



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110
Website : www.adamcashta.com E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- NSS

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Guest lecture on “Importance of Health and Yoga in today’s Era” for 7th April 2022 World Health Day.

Organized by the Department – NSS Unit (ADAMC,Ashta), Azhadi ka Amrit Mahotsav team.

Date:-07/04/2022 **Time:-** 11:00am-.12.30am **Duration:-**One and half hours

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta

Subject: Guest lecture on “Importance of Health and Yoga today’s Era”.

Objectives of event / activity:-

- Celebration of “World Health Day and Guest lecture on “Importance of Health and Yoga today’s Era”.
- To spread the awareness about the health and need of yoga to maintain proper health.
- Health can be defined as a state of complete physical, mental, social and spiritual well being, which consists in maintaining the body as much as possible by following daily advice and preventive measures to reduce the possibility of diseases.
- Health has an important role in feeling happy, as there are many people who suffer from diseases, but the health enables them to fight diseases, as a



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result, they achieve physical fitness and feel comfortable or enjoy life like any normal person.

- Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer.
- For a healthy life cycle, you need a healthy and balanced diet, good hygiene habits, staying in a proper shelter and getting enough sleep.

In addition, you will have to participate in physical activities, weight management, and stress management activities.

Event / Activity report:-

Description:-

Name of Instructors–

1. Dr. Ranjeet Rupnar

(NSS coordinator & Assistant Professor, Dept. of kaumarbhritya)

2. Dr.Saugandh Thorat

(Assistant Professor, Dept. of Samhita)

3. Dr. RajAhamad G. Jamadar

(Assistant Professor, Dept. of Kriya Sharir)

4. Dr.Duttatray Nikam

(Associate professor of kaychikitsa)

List of the teachers / Students/ Instructors are attached with the report.



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At the beginning of program Dr. Duttatray Nikam Sir Gave information about “Importance of Celebration of world health day”

Then our Guest speaker Dr. Ananth krushnaji Mujumdar Sir (MBBS BJ Medical, Pune) Conduct lecture for our students. Sir gave information about world health Day which is celebrated on 7th April 2022. That was very informative lecture. Sir tells definition of health, what are the important things to maintain a good health. Use of ayurvedic lifestyle is very important in today's era to reduce lifestyle disorders. Which diet is important for pregnant women to normal development of baby. Mujumdar sir gave brief introduction about the Yoga. Why yoga is necessary for current lifestyle. Our principle Dr. Ashok wali sir put their thought about word health day.

At the end of the program Dr. Ranjeet Rupnar Sir Assistant Professor Dept. kaumarbhritya gave vote of thanks to our guest speaker Dr. Mujumdar sir for giving such useful information to our Students.

Faculty Present-

1. Dr. Ranjeet Rupnar

(NSS coordinator & Assistant Professor, Dept. of kaumarbhritya)

2. Dr.Saugandh Thorat

(Assistant Professor, Dept. of Samhita)

3. Dr. RajAhamad G. Jamadar

(Assistant Professor, Dept. of Kriya Sharir)

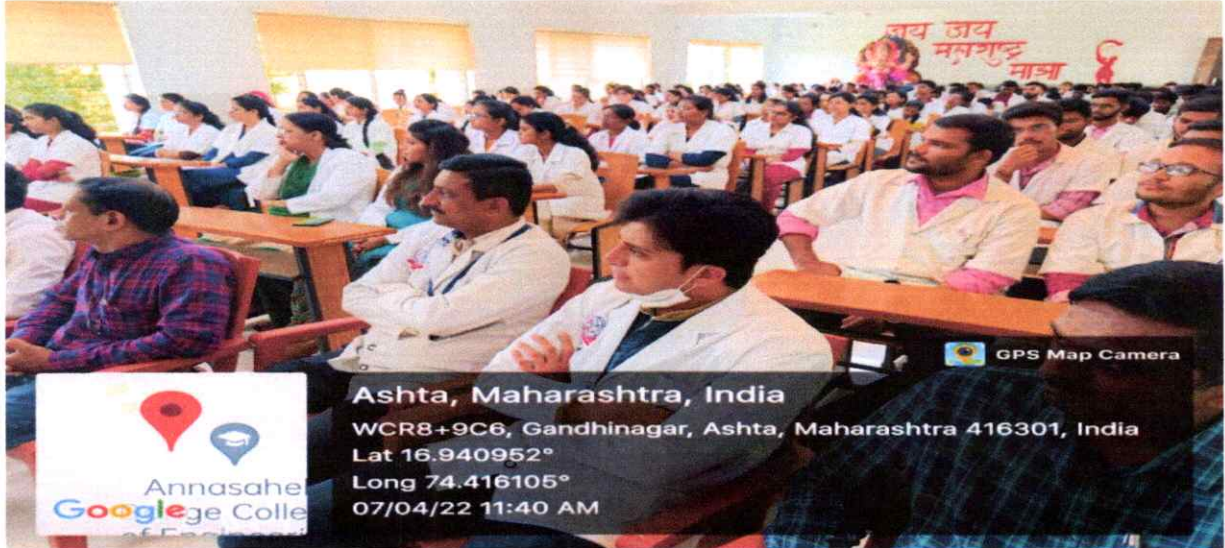
4. Dr.Duttatray Nikam

(Associate professor of kaychikitsa)

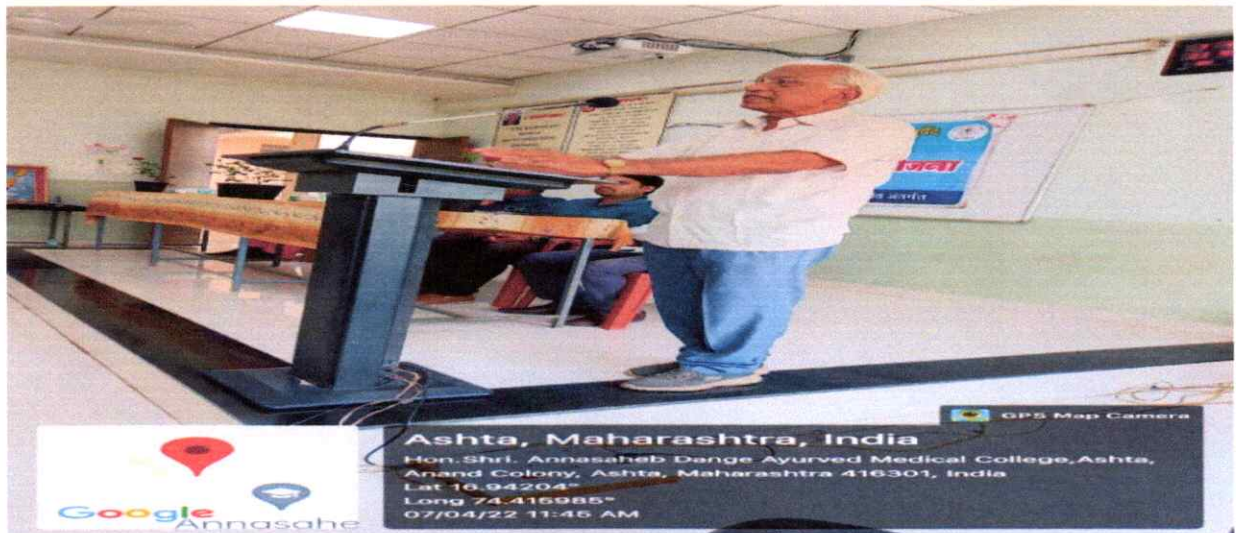


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Guest Lecture on “Importance of Health and Yoga in today’s Era” for 7th
April 2022 World Health Day.



Ashta, Maharashtra, India
WCR8+9C6, Gandhinagar, Ashta, Maharashtra 416301, India
Lat 16.940952°
Long 74.416105°
07/04/22 11:40 AM

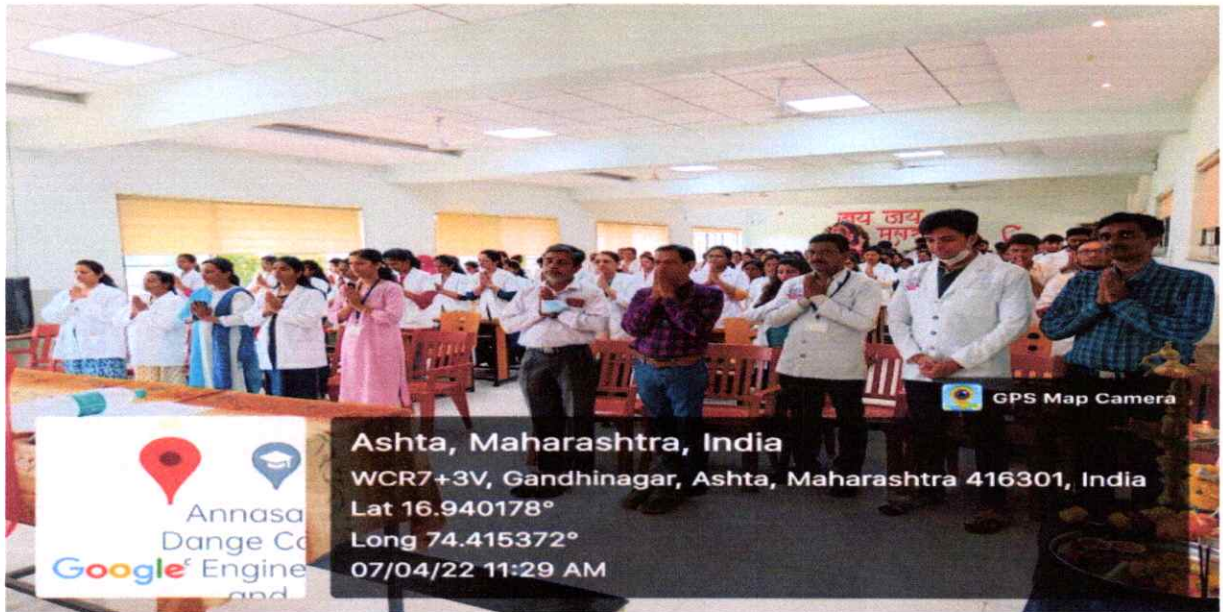
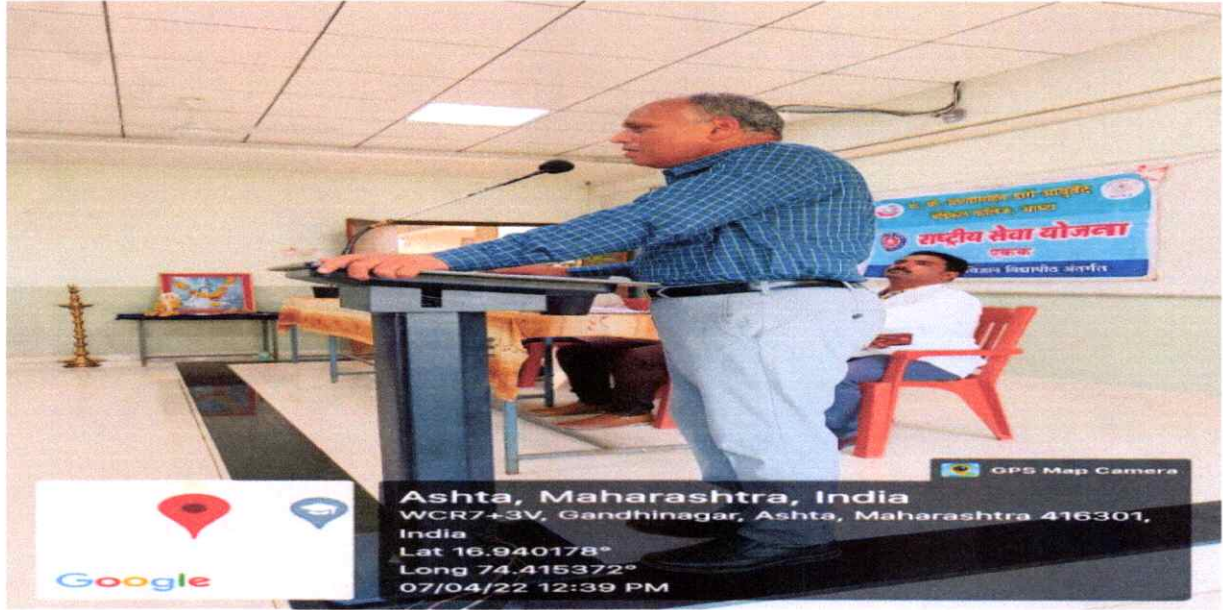


Ashta, Maharashtra, India
Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta,
Anand Colony, Ashta, Maharashtra 416301, India
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Long 74.415985°
07/04/22 11:45 AM





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PRINCIPAL

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangli



**Programme Officer,
NSS Cell
A.D.A.M.C., Ashta**



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Date:- 05/04/2022

To

The Principal

Hon.Shri Annasaheb Dange Ayuvedic Medical College, Ashta- Sangli

Subject:- Guest lecture on World Health day 07 april 2022 for 3rd and 4th year students.

Respected Sir,

We, at Hon. Annasahab Dange Ayurved Medical college, Ashta willing to conduct the guest lecture on occasion of “World Health Day” 07 april 2022 on 3rd and 4th year student. We request you to permit us to conduct above event with your valuable guidance.

Thanking You,

Permitted
5/4/22

Ranjan

Yours Sincerely,
Dr.Ranjeet Rupnar
(NSS Coordinator)

Rupnar
PRINCIPAL
Shri. Annasaheb Dange Ayurved Medica
College, Ashta, Tal.Walwa, Dist.Sangli





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06/04/2022

Notice

This to inform you that, all the 3rd year and 4th year student of Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta, are requested to attend Guest lecture on the occasion of World Health Day -7th April, on “Importance Of Yoga And Health In Today’s Era”

Guest Speaker- Dr. Anant Kruhnaji Mujumdar (MBBS B. J. Med. Pune)

Date : 07/04/2022

Time : 11 am to 12.30 pm

Venue : Auditorium Hall

Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.

Notice Board

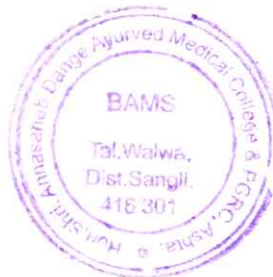
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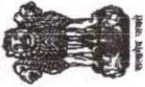
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College, Ashta, Tal. Walwa, Dist. Sangli

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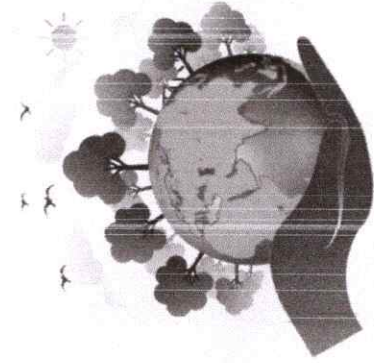
Dr. Ranjeet B. Rupnar

(NSS Co-ordinator)





Government of Maharashtra
Environment and Climate Change Department



MAJHI VASUNDHARA
MITRA

CERTIFIED

‘Muzhi Vasundhara Mitra’

Name : DR.ASHWINI KHOT

Date : 04/03/2022

Aaditya Thackeray

Minister

Tourism, Environment and Climate Change & Protocol