



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

(Established under UP Govt. Act No. 29 of 2008 and approved under section 2 (f) of UGC Act, 1956)

MAHARISHI AUROBINDO SUBHARTI INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

ACTIVITY REPORT

**MAHARISHI AUROBINDO SUBHARTI INSTITUTE OF
NATUROPATHY & YOGIC SCIENCES**

ACTIVITY REPORT

2015 - 2016

Activity Report of August- 2015

- Ours students presented Yoga Demonstration on 15th Aug. 2015, Independence day programme at SITE.
- A Special Lecture on “Emerging Zoonotic Diseases - Due to Human greed/meat” by Dr. Rahul Bansal, H.O.D., Dept. of Community Medicine, S.M.C., SVSU, Meerut was conducted on 28/08/2015 between 3.00 pm - 4.00 pm.

Activity Report of September- 2015

- Our students performed various Cultural Programmes on the occasion of ‘Janmashtami’ on 5-9-15.
- One Day Workshop on Thai Massage on 27/09/2015 - 82 participants attended the Workshop.



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Activity Report of October- 2015

- Two of our students are selected for Inter-University Volley ball team. They are now receiving training regularly in the morning between 7.00 am – 10.00 am. They will represent SVSU in the forthcoming Interuniversity tournaments.
- An Exhibition of our college is set up in the Subharti Mahotsav held between 31st to 2nd October 2015.
- Our students celebrated Naturopathy Day on 2nd October 2015 by doing a Awareness Walkathon in the University campus between 8.30 to 10.00 am



Our students celebrated Naturopathy Day on 2nd October 2015

- Our entire teaching faculty attended a “Faculty Development Program” on 6.10.2015 in the Mangalya Auditorium, organized by SVSU.

- Our college participated in an event 'Maati Kahe Kumhar se' on Saturday, 10th of October 2015 organised by City Vocational Public School, Meerut Cantt, Meerut. The event had a separate section titled "Arogyam" in which information about alternative healing therapies was provided. Dr. Bhaskar Kumar Singh & Mr. Pradeep Kumar were deputed for the event along with our Final year students. School children & general public attended the event who were made aware of Naturopathy & Yoga as well as our institute.
- Our students performed group Yoga demonstration in the Inaugural Ceremony of the National News channel India Crime held on 28.10.2015 in the Mangalya Convention Hall, Subhartipuram, Meerut.

Activity Report of November- 2015

- Our final year students delivered an awareness lecture & demonstrated Yogic techniques to Ninety students of Godwin Public School, Meerut on Wednesday 4th November 2015
- Our college conducted Naturopathy & Yoga awareness cum treatment camp at Adarsh Kanya Inter College, Mawana from 2nd to 9th November 2015. A total of 1400 students attended the camp were benefitted. Villagers from nearby vicinity also attended free consultation & treatment. Awareness about BNYS course & details of our college was also given at Adarsh Kanya Inter College, Mawana Camp.



Naturopathy & Yoga awareness cum treatment camp at Adarsh Kanya Inter College, Mawana

Activity Report of December- 2015

- An Anti Intoxicant Workshop was conducted by Anti-toxicant committee (Community Medicine, SMC & Dept. of Oral Medicine & Radiology, SDC) on 01.12.2015 in our college for all the students from 2.00 pm to 3.30 pm.
- Yoga Workshop at Rastriya Inter College, Noornagar, Meerut on 2nd December 2015. A total of 90 students in the school.



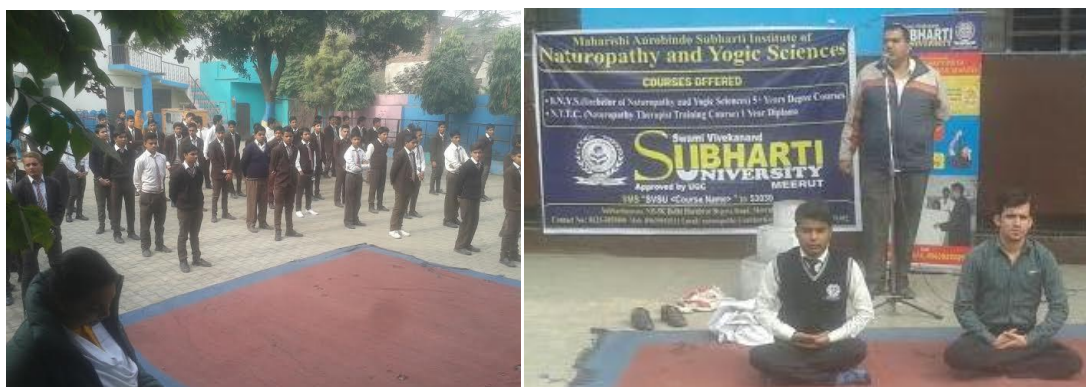
Yoga Workshop at Rastriya Inter College, Noornagar, Meerut

- 65th Death Anniversary of Maharishi Aurobindo - Honored & paid tributes, arranged a talk on Sri Aurobindo by Mr. Kuldeep Narayan, Sanskriti Vibhag, SVSU on 05.12.2015.



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- Dr. Abhay M. Shankaregowda conducted a guest lecture on Introduction to Yoga for 2nd year BPT students on 08.12.2015.
- A Yoga Workshop at Capital Public School, Hapur Road, Meerut on 08.12.2015 in association with Central Admission Cell, SVSU for students of 10th to 12th class. A total of 60 students were benefitted.



Yoga Workshop at Capital Public School, Hapur Road, Meerut

- An orientation program & workshop on Yoga – Both Theory & Practical classes between 9.00 am to 11.30 am on 09.12.2015 for students of 3rd Semester M.Sc. F & N, Home Science Department, Faculty of Science, SVSU.



An orientation program & workshop on Yoga

- 09.12.2015 - Yoga Workshop at Sri Dewan Singh Public School, Titawi, Muzafar Nagar in association with Central Admission Cell, SVSU for students of 5th to 12th class. A total of 700 students were benefitted.



Yoga Workshop at Sri Dewan Singh Public School, Titawi, Muzaffar Nagar

- 15.12.2015 - Yoga Workshop at Vidhya Mandir Inter College, K-Block, Meerut in association with Central Admission Cell, SVSU for students of 9th to 12th class. A total of 300 students were benefitted.



Yoga Workshop at Vidhya Mandir Inter College, K-Block, Meerut

- 17.12.2015 - Yoga Workshop at Rajakiya Kanya Inter College, Madhavapuram, Meerut in association with Central Admission Cell, SVSU for students of 11th & 12th class. A total of 200 students were benefitted.



Yoga Workshop at Rajakiya Kanya Inter College, Madhavapuram, Meerut

- 22.12.2015 - Yoga Workshop at 22.12.2015 at SD Kanya Inter College, Sardhana, in association with Central Admission Cell, SVSU for students of 8th-12th class. A total of 300 students were benefitted. A one to one consultation for staff & students also was done who were inquisitive about the college & our OPD.





Yoga Workshop at 22.12.2015 at SD Kanya Inter College, Sardhana

- 23.12.2015 – Yoga Workshop at Kalyan Dev Kanya Inter College, Budhana, in association with Central Admission Cell, SVSU for students of 6th-12th class. A total of 450 students were benefitted. A one to one consultation for staff & students also was done who were inquisitive about the college & our OPD.



Yoga Workshop at Kalyan Dev Kanya Inter College, Budhana

Activity Report of January – 2016

- 05.01.2016 – Our College conducted a Yoga Workshop at Nehru Smarak Inter College, Matour (Mawana) in association with Central Admission Cell, SVSU. 250 students of 9th & 10th class were benefitted from the camp

- 06.01.2016 - Our College conducted a Yoga Workshop at Krishi Inter College, Jaisinghpur (Mawana) in association with Central Admission Cell, SVSU. 250 students of 9th & 10th class were benefitted from the camp



Yoga Workshop at Nehru Smarak Inter College, Matour (Mawana)



Yoga Workshop at Krishi Inter College, Jaisinghpur (Mawana)

- Yoga Trials for Inter-University Sports participation were conducted on 20.01.2016 in association with Physical Education Department, Subharti College of Education.
- All the students & staff attended the Republic Day Celebrations of Subharti University held at SITE campus. Our students performed Musical Yoga as part of the cultural programs



Yoga Trials for Inter-University Sports participation at SITE campus

Activity Report of February 2016

- Our College with the collaboration of Department of Psychiatry, SMC have started a Pilot Research study titled “The Role of Pharmacotherapy, Counselling, Yoga and Naturopathy in the Detoxification and Rehabilitation Program of Patients with Alcohol Dependence.”- A Pilot Study as part of Faculty research. The subject allocation & interventions were started from 1st of February 2016.
- Our third Year BNYS students conducted Practical Yoga training to 2nd Year Physiotherapy students on Tuesday 16th February 2016
- Mr. Tsering Norbu, First year BNYS student Batch 2015, **secured first place in an Essay competition** “Lets develop our communities, our identities without drugs” organized by Anti Intoxicant Committee in January 2016.
- Dr. Abhay M. Shankaregowda, Principal was invited as a Chief Guest by Rotary Club Meerut where he delivered a talk on “Lifestyle Modification for Better Health through Naturopathy & Yoga” on 18th February 2016 at 7.30 pm. The talk was well appreciated by the members and a question & answer session was conducted after the talk. Fifty college brochures were distributed among the members.



Dr. Abhay M. Shankaregowda, Principal was invited as a Chief Guest by Rotary Club 18th February 2016.

Activity Report of March 2016

- Our students participated in Singing, Poster Making, Essay Writing & Debate competitions on the topic 'Anekata me Ekata' on account of Mathrubhasha Diwas on 2nd March 2016. Our student Ms. Jamyang, 1st BNYS bagged 2nd place.
- All the staff & students of our college attended the Mathrubhasha Diwas program held on 3rd March 2016 in Mangalya Auditorium.
- Dr. Sangeeth, Associate Professor & Dr. Dhanyamol AP, Lecturer of our college attended the Preconference Teaching technology workshop in the XIV National Triple O Symposium 2016 on March 4th 2016.
- Our students performed cultural events like Musical Yoga Demonstration, Singing & Dance on the occasion of Alumni Meet of Subharti Medical College on 5th March 2016.
- Twenty one students of our college attended the International Conference on Yoga and Holistic Health March 2016 from 11th to 13th March 2016 held in Haridwar.





Twenty one students of our college attended the International Conference on Yoga and Holistic Health 2016 held in Haridwar

- Twenty three students of our college attended World Culture Festival held at New Delhi on 11th March 2016.
- Our college conducted a Workshop on Disaster Management on 17th March 2016 by Mr. Ram Dutt Bharadwaj, Incident Control Officer, Civil Defense, Ministry of Home Affairs





Twenty three students of our college attended World Culture Festival held at New Delhi

- Six students of our college represented SVSU & participated in the All India Interuniversity Yoga Championship at Choudhary Ranveer Singh University, Jind, Haryana.
- Dr. Sangeeth S. Associate Professor from our college attended a 2 day CME on Clinical Protocols in Naturopathy & Preparation of Draft Proposal for AYUSH policy held on 28th – 29th March 2016 in National Institute of Naturopathy.

Activity Report of April 2016

- Dr. Sangeeth S. Associate Professor & Dr. Dhanyamol, Lecturer attended a 1 week workshop on Preparation of Research Proposal conducted by Dept. of Education, SVSU.
- Dr. Abhay M. Shankaregowda, Principal was invited as a resource person for the Live interactive session on “Prevention of Summer Diseases” to be telecast on the YouTube Channel of Subharti Institute of Journalism & Mass Comm. On 16-04-2016.

Activity Report of May 2016

- Our college has set up an exhibition at Nauchandi Mela from 6th May 2016.
- Dr. Abhay M. Shankaregowda, Principal was invited as a Speaker on “Naturopathy & Yoga for Geriatric Health care” in the National Mid Term CME 2016 of Indian Association of Geriatric Mental Health on 7th & 8th May 2016 organised by Dept. of Psychiatry, Subahrti Medical College.
- Our students Mr. Khalid, 4th year & Ms. Farheen, 3rd Year presented a paper in the National Mid Term CME 2016 of Indian Association of Geriatric Mental Health on 7th & 8th May 2016 organised by Dept. of Psychiatry, Subahrti Medical College.
- Our students performed a Yoga demonstration suitable for Old age in the National Mid Term CME 2016 of Indian Association of Geriatric Mental Health on 7th & 8th May 2016 organised by Dept. of Psychiatry, Subahrti Medical College.
- Our students & Faculty attended a Cultural fest on the occasion of Kranti Divas on 11-05-2016 Wednesday conducted by SAM.
- Our students attended a video filming event of Subharti University on 24-05-2016
- On 25.05.2016 our College conducted a Yoga Workshop at Aatman Public School, Rohta Road, Meerut in association with Central Admission Cell, SVSU. 350 students were benefitted from the Workshop.



Yoga Workshop at Aatman Public School, Rohta Road, Meerut

- On 27.05.2016 our College conducted a Yoga Workshop at Lady Asharfi International School, Sardhana Road, Meerut in association with Central Admission Cell, SVSU. 110 students were benefitted from the Workshop



Yoga Workshop at Lady Asharfi International School, Sardhana Road, Meerut

- Our college conducted a Naturopathy & Yoga awareness camp and provided free consultations to elderly residents of Maa Aanandamayi Vriddh Ashram (Old age Home), Delhi Road, Sain Puram, Meerut. A total of 15 elderly people were benefitted.





Naturopathy & Yoga awareness camp and provided free consultations to elderly residents of Maa Aanandamayi Vriddh Ashram (Old age Home), Delhi Road, Sain Puram, Meerut

Activity Report of June 2016

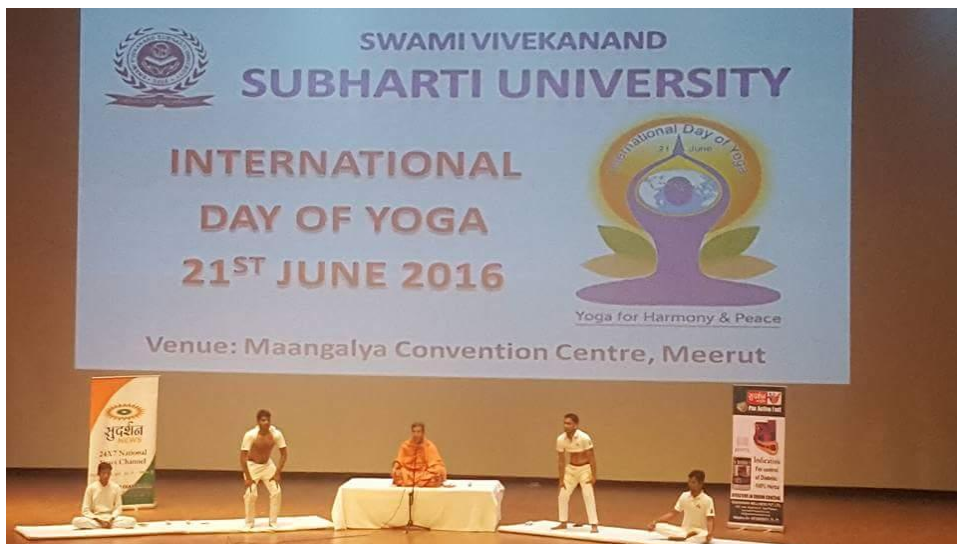
- Exhibition at Nauchandi Mela from 6th May 2016 came to an end on 4th June 2016. Daily Total consultations amounted to 91 patients.
- In continuation of previous weeks program, our college conducted a Naturopathy & Yoga awareness camp and provided free consultations to elderly residents of Maa Aanandamayi Vriddh Ashram (Old age Home), Delhi Road, Sain Puram, Meerut on 04-06-2016. A total of 15 elderly people were benefitted.



- On 06-06-2016 the occasion of World Environment day- 2016 tree plantation was done in the Lawn in front of our college building at 09.30 AM. Hon'ble Vice Chancellor, Hon'ble ProVC, Principals, HOD's & Faculty of various SVSU colleges as well as Faculty & Principal of our college attended the Program. On the same day a Guest Lecture on Pollution & Health by Dr. Pavan Parashar, Professor, Dept. of Community Medicine, SMC was conducted in the AV hall of our college. Various dignitaries of the University, Chairman & Members of the Environment Concern Committee, students of Physiotherapy, Nursing & Naturopathy & Yoga College were present.
- Dr. Abhay M. Shankaregowda, Principal & Dr. Sangeeth S. attended a Faculty Development Program on Teaching Methodology, Educational objectives & Learning Outcomes, SWOC analysis & CBSS from 6th to 8th June 2016.
- Dr. Gautam Sarkar, HOD, Dept. of Biochemistry, SMC conducted a Meditation session for Lifestyle Clinic patients in our Yoga Studio of the Naturopathy & Yoga OPD on 14-06-2016.
- On 21-06-2016 International Day of Yoga 2016 was celebrated in our University. Dr. Abhay M. Shankaregowda, Principal MASINYS & Dr. Sandeep Kumar, HOD, Dept. of Physical Education coordinated the program with Dr. Rahul Bansal, HOD, Dept. of Community Medicine, SMC as Advisor. Our staff & students participated in the program. A yoga for all program was organized between 05.30 AM to 07.00 AM in Guru Teg Bahadur hall where staff students & family members of SVSU staff together practiced yoga Common protocol of the IDY by Ministry of AYUSH. More than 200 members participated. Dr. Bharka Bharadwaj, Ass. Professor, Dept. of Physical Education convened the program.
- Later in the afternoon a grand function in Maangalya convention Centre was organized between 2.00 PM to 04.00 PM. Approximately 1000 staff & students of SVSU attended the program. The students of MASINYS & SIFF invoked the program by Salutations to Maharishi Pathanjali. Swami Karamveerji was the Chief guest who inaugurated the program by lighting the lamp & addressed the gathering and displayed certain useful techniques for health & disease. Dr. Atul Krishna,

Founder Subharti & Advisor spoke on the occasion and emphasized the need to inculcate Yoga in our daily life both physically & mentally. Hon'ble Vice Chancellor graced the occasion and delivered the speech by Chair 7 presented his vote of thanks to the Swamiji & organisers. Dr. Abhay M. Shankaregowda Principal, MASINYS presented a talk on Scientific advancements in the field of Yoga. Dr. Dr. Sandeep Kumar, HOD, Dept. of Physical Education coordinated the program, Dr. Bharka Bharadwaj, Dept. of Physical Education & Dr. Neeraj Karan Singh, Vice Principal, Subharti MASCOM were the Masters of Ceremony. Students of MASINYS displayed a musical Yoga program. Various dignitaries of the University & SKKB Trust including Dr. Shalya Raj, President, Pro-Vice Chancellor, Registrar, Trust members, Dr. A. K. Asthana, Principal SMC, Principals of various colleges of Subharti University, HOD's were present. The stage & program was handled by Dr. Pintu Mishra, Principal, SIFF, seating arrangements were looked over by Dr. Jayanth Shekhar, Principal, SITE. The program was covered by various media persons.





Article of International day of Yoga in swami university dated on 21st June 2016

- Dr. Sangeeth S. Associate Professor attended an International Conference on Yoga for Body & Beyond at Vigyan Bhavan, New Delhi organized by, Ministry of AYUSH & CCRYN held from 22nd June 2016 to 23rd June 2016.

Activity Report of July 2016

- Our Faculty Dr. Dhanyamol AP & Dr. Saritha N. K. Assistant Professors of our college are attended a Faculty Development Research Workshop at SMC on How to Plan a Research Project & get Funding from 25th June 2016 to 2nd July 2016.
- Our College Doctors, Interns & Students participated with great enthusiasm on the occasion of "SWACHHATA DIWAS" on 01-07-2016 by cleaning the premises followed by a short talk on Hygiene & Cleanliness to sustain good public health & environmental outcomes by Dr. Abhay M. Shankaregowda, Principal & Dr. Sangeeth S. Associate Professor. The staffs were educated about healthy sanitation



Our College Doctors, Interns & Students participated with great enthusiasm on the occasion of "SWACHHATA DIWAS" on 01-07-2016

- Our college celebrated Doctors Day in the OPD on 01-07-2016. Interns, staff & doctors of our Institution were present. Dr. Abhay M. Shankaregowda, Principal, Dr. Sangeeth S. Associate Professor, Dr. Dhanyamol AP & Dr. Saritha NK Assistant Professors spoke about the Importance of being in the Medical profession and paid Tribute to Dr. Bidhan Chandra Ray along with others.



Our college celebrated Doctors Day in the OPD on 01-07-2016

- Dr. Abhay M. Shankaregowda, Principal attended a One day Workshop/ Professional enhancement program at SVYASA University Bangalore with the theme “Naturopathy – The way Ahead” on the topic ‘Role of Documentation- Evidence for Future’ on 12th July 2016 organized by National Institute of Naturopathy, Pune, Ministry of AYUSH, Govt. of India in association with TSYNM, SVYASA, Bangalore.