

S.N.J.B.'S  
Smt. K. B. Abad Hom. Medical College &  
Shri R. P. Chordiya Hospital, Neminagar, Chandwad

## Notice

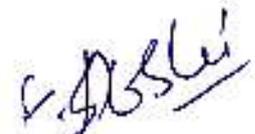
Date: 20/06/2020

All the BHMS students are hereby informed that on the occasion of **Yoga day-2020 Poster Competition** is organized on **23/06/2020** with theme of **"Yoga- The Rejuvenation of Mind and Body"**.

Those who are interested should give their names to Ms. Aditi Malkani on or before 21/06/2020 on whatsapp Mobile 9637265668.

**Timing: 10.00 am to 11.00am on 23/06/2020.**

1. Prepare poster on one single card sheet size paper only.
2. Poster should be with suitable messages.
3. Complete poster within 1hr and take photo with poster and send two pics of it. One with poster and student while another only of poster. Send it on whatsapp number of Dr. A. P. Jagzap Mobile 8888252745.

  
**PRINCIPAL**

SNJB's Smt. K. B. Abad Homoeopathic  
Medical College & Shri R. P. Chordiya  
Hospital, & Bhamashah Shri V. D. Mehata Dev-Vijay  
P. G. Institute of Homoeopathy & Research  
Centre, Chandwad, Dist. Nashik

**S.N.J.B.'S**  
**Smt. K. B. Abad Hom. Medical College &**  
**Shri R. P. Chordiya Hospital, Neminagar, Chandwad**  
**Participation of Poster Competition**

**Theme: Yoga- The Rejuvenation of Mind and Body**

**Participant  
s of Yoga  
Day-2020**

Yoga - Poster Making Competition		
(1)	Gauri Garkwad	Final Year
(2)	Mahima Mandhane	
(3)	Rushi Jadhav	III <sup>rd</sup> yr.
(4)	Rutuja Patil	
(5)	Ketana Kalecha	II <sup>nd</sup> yr.
(6)	Runi Thakore	
(7)	Masum Shah	I <sup>st</sup> yr.
(8)	Shagun Tiwari	
(9)	Shubhshikha Jau	I <sup>st</sup> yr.
(10)	Shravani Kantam	
(11)	Aditi Malkani	III <sup>rd</sup> yr.
(12)	Deepika Jangade	
(13)	Danishana Chordiya	IV <sup>th</sup> yr.
(14)	Nisha Jaiswal	II <sup>nd</sup> yr.
(15)	Hemshada Maniya	III <sup>rd</sup> yr.
(16)	Shivani Sengupta	II <sup>nd</sup> yr.
(17)	Bhumi Inagkmane	2 <sup>nd</sup> yr.
(18)	Abhishek Chudwal	II <sup>nd</sup> yr.
(19)	Sejal Ajmera	III <sup>rd</sup> yr.
(20)	Mona Mashal	III <sup>rd</sup> yr.

**Mahima  
Mandhane**



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Mahima  
 Mandhane

*Yoga is the journey  
 of the self,  
 to the self,  
 through the self !!*



Name - Mahima Pradipkumar  
 Mandhane  
 Std - 11<sup>th</sup> year Roll no - 49

Gauri  
 Gaikwad

**HAPPY INTERNATIONAL  
 21<sup>st</sup> JUNE YOGA DAY**



- Strengths and protects our spine
- They give mental clarity
- Increases your blood flow
- Benefits joint's problems
- Improves metabolism
- Increases immunity



Benefits of Yoga



When you own your own breathe nobody can steal your peace

Name - Gauri Pooja  
 Gaikwad  
 Roll no - 21  
 class - 11<sup>th</sup> year  
 Roll no - 21  
 Date - 20/6/23

2020/6/23 10:31

**S.N.J.B.'S**  
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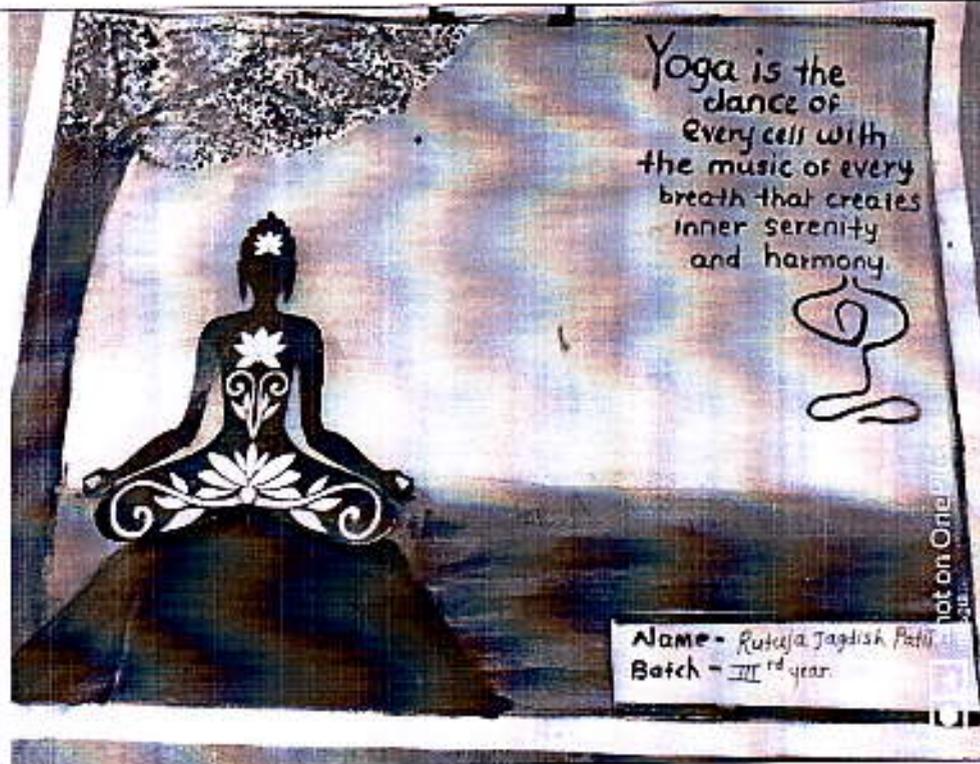
<p><b>Mona Mashal</b></p>	<p><b>YOGA - The Rejuvenation of Mind &amp; body</b></p> <p>Yoga because some questions can't be answered by google.</p> <p>Asanas: Padmasana, Tadasana, Bhujangasana, Pranamasana, Halasana, Virschikasana, Chakrasana, Suryanamskrt.</p> <p>Date: _____          Name: _____</p>
<p><b>Shravani Kamtam</b></p>	<p><b>FOCUS</b></p> <p>Meditation Increases Self confidence &amp; Happiness          Resolves Phobias          Helps in Healing</p> <p><b>WELL-BEING</b>  <b>RELAXATION</b>  <b>BALANCE</b>  <b>CONCENTRATION</b>  <b>FLEXIBILITY</b>  <b>MIND</b>  <b>SOUL</b></p> <p><b>BODY</b>          It increases circulation, Aides in digestion, Help to remove toxins, improved joint mobility, promotes better breathing.</p> <p><b>MIND</b>          Reduction in stress, Improves concentration, Also related to focus, connection &amp; subrness of thoughts.</p> <p><b>SOUL</b>          Encourages balance, Inspires creativity, postures &amp; breathwork can be meditative, Increases confidence.</p> <p><b>Why Yoga?</b></p>

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Aditi  
Malkani



Rutuja  
Jadhav



**S.N.J.B.'S**  
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**Harshada Kakriya**

**YOGA**

*'YOGA' means True self knowledge*

*'Yoga adds years to 50 or 60 & life to your years.'*

*'YOGA The Best Medicine for stress'*

*'Inhale the future Exhale the past'*

*'Yoga is the Journey of the self through the self in the self'*

*'Yoga is light which once it enters you it never leaves you'*

*'Yoga is not with arms and legs. It is about how to live Down.'*

*'You are not worried if it is a word.'*

*'You begin with where I am Not where I want going or where I long to be'*

*'Yoga - connects you to your self and you to the world'*

*Harshada Dink Kakriya*

**Preeti Jadhav**

**POSTER COMPETITION**

21<sup>st</sup> June, **YOGA-DAY**

*'Yoga is the Journey of self, Through the self, To the self-'*

*1. Pranayama*

*2. Asana*

*3. Dhyana*

*4. Samadhi*

*5. Karma*

*6. Dharma*

*7. Moksha*

*8. Yoga*

*9. Meditation*

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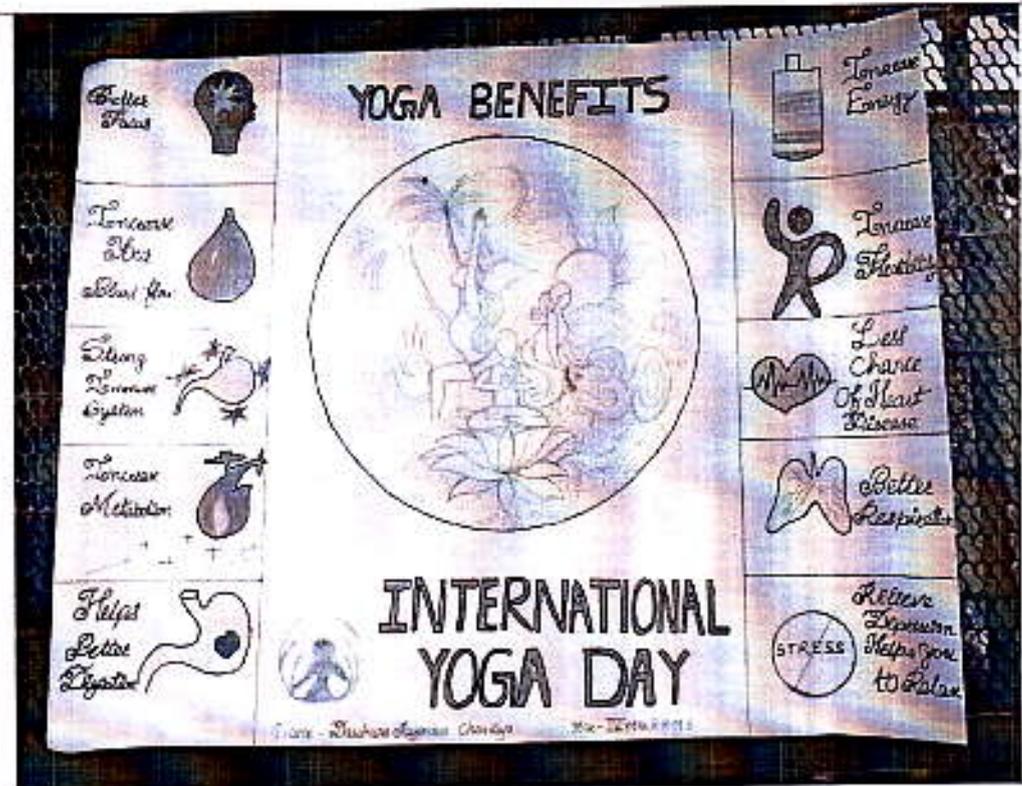
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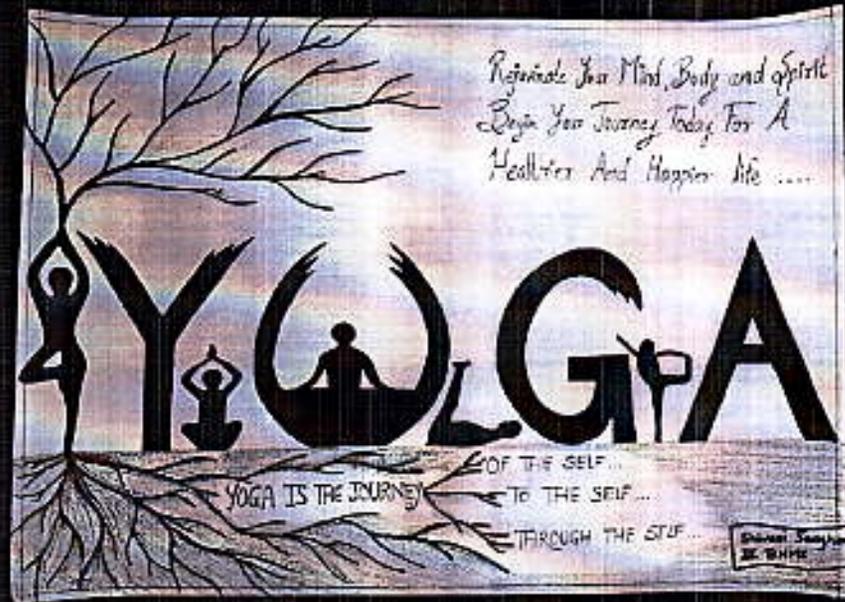
*784. Yoga*

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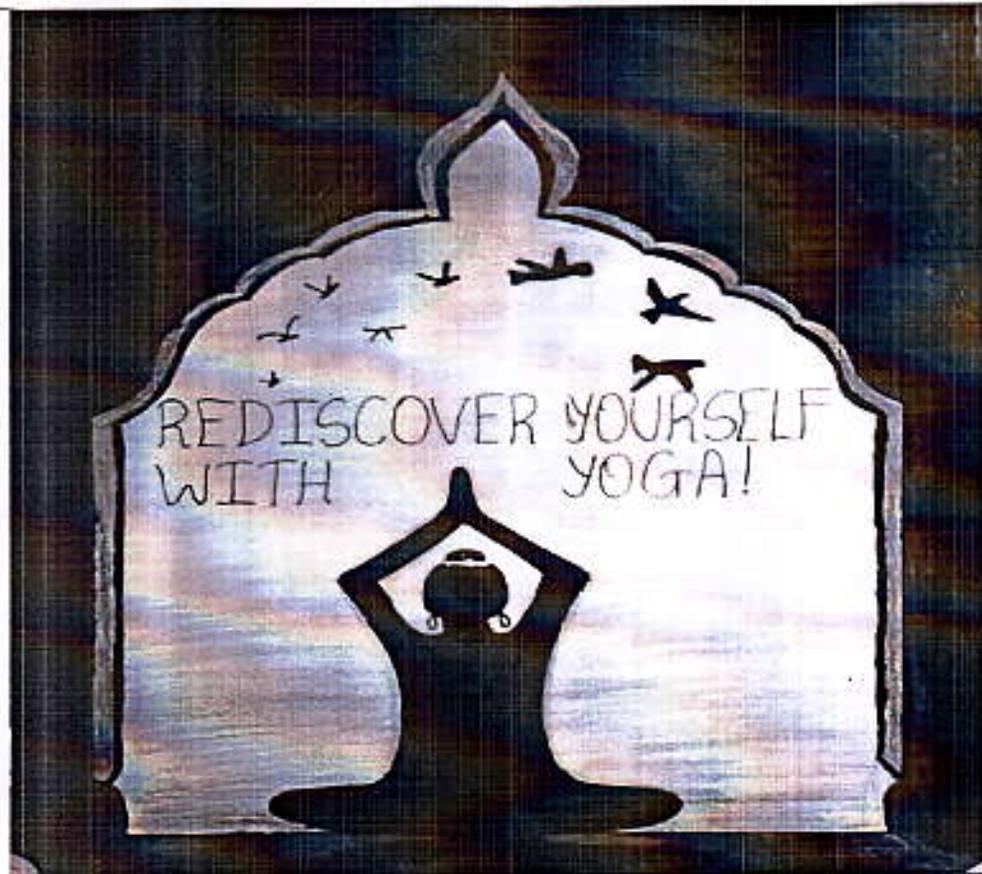
Deepika  
 Jangda



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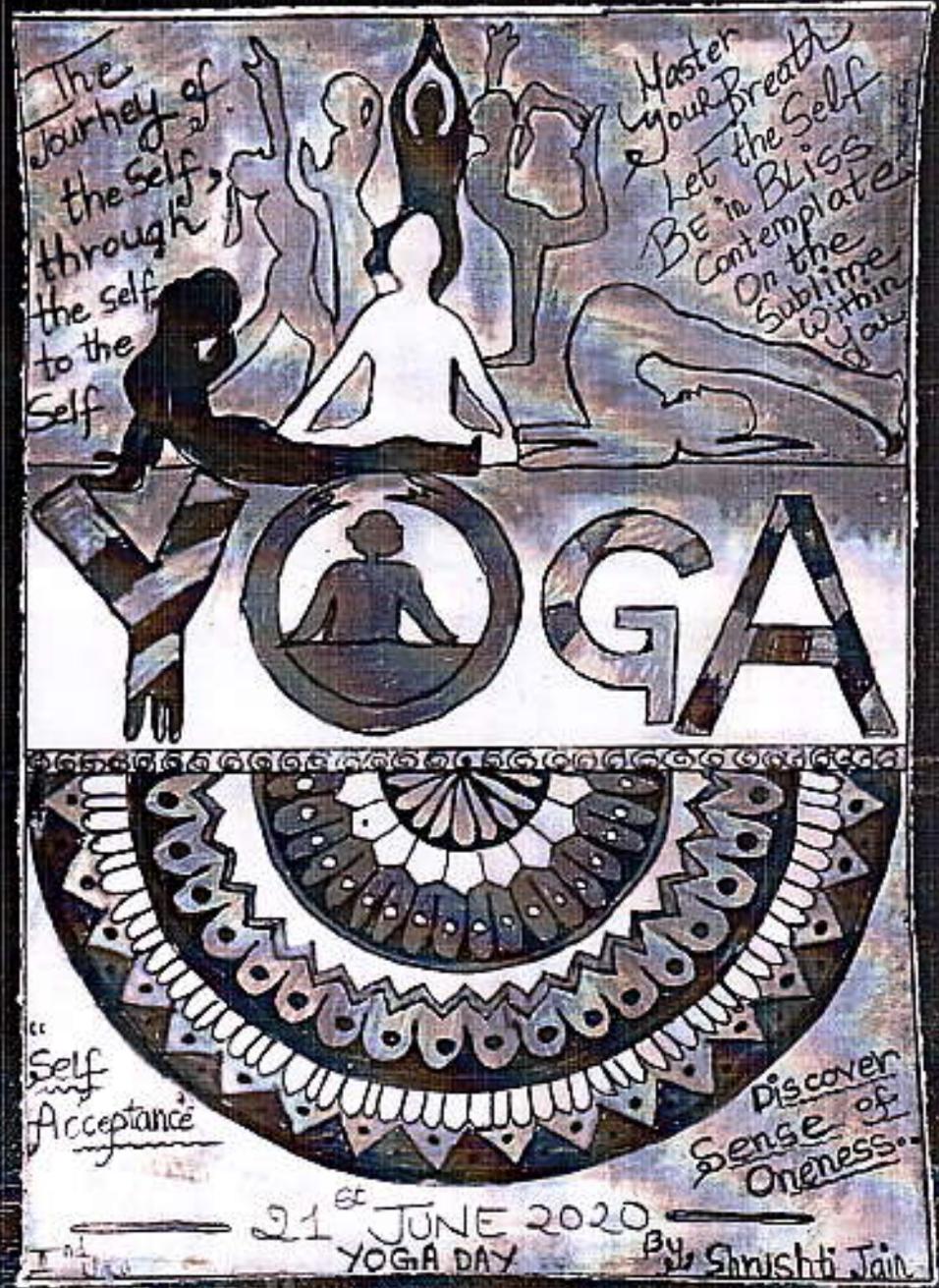


Shagun  
Tiwari



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Smt. K. B. Abad Hom. Medical College &  
Shri R. P. Chordiya Hospital, Neminagar, Chandwad

Shrushti  
Jain

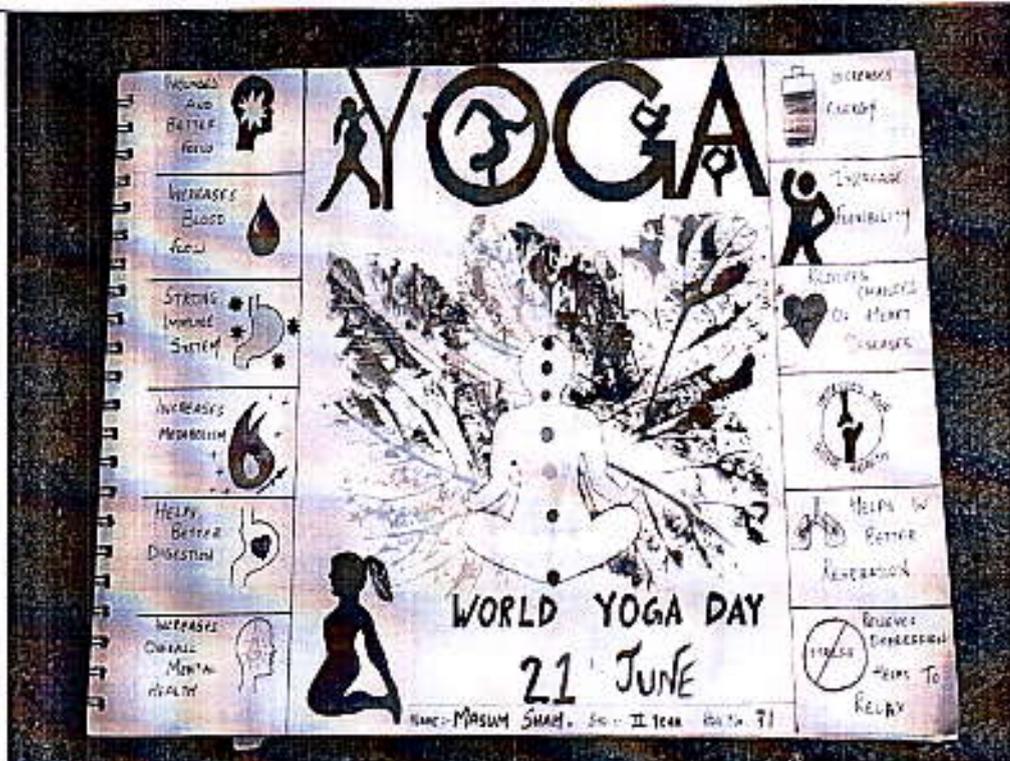


S.N.J.B.'S  
 Smt. K. B. Abad Hom. Medical College &  
 Shri R. P. Chordiya Hospital, Neminagar, Chandwad

Abhishek  
 Chudiwal

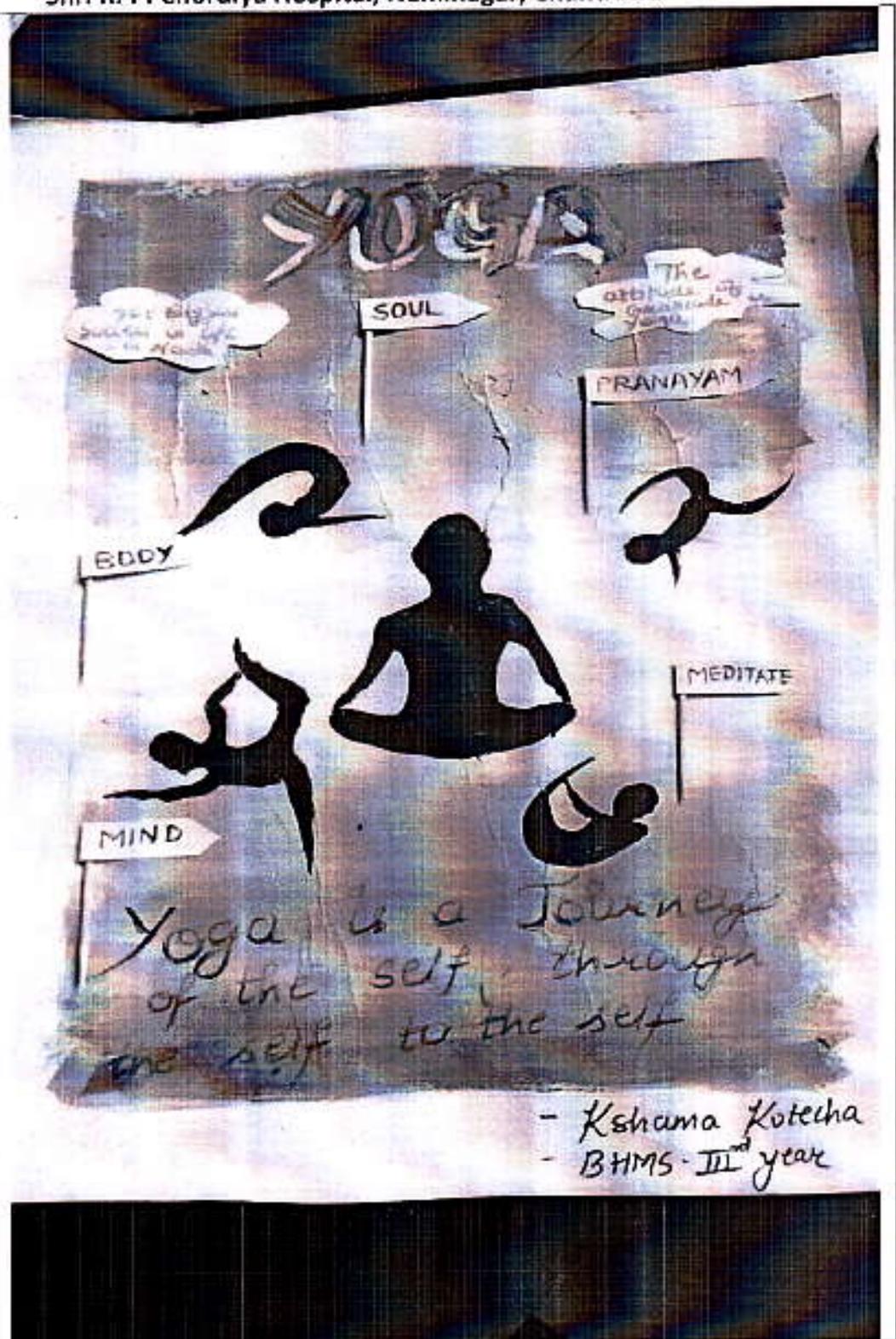


Masum  
 Shah



S.N.J.B.'S  
Smt. K. B. Abad Hom. Medical College &  
Shri R. P. Chordiya Hospital, Neminagar, Chandwad

Kshama  
Kotecha





# 150 responses



Accepting responses

Summary

Question

Individual

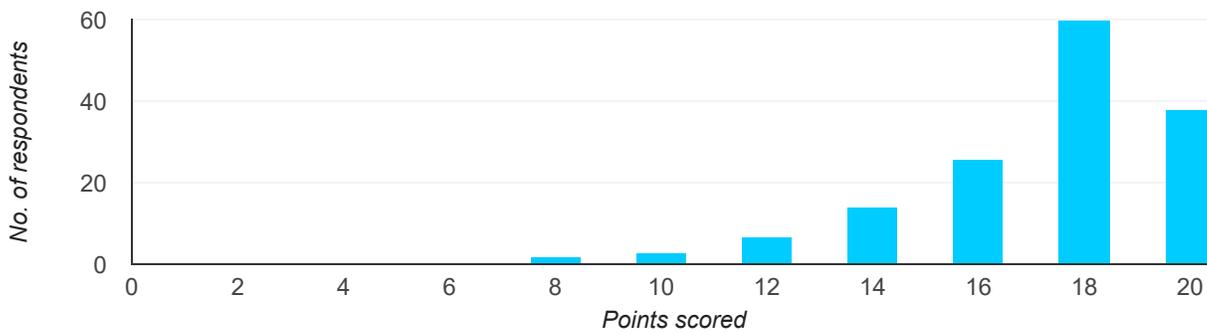
## Insights

**Average**  
17.21/20 points

**Median**  
18/20 points

**Range**  
8-20 points

Total points distribution



## Frequently missed questions ?

Question

Correct responses

4. How many types of Yoga are there?

70/150

## Scores

Email	Score/20	Score released
kajalpatani98@gmail.com	18	25 Jun 09:23
mandhanemahima13@gmail.com	18	25 Jun 09:23
rahulmali1204@gmail.com	20	25 Jun 09:23
nikamsachin636@gmail.com	16	25 Jun 09:23
mandhanemahima13@gmail.com (1)	16	25 Jun 09:23
mithileshkarandikar@gmail.com	18	25 Jun 09:23
pravasinimajhi50@gmail.com	18	25 Jun 09:23
chordiyadarshana49900@gmail.com	18	25 Jun 09:23
vaishnavibhatt08@gmail.com	16	25 Jun 09:23

 Waiting for 1 response

[Send email reminder](#)

amit\_jagzap@rediffmail.com

## Email address

150 responses

Shrutishendage6@gmail.com

hupatil2001@gmail.com

mandhanemahima13@gmail.com

Shraddhachaudhari53@gmail.com

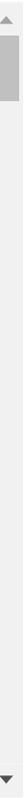
gaurigaikwad0605@gmail.com

azmeenasheikh283@gmail.com

sonal442014@gmail.com

malkaniaditi@gmail.com

Sahildeore154@gmail.com



## Full Name of the Student

150 responses

shruti bhausheb shendage

Shraddha nivrutti chaudhari

Pallavi Mahavir Parakh

Yashika Satish jain

Gouri Raju Gaikwad

Harshada Uttamrao Patil

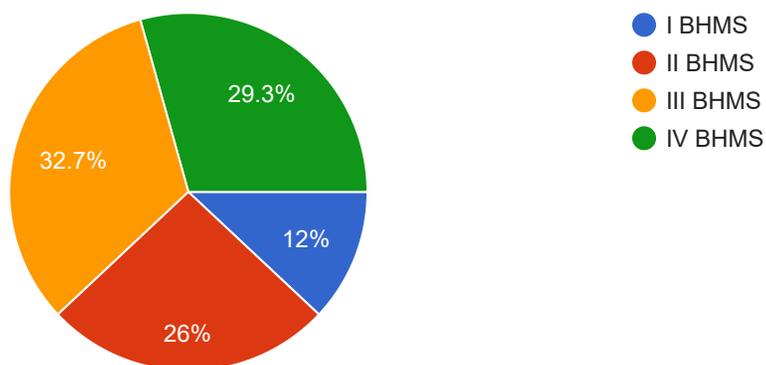
Siddhesh Vivek Bhirud

Tanaya Khairnar

Sonal Girish Chandra Tripathi

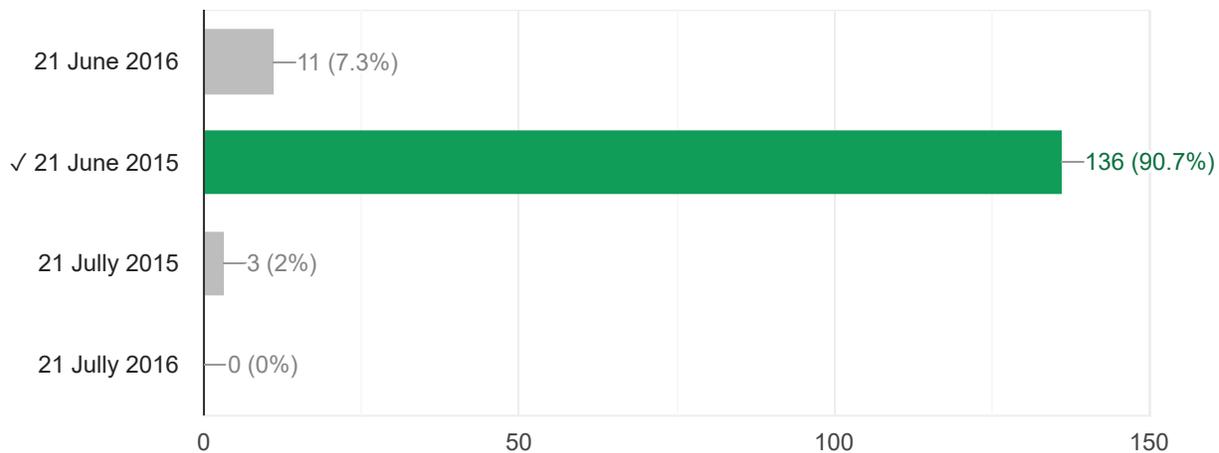
## Select study year

150 responses



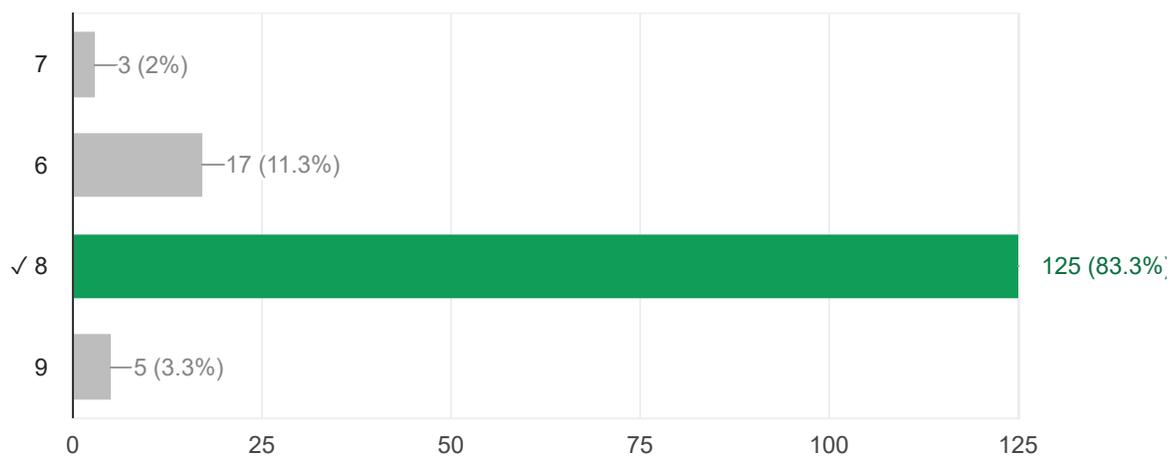
## 1. First International Yoga Day is celebrated on which date?

136 / 150 correct responses



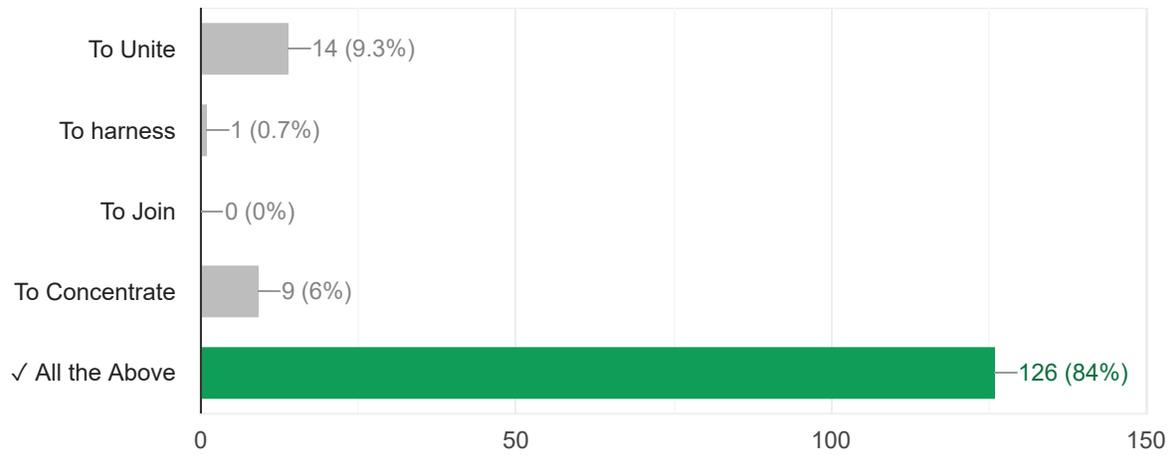
## 2. How many parts are there in Yoga?

125 / 150 correct responses



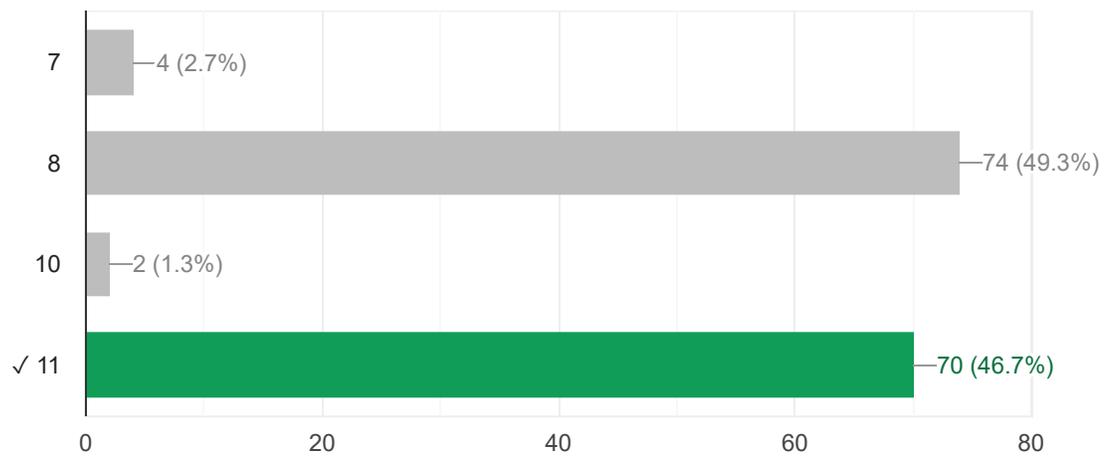
### 3. What is meaning of Yoga?

126 / 150 correct responses



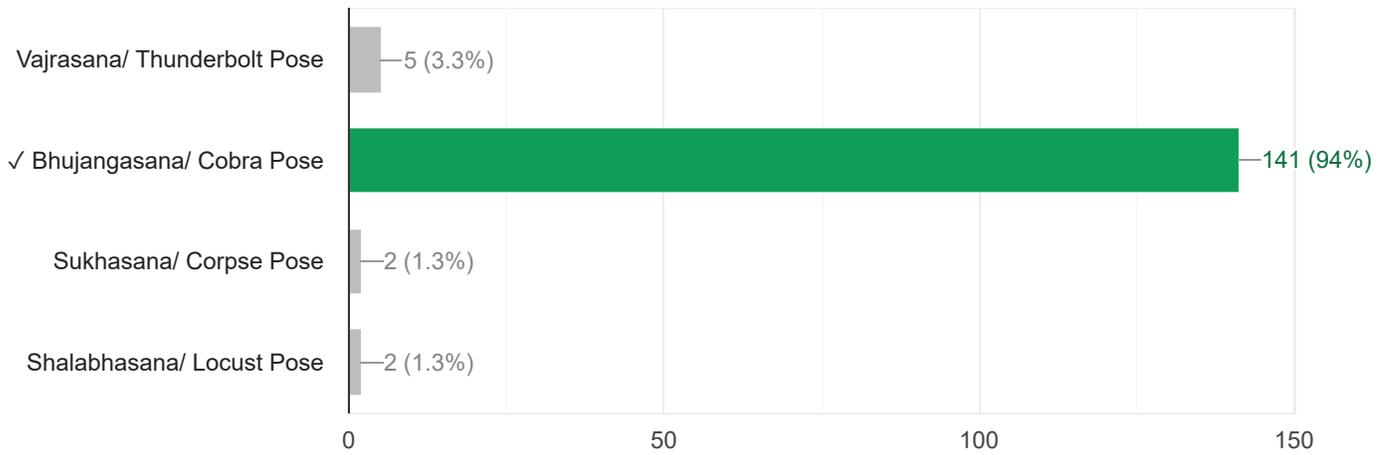
### 4. How many types of Yoga are there?

70 / 150 correct responses



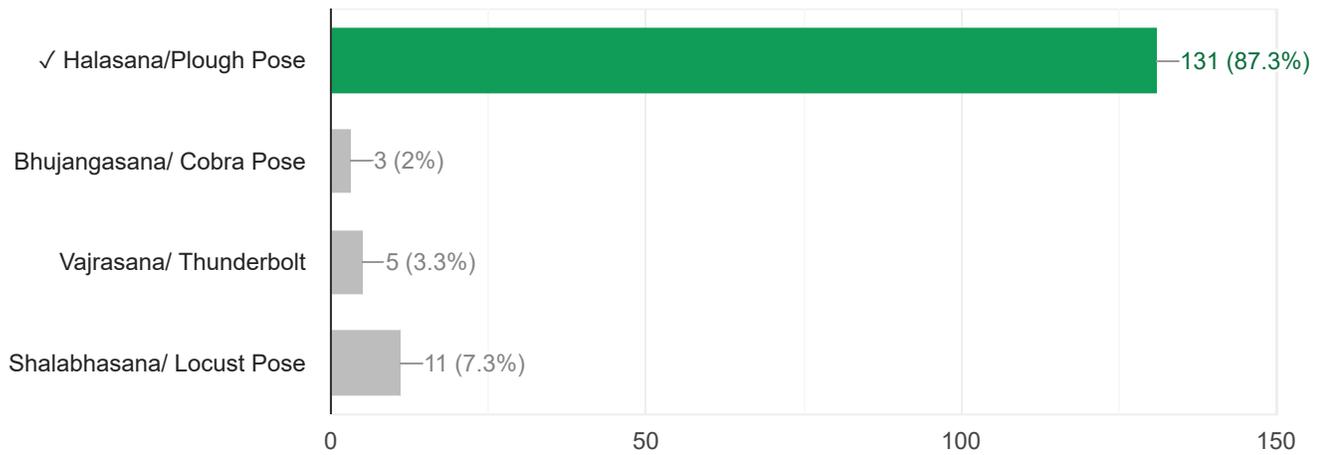
## 5. What is the name of Asana

141 / 150 correct responses



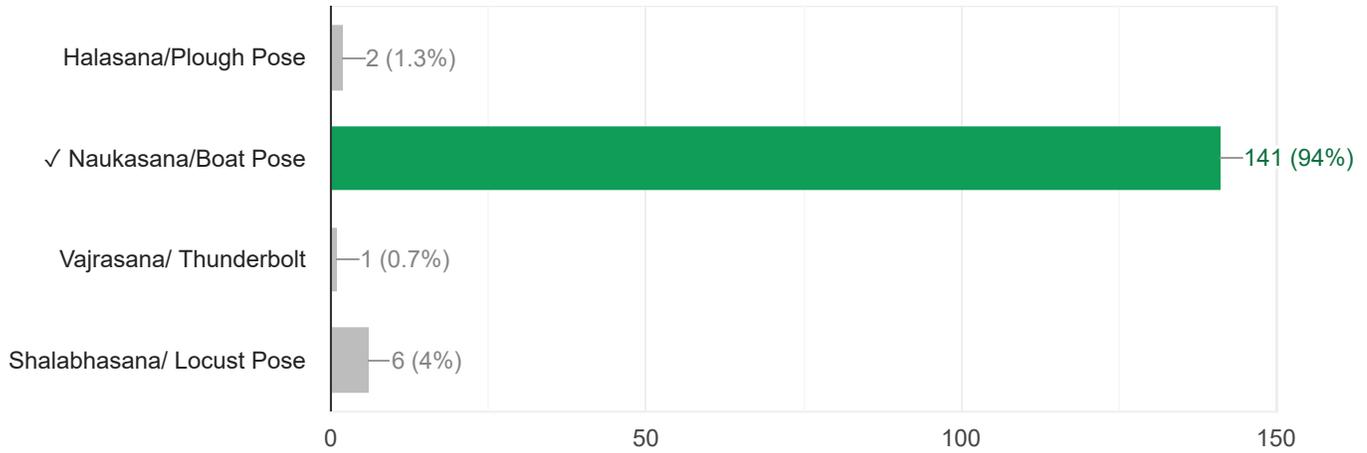
## 6. What is the name of Asana?

131 / 150 correct responses



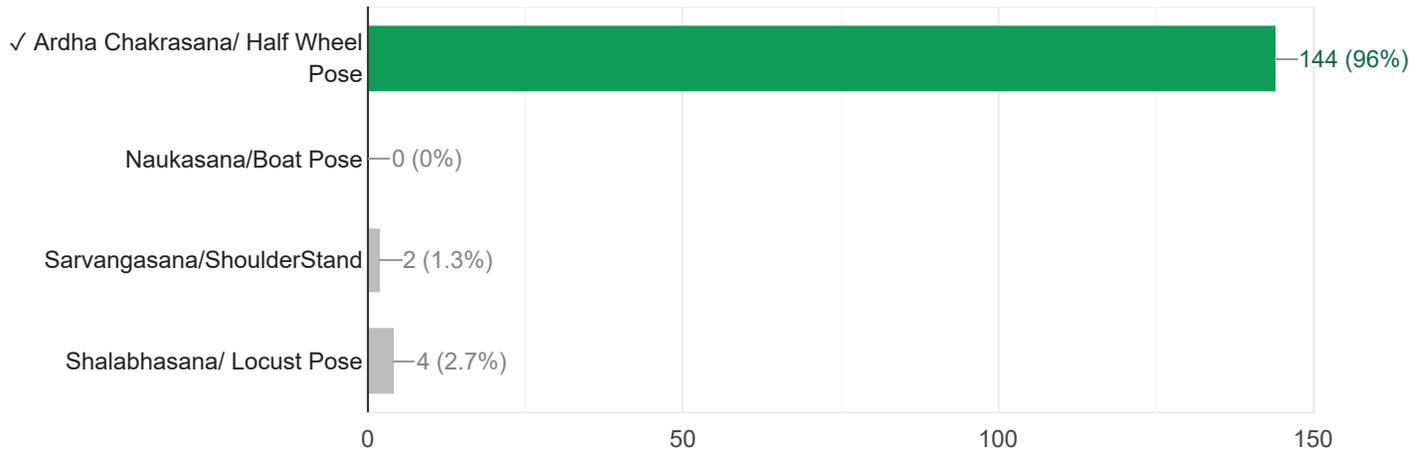
### 7. What is the name of this Asana?

141 / 150 correct responses



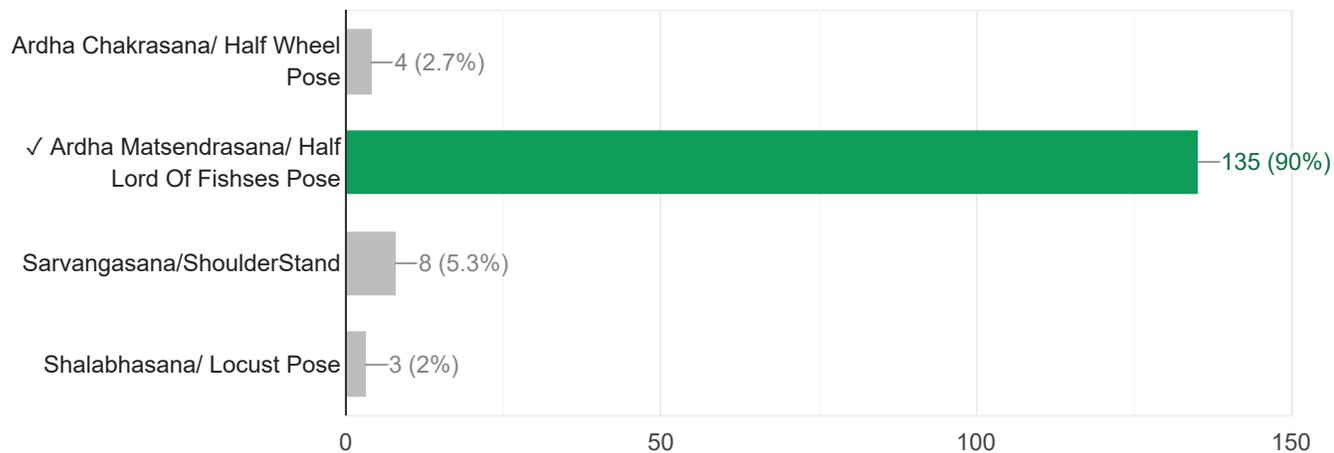
### 8. What is the name of this Asana?

144 / 150 correct responses



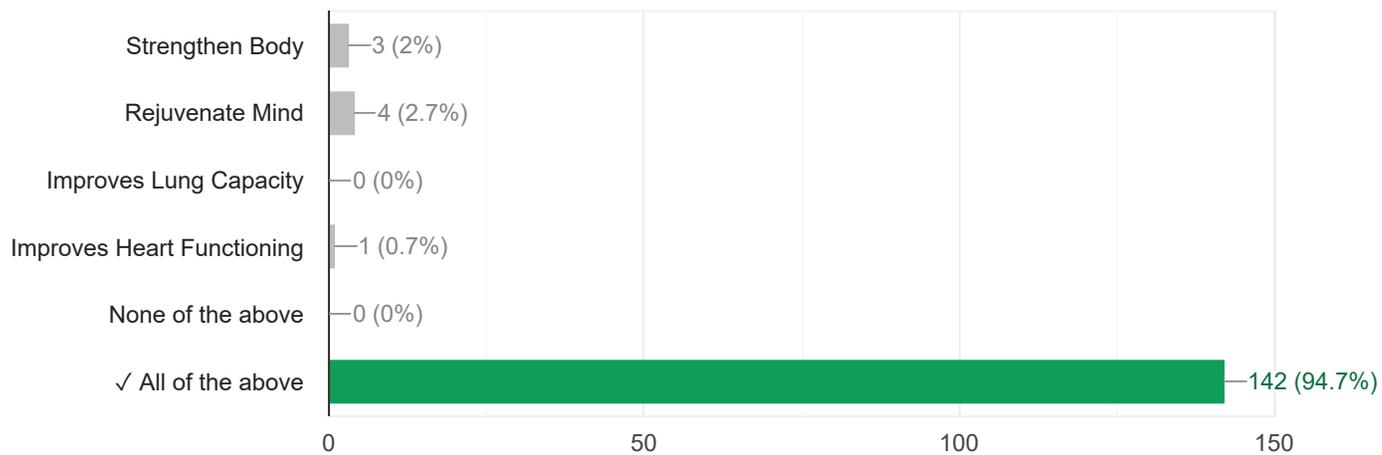
## 9. What is the name of this Asana?

135 / 150 correct responses



## 10. What benefits Yoga have?

142 / 150 correct responses



S.N.J.B'S Smt K. B. Abad Homoeopathic Medical College, Shri R. P. Chordiya Hospital & Bhamasha Shri V. D. Mehata, Dev-Vijay P. G. Institute of Homoeopathy & Research Centre, Neminagar, Chandwad, Dist - Nashik 423101 (M.S.)

## Personality Development Programme

	
<p>Prerna National Workshop on <b>Personality Development</b> by UNICEF &amp; Shivaji University Kolhapur. From 11/07/2020 to 15/07/2020 (Motivational Seminar)</p>	

Prerna National Workshop

17:09 Veena Zade Sau Veena Zade...Mohsinbai Jaweri kanya mahavidyalaya , Ballarpur

17:09 raees jahagirdar 🙌🙌🙌 v

17:09 Siddhi Tiwari siddhi Tiwari VIVA College of Arts Commerce and Science.

17:09 TUSHAR D. ASUTKAR Tushar D Asutkar...NSS volunteer... Nilkanthrao Shinde college Bhadrawati.. Gondwana University Gadchiroli

Welcome to live chat! Remember to guard your privacy and abide by our community guidelines.

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Chat publicly as Jyoti Yelve...

Prerna Shibir

11:34 Prathna Deshpande मी कुलकर्णी वैभवी nss स्वयंसेविका खोलेश्वर महाविद्यालय अंबाजोगाई बीड वृक्षसंमेलन अटेंड केलय मी वृक्ष बँकेत या वर्षी वीस देशी झाडे डीनेट केली

11:34 Pratiksha Borude pratiksha Borude, Sinhgad institute of technology and science Narhe

11:34 Gunwant Wadpalliwar Dr Gunwant Watpalliwar

11:34 Vijay Jagtap Lavina Jagtap Dr.D.Y.Patil ACSW College

11:34 Swati Maity 🙌

11:34 prajakta chaure thank you sir.. prajakta Chaure smt K B Abad HMC nashik

11:34 Narsinh Zanje 😊

11:34 sakshi shirsath khup chan mhiti dili sir thumhi

Chat publicly as prajakta chaure...

Personality  
Development  
workshop

