr.Shrestha Sahay and Dr.Gayathri Kumar.

Thanking you Yours sincerely,

Dr. Pradeep Sawardekar
[NSS Programme Officer]

NSS Programme Officer MGM Medical College, Kamothe, Navi Mumbai 1

Dr. G.S Narshetty Dean MGM Medical College Navi Mumbai

Mills Maded College & Hospital
Kampala Bevi Mumbai-410203