

Hon. Shri. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center

A/p:Ashta, Tal.: Walwa, Dist:Sangli – 416 301

Website: www.adamc.ac.in NAAC Accredited

E-mail: ashta.adamc@gmail.com ISO Certified 9001-2015, 14001-2015



CRITERIA 8 – Part B: Ayurveda

8.1.13

Describe the activities

undertaken by the Institution towards practice of various procedures related to Prasuti and streeroga (uttarabasti, garbhasanskara etc.)

8.1.13.d. Training Content of Prasuti and Streeroga.pdf

Sr. No.	Particulars Particular Parti
1	Training Record of Prasuti and Streeroga.pdf in Year 2022-23
2	Training Record of Prasuti and Streeroga.pdf in Year 2021-22
3	Training Record of Prasuti and Streeroga.pdf in Year 2020-21
4	Training Record of Prasuti and Streeroga.pdf in Year 2019-20
5	Training Record of Prasuti and Streeroga.pdf in Year 2018-19

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Shri Annasaheb Dangs Ayurved Medical
College, Ashta, Tat.Wahva, Dist.Samhii



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Training and Skill development program of Garbhasanskara.

Objectives and Importance

Garbh sanskar simply means educating your baby inside your womb. It is a complete guideline to get a divine child from ayurvedic point of view. Garbh sanskar is a process to achieve physical, mental, spiritual, emotional, social development & perfection for the mother & baby, with this process a parents get healthy & expected child. Objectives are to prepare students with update knowledge and skill in the field of ayurveda. It will develop skills in brief regarding all the procedure in Garbh sanskar. The advantages of garbh sanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promote physical wellbeing of the mother.

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Venue: Hon.shri.Annasaheb Dange Ayurved medical college and Dhanwantari hospital, Astha, dist. Sangli.

Duration of training: 3 Days

Frequency of Training: Twice in year

Syllabus of Training:

Day 1: Dr. Dilip Katare and Dr. Nisha Panhalkar.

• Concept of Garbh Sanskar: 1. Introduction to Garbha Sanskar

2. Physical, mental and Spiritual

3. Sanskaras in Indian Culture

• Stages of Garbh: 1. fetal development during the three trimesters of gestation

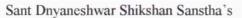
• Biology and Garbh Sanskar: 1. Describe labor and delivery

Compare the efficacy and duration of various types of contraception

3 infertility and the therapeutic options available









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- 2. Helps in Mental and Behaviour Development of Child from conception
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 - 2. Saatvikta and garbh sanskar
 - 3. Dosha during garbh

Day 2: Dr. Tinku-Ganesh Khalache and Dr. Sayali Pashte.

- Contemporary Approaches to Garbh Sanskar
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- Ideal Lifestyle during pregnancy
 - 1. Adarsh Dincharya- Jagran, Aatmbodh, Tatvabodh
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 - 3. Philosophy and Importance of Upasana (Mediation)
 - 4. Benefit of Contributing society, selfless service
- Diet During Pregnancy :
- 1 Balance Diet
- 2. Month wise Dietary regimen,
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- 4. Dietics and mode of life contra-indicated for pregnant women
- 5. Effect of Contra-indicted diet and lifestyle
- Safe Motherhood:
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- 2. Prenatal Precautions
- 3. Recommended Dietary Allowance for Mother and Children
- Care of the women after delivery and Care of the newborn:
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- Ideal Practices for the new mother
- 3. Premature birth and childcare
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- 5. Neonatology, Lehan & Vaccination

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- Yoga in Pregnancy:
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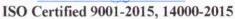
Shri Annasaheb Daoga Ayurved Medical College, Ashta, Tal. Walwa, Dist.Sangli



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YEAR - 2022

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Date - 02/08/2022

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1.	Phanashree Ade	PCr	Refer
2 -	Rutija more	PST	Rudulis
3	Priganka Dinde	Pa	Rosley -
4.	Priganka Dinde Simrein Shaikh	PCT.	Shrakh
5.	Sneha Halae	PUT	Sur
6.	Rupali Rout	PCF	Parely
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Conducted By:

1) Dr. Sayali fashte

2) Dr. Radha Phadnes

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Hon. Shri. Annasaheb Dange Ayurved Medical College

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E-mail: ashta.adamc@gmail.com

Date - 15/03/202 2.

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1	Pranita . P. Admane	Intern	Rpmin
3	Ruchika S. Khannade Sakshi . v. wakade	Intern	Phur
	Sakshi . v . wakade	Intern	Salishine
4	Aishwarya Chikhalikar	Intern	Aus
5	chailnyapousha Lode	Intan	(Elmah.
6	Aishwarya Chikhalikas Chailnyapoubha Lude Jugaish Ranjave	Intern	A summer.
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Conducted By:

1) Dr. sayarif Pashte 2) Dr. Nisha Panharker

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DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

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Prajakta Machale	PG	MRS
Sharayu Raud	PG	Sraut
Rinkal Rajput	PG	PSP
	PG	Pete
Shreya Gulhane	PG	Gulhane
		Rinkal Rajput PG kanchan Rate PG

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Date - 22 | 08 | 202)

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
١	Dr. shubbam mali	PG.	gruti
2	Dr. Payal madhwani	PCC -	madella
.3	or Misha Pacushe	Pa	Nesur
4	or Rutiga Chopane	PC.	Cher
5		Pa	Muhin
6	Dr. Callari Hiwale	Per-	Checks.

Conducted By:
Der Sachin Ratil
2) Dr. Sayali Pashtey

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Date - 18 09 | 2021

DEPT. OF PRASUTI TANTRA EVUM STRIROGA Training & Skill Development Programme on Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Dr. Shubham Mali	b(L-12, 400	July
2	Dr. Payal Adadhwani	PUT - For Year PUT - I Stylear PUT - I Stylear PUT - I Stylear PUT - I Stylear	Merchan
3	Dr. Pajal Adadhwani Dr. Nisha Pacoshe	PCE I VEST	Nos alla
41	Dr. Rutuja Chopane Dr. Sandhyarani Alkate Dr. Pallavi Hiwale	Pli - Ist Year	Retie
5	or Sandhyaron AlLate	14- Istyear	Syrics
6	Dr. Pallavi Hiwale	Per-Istyear	feller.

BAMS MD / MS

Conducted By:

Dr. Dilip Latere

2) Dr. Sayali Pashter

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Training & Skill Development Programme on Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Pranital P Ad maine	Entern	(Jonka)
2	Ruchiks Khannade	Intern	Ruchis
3	Saushi y. Walade	Intern	Schelen
4	Aishwarya Chikhalikar	Intern	Denly
5-	Aishwarya Chikhalikar Chaitnyaprabha Lode	Intern	Chellene
6	Tagdish Danjewe	Priem	

MD / MS

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Conducted By:

Dr. Sayali Phashke

2] Dr. Hisha Panhalkar

coup à masur rantra Dept Hon Shn Annasaneb Dange Ayurved Medical College & PGPC Acm



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		Sign
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Yasmin Higewan	Intern	Lucia
Praidkta Lokare	Interh	Rulling
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Youthan Adinheid	Intern	Valend
Tanzim Paterna Karchi	Intern	Zun
	Tasmin Higewan Prajalkta Lokare Shripa Bodelke Yalbhav Adisheid Tanzim Patema Lacchi	Tasmin Higewan Intern Prajakta Kokare Intern Shripa Bodeke Intern Vaubhar Arrhad Intern

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Dor Dilip Katare

2) Or Sayali Pashte

Jinega & Prasuti Tantra Dept Hon, Shri, Annasaheb Dange Ayurved Medical Tollerin & PGPC Achts



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Name	PG/ Intern	Sign
Manashree Ade	PC	And the
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Conducted By:

1 Dr. Radher Phadnis

2) Dr. Pinku-Cranesh Khalache.

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١	Thanashree Ade	Per	Date:
2	Outring Marie	PCT	Introf.
3	Priganka Dinde	fur	Profer
4	Priganita Dinde Simran Shauth Sneha Halte Rupali Egut	Par	Shein
5	Sneha Halle	PCF	Sich
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Conducted By:

Dr. Padha Phadhis

2) Dr. Nisha Panhalkar

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YEAR - 2020

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Frequency of Training: Twice in year

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2. Physical, mental and Spiritual

3. Sanskaras in Indian Culture

Stages of Garbh :

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Biology and Garbh Sanskar: 1. Describe labor and delivery

Compare the efficacy and duration of various types of contraception

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Hon. Shri. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center

A/p: Ashta, Tal.: Walwa, Dist: Sangli - 416 301

Website: www.adamcashta.com E-mail: ashta.adamc@gmail.com

Importance and Application of Garbh Sanskar

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- 2. Helps in Mental and Behaviour Development of Child from conception

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Day 3: Dr.Radha Phadnis and Dr. Pravinkumar Thombare.

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



Hon. Shri. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center

A/p: Ashta, Tal.: Walwa, Dist: Sangli - 416 301

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Date - 16/01/2021

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No.	Name	PG/ Intern	Sign
1	Keli Shirraj Swesh Shendaje puja Swesh Bagar Bhikaji Waghmare Vishua Thorat	Intern	Webs.
2	Shendare Pura Sunsh	Intern	Thent
3	Bagar Bhikaji Waghmare	Intern	Sulvers.
4	Vishaa Thorat	Intern	Aleus

Conducted By:

1) Dr. Whatache

2) Or Pradinga Tare

Joge & Prasuti Tantra Dept Hon.Shri. Annasaheb Dange Ayurved Medica! "ollege & PGPC Achte



Hon. Shri. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center

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Date-20/02/2021

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No.	Name	PG/ Intern	Sign
1	Ikoli shivrai Suresh	fatern	Problem
2_	Shendaye Peoja Suresh	Intern	Shorder Sugar mas
3	Waghmore Sayar Bhillayi	Intern	Sargier
4	Shendage Perja Suresh Waghmore Sayar Ahikaji Thorat Yishwa D.	Intern	TROGE
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Onducted By:
Dr. Tinky-Crangh Khalache

2) Dr. Bradnyce Tare.

rved Me BAMS MD / MS Tal, Walwa. Dist Sangi 416 301

Joga & Prasun Tantra Dept Hon.Shri. Annasaheb Dange Ayurved Medica! College & PGPC Ashts

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Hon. Shri. Annasaheb Dange Ayurved Medical College & Post Graduate Research Center

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YEAR - 2019

Training and Skill development program of Garbhasanskara.

Objectives and Importance

Garbh sanskar simply means educating your baby inside your womb. It is a complete guideline to get a divine child from ayurvedic point of view. Garbh sanskar is a process to achieve physical, mental, spiritual, emotional, social development & perfection for the mother & baby, with this process a parents get healthy & expected child. Objectives are to prepare students with update knowledge and skill in the field of ayurveda. It will develop skills in brief regarding all the procedure in Garbh sanskar. The advantages of garbh sanskar are not only that you educate your child and there is development of a bond between the mother and the child. In fact, this has a great impact on the health of the mother also. The positive thinking and attitude promote physical wellbeing of the mother.

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Importance and Application of Garbh Sanskar

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Day 3: Dr. Radha Phadnis and Dr. Pravinkumar Thombare.

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Date - 01/07/2019

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
11)	muria Rangire	PUI	(m)
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3.)	charuta piprewan	PHI	Coppens
4.)	Ronin more	PAT	Elmon
51)	Pagal Oswal Rachna Thonekor	PhII	(Proswal
6)	Rachna Thonekor	PhIII	RThomsen
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Conducted By:

1) Dr. pradrya Tare 2) Dr. milind Hirane

BAMS

MD/MS

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Striogo & Prasufi Tantra Dept Hon.Shri, Annasaheb Dange Ayurved Medical College 3 PGPC, Ashta



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ISO Certified 9001-2015,14000-2015 NAAC Accrediatated



Date - 05/09/2019

DEPT. OF PRASUTI TANTRA EVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr.	Name	PG/ Intern	Sign
No.			
1	Dr. Niranjan Alekar	PUT - I	(N)
2	or youdha khatalae	PCT. I	Kuhm
3	Dr. Snehad Sanacoane	PCF - I	
4	Dr. Shubhangi Darandale	PG-F	Shurton.
5	Dr. Anuja Chodake	PCI-I	Ob-
6	Dr- Saus-cabhi Jagtap	PCI - T	Sugar
			9
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Por Sachin Patil

2) Or Triker-Canesh Kholache

BAMS

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Date - 12/01/2020

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1.	DE Nivanjan Alekar	P61-I	R
2.	DE vasudha knatke	Ph-I	vknatkre
3.	05. Shehal Sonaware	P67-I	\$
4.	DE Subhange Dorundale	P6-I	Boarundale
5.	DE Anuja Ghodake DE saurabhi Jagtap	PG-I	Anuja
6.	DE saurabhi Tagtap	Ph-I	46,
	Dz. Pravin Thombase	POI	4
8.	Ds. Munja Rangire	PhII	(m)

Conducted By: 1) Dr. Dilip Kabare
2) Dr. Pradaga Tare.

BAMS

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Strioga & Prasuti Tantra Dept Hon, Shri, Annasaheb Dange Ayurved Medical CORN N. 3 PGPC, Achta



Hon. Shri. Annasaheb Dange Ayurved Medical College

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Date - 22/03/2020

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No	Name	PG / Intern	Sign
1.	Dr. Niranian Alekar	Ph-I	W.
2.	Dr. Niranjan Alekar Dr. Vasudha khatke	P6-5	v.Khatke.
3.	Dr. Snehal Sonaware	P65-I	\$
	Dr. Subnangi Darundale	Ph-I	S. Darundol
4.	Dr. Anula Ghodaku	Ph-I	Anuja
6	Dr. Saurabhl Jagtap	Ph-I	\$
7.	Dr. Anish Atpadkan	Ph-III	Anish
8	DY. Pagal oswal	P6-111	Poswa
1.	Pooja Tedge	Intern	2
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11 -	phyani bupta	Intern	Qupton
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Conducted By:

1.) Dr. pradrja Tare

2) Dr. Dilip Kalare.

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



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YEAR - 2018

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



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Date - 10/07/2018

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

Training & Skill Development Programme on Uttarbasti

Sr. No	Name	PG / Intern	Sign
1)	Prachi Sultre	PG I	Penkair Amin Roanseld Roands
2)	Anish Atpadkon Shouti Dandale Bhuston brawali	PAI	Anich
8)	Shruti Dandale	PAJ	Spander
40	Rhyston brawali	多台工社	Rearell
51)	Dhananjay Pathare	PAUL	Dpatone
	19)
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Conducted By:

1) or milind Hirave

2) Dr. Dilip Katore

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Dist Sangli
416 301

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Date - 01 /09/2019

DEPT. OF PRASUTI TANTRA AVUM STRIROGA

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Sr. No	Name	PG / Intern	Sign
1.)	munja Rangine	PaI	(m)
2.)	Pravin Thombase	PHI	P
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6)	solehal Kare	PAIII	Stule
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1) Dr. Sadin pahil 2) Dr. Dilipkalone

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Strioga & Prasuti Tantra Dept. Hon.Shri. Annasaheb Dange Ayurved Medical College & PGRC, Ashta



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Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1.)	Prach Sukale	PAJ	Porkats
2)	Amich Atpadkor Shruhi Daradak	PHI	Amish
1)	Shruhi Daradake	PAT	Chandre
4)	Rhushan howali	DAII	B.Ganedi D. patrum
5)	pharayas pathane	PATI	D. patriun
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Conducted By:

1.) Dr. Supriga mawnel 2) Dr. Dilip Katore

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Date - 25/01/2019

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Training & Skill Development Programme on Garbhasanskar

Sr. No	Name	PG / Intern	Sign
1.)	Provin Thombase	PhI	2
2.)	Prijanka Lokhande Ashlesha Gaikwade	PhI	facturel
3')	Ashlesha Gaikwade	PhI	(Daikun)
4.)	Anish Atpadkon prachi sukate shital wagnmare	PAI	Amien
5.)	prachi sukate	Ph II	Coxote Anital
6)	swfal wagnmare	PHTII	april 1
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Conducted By: 1.) Dr. Supriza rahind 2.) Dr. Sachin pakil - Ja

BAMS

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20/03/2019 Date -

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1.)	Pravin Thombase	PAJ	2
1)	Priganka Lokhende	Pas	Roxing
3.)	Ashlesha Gaikwad	PAI	(Naarkud
4.)	Anish Atpadkan	P4 II	Anich
5')	prachi sukate	PhII	Dsukute
6)	Poonen Dhawale	PATI	(Dohenelle
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Conducted By:

1.) or. Sachin palit -2.) or. Dilip Katore

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Shri Annasaheb Danga Ayurved Medical College, Ashta, Tal. Walwa, Dist. Sangii.