

Capability
enhancement and
development
schemes:

1. Soft skills development



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdrcnagpur@gmail.com Website: <https://vspmdrc.edu.in>

REF: VSPM'S DCRC/UG CELL/E.NO. 34/ 1318 /2021

DATE: 11/10/2021

CIRCULAR

A soft skills development program on stress management for 1st BDS students is scheduled on 16/10/2021 The details of the program are shown below.

Title : Take a Chill Pill !!..An Energizing Session On Stress Management
Speaker : Dr Nishi Chaurasia M.D.S Prosthodontics ,
Venue : Online Zoom Platform (link will be provided soon)
Date : 16/10/2021 Saturday
Time : 10:00 a.m to 11:30 a.m

**Dr. Alka Dive,
Chairperson, UG Cell
VSPM'S DCRC, NAGPUR**



**Dr. Usha Radke,
Dean
VSPM'S DCRC NAGPUR**

Copy to:

- 1) All HOD's VSPM'S DCRC, NAGPUR, for information.
- 2) All 1st BDS subjects of NKPSIMS , for information
- 3) Dr Purva Chaudhari -Member Secretary, U G cell
- 4) Dr. Pratik Burad, Sr. Lecturer, Web and LAN
- 5) Dr. Sangita Bhattacharya, Sr. Lecturer, Orthodontics
- 6) Dr. Jaishree Chahande, Lecturer, Web and LAN (News)

Close Participants (83)

97	Srushti Wadegaonkar	
98	Mimansa Wanjari	
99	Roma Wankhede	
	Ablastek Patilak	
	Anushka Puri (69)	
	Arnavhi Burman (18)	
	Arya Borde (17)	
	Dhanshree Kumbhare(47)	
	Disha Bais 06	
	Dr .Neena Dongre Wankhede	

Close Participants (83)

	Dr .Neena Dongre Wankhede	
	Dr vidya mokhade	
	Dr Vranchi Oza	
	Khushboo Masand(54)	
	Mansvi Dhawas	
	Minal Ghormare 27	
	Oshmi Jain -38	
	Pooja sawade	
	Prithvi Chaurasia Sahu	
	Purva Chaudhari	

Close Participants (84)

	Purva Chaudhari	
	Riya yeole (100)	
	Roshani Lonare	
	Sachi Gajbe	
	Samruddhi Mahakulkar(52)	
	Samruddhi Mangrulkar	
	Sanskriti Deshmukh 21	
	Shruti Dighole (24)	
	Shubham Petkar	
	Sidra Noori (88)	

Close Participants (84)

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	Riya yeole (100)	
	Roshani Lonare	
	Sachi Gajbe	
	Samruddhi Mahakulkar(52)	
	Samruddhi Mangrulkar	
	Sanskriti Deshmukh.21	
	Shruti Dighole (24)	
	Shubham Petkar	
	Sidra Noori (88)	

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	Samruddhi Mangrulkar	
	Sanskriti Deshmukh.21	
	Shruti Dighole (24)	
	Shubham Petkar	
	Sidra Noori (88)	
	varsha uttarwar	
	Venus kale 41	
	42 Tanvi Karmore	
	Vikas uttam 96	

Anirve

Dr (Mrs.) ALKA DIVE
Professor & Head

Department of Oral & Maxillofacial Pathology
VSPM'S Dental College & Research Centre
Nagpur 440019

Umesh

DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

Take a Chill Pill!!.. An Energizing session on Stress Management

Venue and date- Zoom Online platform on Date- 16.10.2021

Speaker- Dr Nishi Chourasiya Oza

Target audience- First BDS (2020-21)

Number of participants- 85

List of Participants-

Close	Participants (85)	Close	Participants (85)	Close	Participants (85)
	Search				
A	Dr Anita Kahar (me)	1B	10.Kashish Bansal	3I	34.Pruna Indore
VSP	VSPMDCRC (Host)	12	12 Siddhi Bhadule	3I	35.Sanjivani Ingole
	Dr Nishi Chaurasia O...	13	13.Sanjana Bhuibhar	3S	37 shwetang
J	Jaya Joshi (Co-host)	15	15.Pranav Bhutada	3U	39.savi jain
P	(56) Prerana Mohod	16	16.Pratishtha Bisen	4T	42 Tanvi Karmore
R	(73) Riya Rohra	20	20.Mohini Deshmukh	4X	43 Kanak kene
A	04.Shreya Ambatkar	22	22.Stuvanti Deshpande	4B	44. Bhumi khandelwal
1	1.Sanidhi Ade	29	29.Maithili Giri	4S	45 Shrawani Khawade
1B	10.Kashish Bansal	33	33.Sharwary Hadke	46	46.Yasha Kothari
		3I	34.Pruna Indore	5A	5. Arya Betharia

Close	Participants (84)
	5. Arya Betharia
	55.Sakshi Masram
	57. Anvay Moon
59	59-Tushar Naitam
6P	60 Poonam pande
61	61 GARGI PARTETY
6P	64Sayali Patil
65	65 Bhovisha Paunikar
67	67 Dakshita Pohane
	68.Tanvi Pote

Close	Participants (83)
6P	68.Tanvi Pote
70	70.Samidha Rangari
71R	71. Manisha Rathod
R	72. Komal Rawlani
73	74.Shruti Sakhare
75	75.Shruti Salve
7P	76. Piyush Samarth.
77	77 sumiksha chauragade
	78.Trupti samrit
79	79. Janhavi Satbhai

Close	Participants (83)
79	79. Janhavi Satbhai
8S	8. Suprabha Banerjee
8S	81.Sanskriti Shahu
8P	83. Fauz Sheikh
S	84.Shireen Sheikh
S	87.Smruti Shitole
9T	90. Tulakshi Tabhare
9B	91 Saloni Takarkhede
9A	95. Aarohi Velukar
9S	97 Srushti Wadegaonkar

Report of Program

Name of the capability enhancement scheme-Soft Skill Development (Take a Chill Pill !!.. An Energizing session on Stress Management)

Venue and date- Zoom Online platform on Date- 16.10.2021

Year of implementation- First BDS (2020-21)

Number of students enrolled- 85

Name of the agencies involved with contact details- Brain mapping Solutions

Contact details- Dr Nishi Chourasiya Oza, MDS Prosthodontics . Address-5, Prachi Commercial Complex, Chandak Layout Ghat Road, Nagpur-440018 Contact no.- 9321488348

Target audience- First BDS (2020-21)


Inference of the program-

85 students attended the program. It was an interactive program in which exciting activities were carried out. The speaker explained about the stress and ways to deal with it. All the students appreciated the program.


Program of outcome-

Pre and post test was conducted and the inference of these is

1. Most of the students have experienced stress in their life.
2. After attending the session more number of students could identify the stress triggers.
3. Post lecture, students came to know about eustress.
4. Post lecture, students felt important to share their problems with someone about whom they are confident.
5. Post lecture, the students came to know about the importance of finding a solution while dealing with the stress.
6. Post lecture, the students started doing their SWOT analysis.


Dr Alka Dive
Chairperson, UG Cell
VSPMDC & RC, Nagpur




Dr Usha Radke
Dean,
VSPMDC & RC, Nagpur

DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019

An energizing session on Stress management for First BDS (2020-21) on 16.10.2021 on Zoom platform



Take a Chill Pill !!

An energizing session on Stress Management



Dr. Nishi Chaurasia Oza
National Trainer
JCI India

Know Yourself

- ❖ Listen to feedback from well wishers
- ❖ Self Introspection
- ❖ Reflect on actions & thoughts
- ❖ SWOT Analysis: yes ma'am

Sidra Noor (88) to Everyone
yes ma'am



College seal



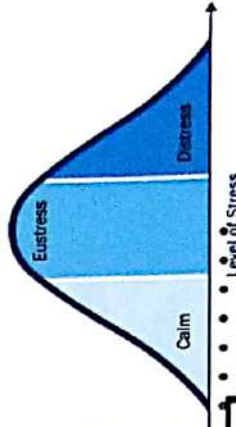
Good Stress / Bad Stress

Eustress – Good stress
(Take a second n think)

Distress – Bad stress



Performance



Usha Radke

Dr Usha Radke

Dean

VSPM Dental College
Research Centre, Digboi Hill,
Hingna Road, 781 005

2. Language and communication skills development

Year wise schedule of the module conducted:

Sr. No.	Date	Participants	Faculty
1	6 th May 2022 (21-22)	68	DrTapasyaKaremore DrMuktaMotwani

VSPM's Dental College & Research Centre, Nagpur

Circular

Department of Oral Medicine & Radiology

Following are the details of Activity Scheduled by Department of Oral Medicine & Radiology in collaboration with HSET unit

Student batch: BDS Third Yr. Summer 21-22

Activity: Soft Skill Session

Date: 06 /5/2022

Time: 12:30am to 3pm

Venue: OMR seminar hall

Dr. Mukta Motwani

Prof. & Head

Dept. of Oral medicine
& radiology VSPM's Dental
College & Research Centre.

श्री हाजरी बुक

for the Month of _____
माह

MONTHLY

MUSTER BOOK

No. नंबर	Name नाम	दिनांक	पंजाब का दर
13.	Bhattacharyya Tuhina Ashish	06/11/21 20/11/21 23/11/21 27/11/21 30/11/21 07/12/21 14/12/21 21/12/21 28/12/21 31/12/21 01/01/22 04/01/22 11/01/22 18/01/22 25/01/22 31/01/22	P A A P P A P A P P P P A P
14.	Bhimte Neeraj Madip		P P P P P P P P P X A P P A P
15.	Bhogade Pooja Digambar		P P P A P P P P P P P P P P
16.	Bodele ^{Sayab} Rajkumar		P P P A P P P A A P P P A P P
17.	Bodhankar Shalaka Sanjay		A P A A A P A A A P P P A P P
18.	Bora Pooja Kirtikumar		P P A A A P A A A X P P A A A
19.	Borkar Sakshi Premdev		P A P A P A P P P X P P A P P
20.	Borkar Sushita Dipak		P A P A P P P A P A P P P P A
21.	Chakole Manoj Mahesh		A P A A P P A A A X P P P P P
22.	Chandak Vishwani Pravin		A A A A A P A A A X P A P P A
23.	Chaudhari Harshali Vinod		P A A A P A A A A X P P P P P

No. नंबर	Name नाम	दिनांक	पंजाब का दर
18		18/01/22	P P P A A A P
19		19/01/22	P P A A A P P
20		20/01/22	P P P A A P P
21		21/01/22	P A A A A A P
22		22/01/22	P A A A A A P
23		23/01/22	P A A A A A P
24		24/01/22	P A A A A A P
25		25/01/22	P A A A A A P
26		26/01/22	P A A A A A P
27		27/01/22	P A A A A A P
28		28/01/22	P A A A A A P
29		29/01/22	P A A A A A P
30		30/01/22	P A A A A A P
31		31/01/22	P A A A A A P

for the Month of _____
माह

No. नंबर	Name नाम	वर्ग	पगार का दर																
24	Dagwal Chomakshree Dipak			06/11/27	P	A	A	P	A	A	A	A	A	X	P	P	P	A	P
25	Deshmukh Jha Shubant			20/11/22	A	A	A	A	P	P	A	A	A	A	K	P	P	A	P
26	Deshmukh Mithila Manikrao			23/11/24	P	A	A	A	A	P	P	P	A	P	P	A	A	A	P
27	Demkar Sharvati Umesh			27/11/24	P	A	A	A	P	P	P	A	P	X	P	P	A	A	P
28	Dhote Purnima Dilip			30/11/29	P	A	A	A	A	P	P	P	A	P	P	A	P	A	P
29	Didate Tejas Kailas			7/12/20	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
30	Dolas Rohini Nitin			14/12/21	P	A	A	A	A	P	P	A	P	X	P	P	A	A	P
31	Ganvir Shamal Vikas			21/12/21	P	A	A	A	P	P	A	A	A	X	P	A	A	A	P
32	Ghade Aachal Harish Chandra			28/12/21	P	A	A	A	P	P	P	A	A	X	A	P	P	A	P
33	Ghodeswar Samiksha Raju			4/1/22	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P

MUSTER BOOK

18	19	20	21	22	23
P	A	A	A	A	A
P	A	P	A	A	A
A	A	A	A	A	P
P	A	A	A	A	P
A	A	P	A	A	A
A	A	A	A	A	A
P	A	A	A	A	P
P	A	A	A	A	P
P	A	P	A	A	P
P	A	P	A	P	P

For the month of _____
माह

No. नंबर	Name नाम	वर्ग	पगार का दर	1	2	3	4	5	6	7	8	9	10	11	12
44	Kadu Madhurika Prashant			16/11/21	P	A	P	P	P	P	P	P	P	P	P
45	Karwatkar Shweta Pundlikrao.			20/11/21	P	P	P	A	P	P	P	A	P	P	P
46	Khadse Akanksha Kishor.			25/11/21	P	A	A	A	P	P	P	A	P	P	P
47	Khadse Charvi Mahesh			27/11/21	P	P	P	A	P	P	P	P	A	P	P
48	khandait Arya Bhalchandra.			30/11/21	P	P	A	A	A	A	P	A	A	P	P
49	Kharabe Shrawan Ujjay			7/12/21	P	A	P	P	P	P	A	A	P	P	P
50	Lakhe Samrudhni Ramrao.			12/12/21	P	P	P	A	P	P	A	A	P	P	P
51	Zanjewar Dnyani Sharshikant.			12/12/21	P	A	A	P	A	A	A	A	P	P	A
52	Madelwar Shreya Dhananjay			12/12/21	P	A	A	A	A	A	P	A	A	P	P

18	19	20	21	22	23	24
P	P	P	A	P	P	A
P	P	P	A	P	P	A
P	P	P	A	P	P	A
A	P	A	A	A	P	P
P	P	A	A	A	A	A
P	A	A	A	A	P	P

No. नंबर	Name नाम	हस्ता	पगार का दर	1	2	3	4	5	6	7	8	9	10	11	12			
63	Patil Shivani Abhijeet			P	A	P	A	P	P	P	A	P	A	A	P	P	P	P
64	Pinjarkar Aditi Sudhakar			P	P	P	A	A	P	P	A	A	P	P	P	P	P	A
65	Pote Sanskruti Sanjay			A	A	A	A	P	P	A	A	A	A	P	P	A	P	A
66	Pethikar Shreyas Sachin			P	P	A	A	P	P	P	A	A	P	P	P	P	P	P
67	Pund Anuja Ramesh			P	A	A	A	P	P	P	P	A	P	P	P	P	P	P
68	Rathi Mangsui Mahesh			P	A	P	P	P	P	P	P	A	P	A	P	P	P	P
69	Rewatkar Gauri Janasa			P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
70	Satpute Samiksha Chandras			A	A	A	A	A	P	A	P	P	A	A	A	A	A	A
71	Shahare Riya Rajkumar			P	P	P	A	P	P	P	A	A	P	P	A	P	P	P
72	Shahu Dhanashree Ashok			P	A	A	A	P	P	A	P	P	P	P	P	P	P	P
73	Shahu Ushaka Rajaram			P	A	A	A	A	A	A	A	A	A	A	A	A	A	A

18	19	20	21	22	23
P	P	P	A	P	P
P	P	P	A	A	P
P	A	A	A	A	P
P	A	A	A	A	P
P	A	P	A	P	P
P	P	P	A	A	P
P	P	P	A	A	P
P	P	P	A	A	P
P	P	P	A	A	P
P	P	P	A	A	P

for the Month of _____
 माह _____

No. नंबर	Name नाम	वर्ग	पार का दर
74.	Shaikh Mohammad Quais Yaqub		06/11/21 20/11/21 23/11/21 27/11/21 30/11/21 07/12/21 14/12/21 21/12/21 28/12/21 04/1/22 11/1/22 18/1/22 25/1/22 01/2/22 08/2/22 15/2/22 22/2/22
75.	Sheikh Naushin Shaji		
76.	Shingare Dushyant Sandeep		
77.	Solanki Sanjeev Mohd Rehan		
78.	Solanki Vaishnavi Ganesh		
79.	Somsetwar Soudarya Sunil		
80.	Sonwane Nikita Bhagwat		
81.	Upare Aniket Aiwakar		
82.	Vaidya Shrutikomprakash		
83.	Waineshkar Devdatta Prashant		

वर्ग	18	19	20	21	22	23	24
06/11/21							
20/11/21							
23/11/21							
27/11/21							
30/11/21							
07/12/21							
14/12/21							
21/12/21							
28/12/21							
04/1/22							
11/1/22							
18/1/22							
25/1/22							
01/2/22							
08/2/22							
15/2/22							
22/2/22							

No. नंबर	Name नाम	दिनांक	प्राप्त का दर
84	Zubir Medika Shyam Sunder		
	Dr. Anurag chandhary	Radiation Physics	16/11/21
	Dr. Apurva Mehrotra	Radiation Biology	20/11/21
	Dr. Apurva Mohite	Radiation Biology I	23/11/21
	Dr. Apurva Mohite	Radiation Biology II	27/11/21
	Dr. Smriti Uthkar	Radiation protection I	30/11/21
	Dr. Samrati Uthkar	Radiation protection II	7/12/21
	Dr. Apurva Mohite	Projection geometry	14/12/21
	Dr. Apurva Mohite	Projection geometry	21/12/21
	Dr. Apurva Mohite	Projection geometry	28/12/21
	Dr. Apurva Mohite	Normal Landmark	5/1/22
	Dr. Kanchan Chhabra	Film processing I	15/1/22
	Dr. Kanchan Chhabra	Film processing	22/1/22
	Dr. Anurag	Image characteristics	28/2/22
	Dr. Kanchan	Film processing seminar	25/1/22
	Dr. Kanchan	Film processing seminar	29/1/22

X	Dr. Kanchan	Ashtakare	Film processing	2/2/22
	Dr. Tapas K	Radiation Radiography		5/2/22
	Dr. Tapas K	Basic Radiology		21/2/22
	Dr. Trishita B.	Intensifying screens		5/3/22
	Dr. Trishita B	Intensifying screens		6/3/22
	Dr. Trishita B	Grid		9/3/22
	Dr. Tapas K.	Communication skill needed		6/5/22

DEPT. OF ORAL MEDICINE & RADIOLOGY
VSPM'S DENTAL COLLEGE & RESEARCH CENTRE
COMMUNICATION SKILLS MODULE

DATE: 6TH MAY 2022



Ukesh
DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

REF: VSPM'S DCRC/UG CELL/F.NO. 34/1455/2021

DATE: 25/11/2021

CIRCULAR

The Undergraduate Cell is organizing an offline course on spoken English enhancement from 29th Nov 2021 till 3rd Dec 2021 for the students of 1st year B.D.S. The details of the course are as given below. The students should register for the course on or before 27/11/2021. Participants should submit their names and email id to Dr Anita Kahar, Lecturer Dept of Prosthodontics

Speaker for the Event: Dr. Mrs. Unnati Datar (Principal, Shrinivas Public School)

Venue : Oral Pathology dept VSPM DCRC, Lecture Hall


Time: : 2.30 p.m. To 3:30 p.m.

Module: Day 1 – 29th Nov 2021


Day 2 – 1st Dec 2021

Day 3 – 2nd Dec 2021

Day 4 – 3rd Dec 2021


Dr. Alka Dive,
Chairperson, UG Cell
VSPM'S DCRC, NAGPUR




Dr. Usha Radke,
Dean
VSPM'S DCRC NAGPUR

Copy to:

- 1) All HOD's VSPM'S DCRC, NAGPUR, for information.
- 2) Member Secretary, UG Cell, VSPM'S DCRC, NAGPUR, for information.

Attendance of the Spoken English Enhancement Program

Dates- 29/11/21, 01/12/21, 02/12/21, 03/12/21

Inward No. 2825
Date 11/12/2021
VSPM'S Dental College

- 1) Shubham Petkar
- 2) Saniket Gidwani
- 3) Saloni Takarkhede
- 4) Sanidhi Ade
- 5) Shimi Jain
- 6) Minakshi Thaware
- 7) Abhishek Pattak
- 8) Sayali Motghare
- 9) Kashish Bansal
- 10) Anya Bothara
- 11) Dakshita Polane
- 12) Vidya Aale
- 13) Anushi Gude
- 14) Tanushri Jibhate
- 15) Durvi Shajpal
- 16) Yashra Kothari
- 17) Disha Bais
- 18) Manvi Dhawis
- 19) Venus Kale
- 20) Bhumi Kharolewal
- 21) Anvi Joshi
- 22) Samidha Rangari
- 23) Bhavisha Paurikar
- 24) Anway Moon
- 25) Anchal Shelani
- 26) Tanvi Pote
- 27) Anushka Puri
- 28) Disha Noori
- 29) Samiksha Chauhan
- 30) Karak Kone
- 31) Riya Rohra
- 32) Pijush Samant
- 33) Sayali Palil
- 34) Abhishek Bawankar
- 35) Anuravi Kharwade
- 36) Jahnavi Satbai
- 37) Manisha Kattad
- 38) Umme Aiman
- 39) Bandhi Velukar
- 40) Sakshi Maram
- 41) Tulhar Naitam
- 42) Gayatri Patil
- 43) Tulakshi Tabhane
- 44) Yashashree Tekade
- 45) Savi Jain
- 46) Sanskriti Shahu
- 47) Sneha Gajpure
- 48) Mimansa Wanjari
- 49) Kanale Kene

Udekh

DEAN

VSPM'S Dental College
Research Centre, Digras
Hingna Road, Nagpur-440019

Report of Program

Name of the capability enhancement scheme- Language development (Spoken English Enhancement Course)

Venue & Date- Oral Pathology dept, VSPM DCRC, Lecture Hall on 29th Nov 2021, 1st Dec 2021, 2nd Dec 2021 & 3rd Dec 2021

Year of implementation- First BDS (2020-21)

Number of students enrolled- 49

Name of the agencies involved with contact details- Dr Mrs Unnati Datar (Principal, Shrinivas Public School, Nagpur) Contact no. -9423410601


Report of the program- The Spoken English Enhancement Course was a very interactive four days program. The faculty interacted with students and taught them regarding –

- Basics of english grammer
- Use of synonyms to different commonly used english words
- The way of giving personal introduction
- How to pronounce certain words
- How to converse with peers, faculty, patients
- How to express while conversing
- How to bring fluency while conversing
- Use of phrases while speaking
- How to develop their body language while speaking in English


In addition, the faculty also involved the students in different activities like; introducing themselves in front of the present audience, role play game, one minute talk on any general topic.

In these activities; the students showed their active participation. They enjoyed it a lot. This program has increased their confidence level while conversing in english with peers and teachers.

All the students appreciated this program by saying that this program has proven fruitful for their daily routine.


Dr Alka Dive
Chairperson, UG Cell
VSPMDC & RC, Nagpur




Dr Usha Radke
Dean,
VSPMDC & RC, Nagpur

DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

Spoken English Enhancement Course for First BDS (2020-21)



NAGPUR, INDIA

MONDAY
18/11/2021
12:00 PM

☀️ 34°

LATITUDE: 17.3544N
LONGITUDE: 75.8133E



Usha

Dr Usha Rüdke'

DEAN

VSPM's Dental College &
Research Dental College, Nagpur
Hingna Road, Nagpur-440019

Scanned with
CamScanner





**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019
(NAAC Accredited with B+)**



Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcrenagpur@gmail.com Website: <https://vspmdcrc.edu.in>

REF:VSPM'S DCRC/DEAN/ UG CELL/F.NO. 34/ 78 /2022

DATE: 18/01/2022

CIRCULAR

The Undergraduate Cell is organizing a course on Spoken Marathi enhancement, "Mazi Marathi" from 24th January to 16th February 2022 for 3rd BDS students. The details of the course are given below.

Faculty: Dr Jayashree Joshi, M.A, Marathi Literature

Time: 11am to 3pm

Module: Day 1, 24th January 2022

Day 2, 31st January 2022

Day 3, 7th February 2022

Day 4, 16th February 2022

Amrve
Dr. Alka Dive
Chairperson,
Undergraduate Cell
VSPM'S DCRC, NAGPUR

Uradke
Dr. Usha Radke
Dean
VSPM'S DCRC, NAGPUR

Copy to:

1. Notice board
2. All HOD's
3. A.O VSPMDCRC, Nagpur for information
4. Dr Sangita Bhattacharya, Lecturer, Dept. of Orthodontics
5. Dr Jaishree Chahande, News & Announcement, Web & LAN Committee
6. Dr Pratik Burad, Web & LAN Committee (Events)

- 1) Rishi Bora.
- 2) Vaishnavi Chandak.
- 3) Sulee Bodele.
- 4) Nrusali Bansod.
- 5) Gaeji Hombade
- 6) Tuhina Bhattacharjee.
- 7) Sakshi Jakhota
- 8) Sanskriti Pote.
- 9) Somruddhi Lakhe.
- 10) Shirani Patil
- 11) Mansi Chakole.
- 12) Shalaka Bodhankar.
- 13) Shachi Bhat
- 14) Riya ~~Saha~~ Shahare.
- 15) Nimisha Agrawal.
- 16) Yash Bhakkod
- 17) Kaustubh Jadhav
- 18) Priyanka Jugele
- 19) Aniket Upare
- 20) Abhishek Ambere
- 21) Shrawan Denka
- 22) Rohin Dolas
- 23) Pranita Barai
- 24) Rasika Mate
- 25) Vishaka Pardhi
- 26) Vaishnavi Solankar
- 27) Harshali Choudhari
- 28) Chanakshree Dagwar
- 29) Isha Deshmukh
- 30) Soundarya Somsetwar
- 31) Grousi Jannawar.
- 32) Shaivani Kharabe
- 33) Tejswini Bansod
- 34) Shreeta Vaidya
- 35) Nikita Sonawale
- 36) Shruuti Borkar
- 37) Sakshi Borkar
- 38) Naveen Sheikh.
- 39) Sanover Sabani
- 40) Vedika Zubre
- 41) Akanksha Khadse.
- 42) Aya Khandait
- 43) Rubal Bhogade
- 44) Shreya Madilwar
- 45) Varahamihir Gupta
- 46) Dnyani Laujewar.
- 47) Usha Pund.
- 48) Manasree Rathi
- 49) Madhurika Kadu.
- 50) Dhanya Jay
- 51) Chaiti Nagarkar



Ukeshu

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur - 440018

Report of Program

Name of the capability enhancement scheme-"MAZI MARATHI", a Language development (Spoken Marathi Enhancement Course)

Venue & Date-Online on Zoom Platform and offline at Oral Pathology Department, VSPM DCRC, Lecture Hall on 24th January 2022 to 16th February 2022

Year of implementation- Third BDS (2021-22)

Number of students attended- 51

Name of the agencies involved with contact details-Dr Jayashree Joshi, M.A (Marathi Literature), Contact no. -9850317692, drjavijoshi@gmail.com

Report of the program-The Spoken Marathi Enhancement Course was a very interactive four days program. The details of the modules were as follows

Module 1 24th January 2022, 11am- 3pm

- Importance of Marathi as a local language in conversation with patients in Maharashtra
- Introduction to Marathi (DevnagariLipi)
- Marathi Alphabets
- Number system
- Days and months
- Basic Marathi grammer (Subject Pronouns, Verbs with conjugation, tense)

Module 2 31st January 2022, 11am- 3pm

- Common words used in day to day life
- Common words used in Dentistry while conversing with patients
- Case suffixes, Subjective & Objective pronouns, Possessive & Demonstrative pronouns

Module 3 7th February 2022, 11am- 3pm

- Listening Comprehension
- Use of phrases while speaking
- How to bring fluency while conversing
- Presentation skills

Module 4 16th February 2022, 11am- 3pm

- How to start Marathi conversation practice
- Marathi etiquettes and good manners
- Best Apps for Marathi speaking practice
- Role plays

This program was very well appreciated by the students.

Amive
Dr Alka Dive
Chairperson, UG Cell
VSPMDC & RC, Nagpur



Usha
Dr Usha Radke
Dean,
VSPMDC & RC, Nagpur

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Mingna Road, Nagpur-440019



VSPM's Dental College and Research Centre, Nagpur

Undergraduate Cell

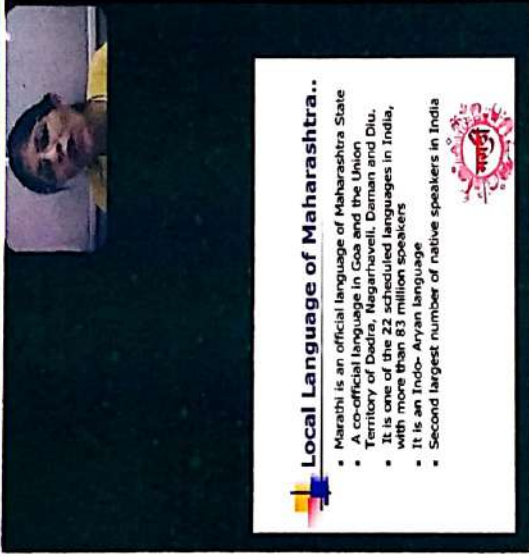


MAAZI MARATHI Spoken Marathi Enhancement Program 24th Jan-16th Feb 2022



Amriva

Dr Alka Dive
Chairperson
Undergraduate Cell
VSPM'S DCRC, Nagpur



Local Language of Maharashtra..

- Marathi is an official language of Maharashtra State
- A co-official language in Goa and the Union Territory of Dadra, Nagarhaveli, Daman and Diu.
- It is one of the 22 scheduled languages in India, with more than 83 million speakers
- It is an Indo- Aryan language
- Second largest number of native speakers in India



Usha

Dr Usha Radke
Dean
VSPM'S DCRC, Nagpur



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3. Yoga and wellness



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REF:VSPM'S DCRC/DEAN/SPORTS COM/F.NO. 46/1557/2022 DATE: 15/06/2022

CIRCULAR

As a part of "Azadi ka Amrut Mahotsav", The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with NKP SIMS, VSPM's College of Physiotherapy and VSPM's College of Nursing is organizing "8th International Day of Yoga 2022" with the Theme: "Yoga for Well-being" from 15th to 21st June 2022 as per the details given below:

Date	Activity	Time
15/06/2022	Common Yoga Protocol: Practice session for Teaching and Non-Teaching Staff Demonstrator: Mrs. Sulabha Kulkarni, Shri Janardan Swami Yogabhyasi Mandal, Nagpur.	10:00 a.m.- 10:45 a.m.
17/06/2022	Inter-collegiate Online Quiz Competition for UG & PG Students and interns Conducted by-Dr. Jaishree Chahande, Lecturer &Coordinator International Yoga Day 2022, VSPM's DCRC, Nagpur.	11:00 a.m.-11:30 a.m.
18/06/2022	Rallyto make the people aware about the 'Benefits of Yog-Asanas for Living a Healthy Life' Coordinator-NSS volunteers, VSPM's DCRC, Nagpur	10:00 a.m.-11:00 a.m.
20/06/2022	Webinar by renowned International Faculty on: 'Yoga for Well-being' Speaker: Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat & Panel Discussion on 'Importance of Yoga in Today's Era' By Experts Panel	10:00 a.m. Onwards
21/06/2022	'Mass Yoga Session' & 'Yoga Pledge' Speaker& Demonstrator:- Dr. Madhavi Mardikar, Head, Dept. of Physical Education, Institute of Science, Nagpur & Certified Yoga Trainer &Coordinator-Post Graduate Teaching Department of Physical Education & Sports, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.	09:30 a.m.-10:15 a.m.
21/06/2022	Valedictory Function	10:15 a.m. onwards

All teaching, non-teaching staffs, UG & PG Students and interns of NKP SIMS, VSPM'S DCRC, VSPM's College of Physiotherapy and VSPM College of Nursing are invited to celebrate events.

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- Zoom Link will be shared in group to attend Webinar and Panel Discussion.

Guidelines:

All are informed to bring Yoga Mat for the Yoga session.

E-certificate of participation will be issued to all participants and Prize distribution at Valedictory function after yoga session to all winners.

Inter-collegiate Online Quiz Competition on "Yoga for Wellbeing" and "International Yoga Day themes" till date for UG & PG Students and interns through Google form and link will be shared in students what's app groups.



Dr. Jaishree Chahande
Coordinator
International Yoga Day 2022 &
Wellness Centre
VSPM'S DCRC, NAGPUR



Dr. Anuj Chandak
Chairperson
Physical Education and
Sports Committee
VSPM'S DCRC, NAGPUR



Dr. Usha Radke
Dean
VSPM'S DCRC, NAGPUR
DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019

Copy submitted to:

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- 2) Hon'ble Working Chairman, VSPM AHE, Nagpur for information.
- 3) Hon'ble Secretary, VSPM AHE, Nagpur for information.
- 4) Hon'ble Treasurer, VSPM AHE, Nagpur for information.

Copy to:

- 1) Dean Office, VSPM's DCRC, Nagpur.
- 2) Dean Office, NKP SIMS, Nagpur.
- 3) Principal, VSPM's College of Physiotherapy, Nagpur.
- 4) Principal, VSPM's College of Nursing, Nagpur.
- 5) All HODs, VSPM'S DCRC, Nagpur.
- 6) Dr. Anuj Chandak, Chairperson, The Physical Education & Sports Committee.
- 7) Dr. Jaishree Chahande, IYD 2022 & Wellness Centre Coordinator, Web & LAN News & Announcement.
- 8) Dr. Sangita Bhattacharya, Lecturer, Orthodontics.
- 9) Dr. Pratik Burad, Web & LAN Events.
- 10) Mr. Chetan Deshmukh, A.O. & Coordinator-Non teaching staff, VSPM's DCRC, Nagpur.
- 11) S.A.O., NKP SIMS, Nagpur.
- 12) Mr. Manohar Dhadse, NKP SIMS, In charge, Matoshree Auditorium for information and arrangement.
- 13) Mr. Ghorpade, Video recording.
- 14) Mr. Anil Mamilwar, Photographer, NKP SIMS, Nagpur.
- 15) I.T. Department, NKP SIMS, Nagpur.
- 16) Mr. Ghode, Electric Dept., NKP SIMS, Nagpur.
- 17) Notice Board.



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REF: VSPM'S DCRC/DEAN/SPORTS COM/F.NO. 46/ 843 /2022

DATE: 05/ 07/2022

To,
The Secretary,
UGC, New Delhi &
The Secretary,
Students Welfare, NSS,
MUHS, Nashik

**VSPM's Dental College & Research Centre, Nagpur Enthusiastically celebrates
"8th International Yoga Day 2022": "Yoga for Humanity"
April-June 2022**

3 months Events Report & Video Links

On the occasion of "Azadi Ka Amrut Mahotsav", Physical Education and Sports Committee and Wellness Centre of VSPM's Dental College and Research Centre, Nagpur took the lead, guided by Dr. Usha Radke, Dean, VSPM's DCRC, Nagpur and organized 3 months programmes of "8th International Yoga Day 2022" with the Theme: "Yoga for Humanity" in collaboration with all the Institutes of VSPM Academy of Higher Education, NKP Salve Institute of Medical Sciences & Research Centre, & LMH, VSPM's College of Physiotherapy & VSPM's Madhuribai Deshmukh Institute of Nursing Education, Nagpur in accordance with GOI, Ministry of Ayush, UGC & MUHS, Nashik Guidelines from April-June 2022. Yoga charts were displayed in college premises and on college website for promotion of yoga.

The first program began on the occasion of Inauguration of Sports events of Annual Social Gathering of VSPM's DCRC on 21st April 2022 with a Guest Lecture by well-known National Volleyball Champion Dr. Madhavi Mardikar, Head, Dept. of Physical Education, Institute of Science, Nagpur & Coordinator, PGTD, RTMNU, Nagpur on 'Importance of Yoga for Physical & Mental Fitness for Healthcare Students'.

Dr. Neha Gotmare, HOD, Electrotherapy & Electro diagnosis, VSPM'S College of Physiotherapy, Nagpur, conducted a demonstration and practise session on 'Common Yoga Protocol' for Dental and Physiotherapy college students and interns on May 14, 2022. Mrs. Sulabha Kulkarni, S Yoga

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3





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Trainer, Shri Janardan Swami Yogabhyasi Mandal, Nagpur, led a workshop on 'Common Yoga Protocol for teaching and non-teaching staff from all four institutes on June 15, 2022.

On June 20, 2022, Online Panel Discussion was conducted on the topic of "Importance of Yoga in Today's Era" with distinguished panellists Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat, Dr. Mrunal Phatak, Dean Academics, Professor and Head, Dept. of Physiology AIIMS, Nagpur, Dr. Madhavi Mardikar, Head, Dept. of Phy. Edu, IOS, & Coordinator- PGTD, RTMNU Nagpur & Dr. Pooja M. Akhtar, Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur. Panel discussion was conducted by Dr. Jaishree Chahande. The audience responded positively, and the panellists' proposals to incorporate yoga into the curriculum of healthcare students sparked a lively deliberation.

A well-received Webinar on "Yoga for Well-being" by renowned International faculty Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat, which was moderated by Dr. Rakhee Tirpude, MD (Medical Physiology), Asso. Professor, NKP SIMS, Nagpur, was then held. All participants were welcomed by Dr. Anuj Chandak, Chairman, Physical Education & Sports Committee, VSPM's DCRC, Nagpur. All are encouraged to incorporate yoga into their daily routines for a healthy body, mind, and soul by Dr. Usha Radke, Dean, and Dr. Ramakrishna Sheno, Vice Dean, VSPM's DCRC, Nagpur during the inauguration of Panel discussion and Webinar.

The staff and students from all four Institutes came together to celebrate the 8th International Yoga Day on June 21, 2022, at Matoshree Auditorium, with Dr. Madhavi Mardikar, Head of the Department of Physical Education, IOS, and Coordinator-PGTD, RTMNU Nagpur and Certified Yoga Trainer was the Guest demonstrator for the "Mass Yoga session." The session began with the lighting of a traditional lamp by the dignitaries. Dr. Usha Radke, Dean, VSPM's DCRC, and Dr. Kajal Mitra, Dean, NKP SIMS, gave welcome addresses and informed the students about the benefits of yoga in their lives, and they welcome the guest trainer. Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Ramakrishna Sheno, Vice-Dean, VSPM's DCRC, Dr. Vilas Thombre, Vice-Dean, NKP SIMS and HOD's and senior faculties of all Institutes present during yoga session. This program was streamed live on college YouTube channel.

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Under the guidance of yoga professionals, the "Mass Yoga Session" was launched with the goal of making it a regular practise and "Yoga Pledge" was taken by all. This yoga session included standing, sitting, prone, and supine asanas as well as pranayama and meditation, and the guest highlighted the sincerity of daily practise. During the mass yoga session, everyone engaged fully. Dean of VSPM's DCRC, Dr. Maneesha Deshpande, Principal of VSPM's College of Physiotherapy, and Dr. Ramakrishna Sheno, Vice Dean, VSPM's DCRC, Nagpur presented a token of appreciation to the guest trainer. Video recording of this program was uploaded on college YouTube channel.

Inter-collegiate competitions for 'Yoga Awareness' were held for a week, and students and faculty participated enthusiastically. Dr. Jaishree Chahande, coordinator from VSPM's DCRC organised an Online Quiz competition for UG and PG students and interns; Dr. Bhavana Bhirud and Dr. Rakhee Tirpude, Coordinators from NKP SIMS, organised the E-poster competition; Dr. Pushpa Rewatkar and Dr. Kartik Shah, Coordinators from VSPM's Physiotherapy College, organised the Essay and Video Making Competitions; and Mrs. Gauri Padghan and Mrs. Sneha Betwar, Coordinators from MDINE organised the Slogan and Rangoli Competitions.

All coordinators declared the winners, and the Chief Guest and Heads of the Institutes presented them with certificates of appreciation. The programme was led by Miss Kiran Sontakke, an intern with VSPM's DCRC. Dr. Usha Radke commended everyone for their collaborative efforts and Dr. Madhavi Mardikar for making demonstrations simple to understand and sparing her valuable time. Dr. Jaishree Chahande, Chief Coordinator, IYD 2022 and In-charge Wellness Centre, expresses gratitude to the Management, Dean, Vice-Dean, Panelists, Speakers, Moderator, Yoga Trainers, HOD's, Faculties, students, volunteers and all coordinators for helping to make this programme a huge success.

YouTube Links -

- 1) 20th June 2022-Panel Discussion and Webinar-"Importance of Yoga in Today's Era" & Webinar on "Yoga for Well-being" - <https://youtu.be/sXl75k91T3A>
- 2) 21st June 2022 - "Mass Yoga Session" by Dr. Madhavi Mardikar
Part 1 - <https://youtu.be/pWLPCIt6Lto>
Part 2 - <https://youtu.be/EKiHlaM2z8>

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Winners of Inter-collegiate Competitions:

- **Winners of e-poster Competition Organized by NKP SIMS:**
 - 1st Prize - Priyal Wasule.
 - 2nd Prize - Dr Jaishree Chahande
 - 3rd Prize - for 2 participants. - Dr Anita Kahar and Sneha Bhujade.
- **Winners of Online Yoga Quiz Competition Organized by VSPMDCRC:**
- ✓ **Winners from Dental College:**
 - 1st Prize - Riya Rohra
 - 2nd Prize - Mayur Tupate
 - 3rd Prize - Gayatri Nagdeve
- ✓ **Winners from Physiotherapy College:**
 - 1st Prize - Pratik Shahane
 - 2nd Prize - Rajshree Chore
 - 3rd Prize - Jinal Patel
- ✓ **Winners from Nursing College:**
 - 1st Prize - Dhanashree Tete
 - 2nd Prize - Saundarya Sidam
 - 3rd Prize - Saloni Sahu
- **Winners of Essay Competition Organized by VSPM's College of Physiotherapy:**
 - 1st Prize - Prachi Kewat
 - 2nd Prize - Samiksha Ghagre
 - 3rd Prize - Priyal Wasule
- **Winners of Video making Competition Organized by VSPM's College of Physiotherapy:**
 - 1st rank- Sanidhi Ade (BDS II, VSPM dental college)
 - 2nd rank- Iram Gazi
 - 3rd rank- Dr. Gurpreet Juneja (MPTH I, VSPM college)
- **Winners of Slogan Competition Organized by VSPM's Nursing College:**
 - 1st Prize - Pooja Bavanjule (Bsc Nursing 1st Year)
 - 2nd Prize - Priyal Vasule (Dental 1st Year)
 - 3rd Prize - Shubhangi Bisen (Bsc Nursing 1st Year)
- **Winners of Rangoli competition Organized by VSPM's Nursing College:**
 - 1st Prize -Prerana Chikate, Sneha Bhujade & Kiran Sontakke (Dental Interns)
 - 2nd Prize - Rupali Chaudhary. (GNM 3rd year)

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Date wise Events photographs

Physical Education & Sports Committee, VSPM's DCRC, Nagpur organized Inauguration of Sports events of Annual Social Gathering with a Guest Lecture by well-known National Volleyball Champion Dr. Madhavi Mardikar, Head, Dept. of Physical Education, Institute of Science, Nagpur & Coordinator, PGTD, RTMNU, Nagpur on 'Importance of Yoga for Physical & Mental Fitness for Healthcare Students' - on 21st April 2022



Umesh



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Email: vspmdrcnagpur@gmail.com Website: <https://vspmdrc.edu.in>

Physical Education & Sports Committee & Wellness Centre, VSPM's DCRC, Nagpur organized Common Yoga Protocol Session by Dr. Neha Gotmare, HOD, Electrotherapy & Electro diagnosis, VSPM'S College of Physiotherapy, Nagpur for Dental & Physiotherapy Students & Interns-14th May 2022



Neha



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**Physical Education & Sports Committee & Wellness Centre, VSPM's DCRC, Nagpur organized
Common Yoga Protocol Session by Mrs. Sulabha Kulkarni, S Yoga Trainer, Shri Janardan
Swami Yogabhyasi Mandal, Nagpur for Teaching & Non teaching staff of VSPM AHE
15th June 2022**



Umesh

DBAN

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Online Panel Discussion on "Importance of Yoga in Today's Era": panellists Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat, Dr. Mrunal Phatak, Dean Academics, Professor and Head, Dept. of Physiology AIIMS, Nagpur, Dr. Madhavi Mardikar, Head, Dept. of Phy. Edu., IOS, & Coordinator- PGTD, RTMNU Nagpur & Dr. Pooja M. Akhtar, Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur, Conducted by Dr. Jashree Chahande. & Webinar on "Yoga for Well-being" by Dr. Vrunda Pimpalkhute & Moderated by Dr. Rakhee Tirpude- 20th June 2022



आजादी का अमृत महोत्सव



Physical Education and Sports Committees VSPM's DCRC, Nagpur in collaboration with NKP SIMS, VSPM's College of Physiotherapy & VSPM's MDINE Organizing 8th International Yoga Day, 21st June 2022
Theme: "Yoga for Humanity"

Online Panel Discussion: "Importance of Yoga in Today's Era"

Dr. Vrunda Pimpalkhute MD (Internal Medicine), Registrar, FAMCO Dept., SQUH, Muscat	Dr. Mrunal Phatak Dean Academics, Professor & Head, Dept. of Physiology AIIMS, Nagpur		Dr. Madhavi Mardikar Head, Dept. of Phy. Edu., IOS, & Coordinator- PGTD, RTMNU Nagpur	Dr. Pooja M. Akhtar Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur

HAPPINESS IS CORRELATED TO IQ

- Happiness and well-being
- Happiness is well-being
- Happiness = well-being

U. Redhe



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"Mass Yoga session"

8th International Yoga Day: "Yoga For Humanity"

**Guest Demonstrator - Dr. Madhavi Mardikar, Head of the Department of Physical Education,
IOS, and Coordinator-PGTD, RTMNU Nagpur and Certified Yoga Trainer
at Matoshree Auditorium
on 21st June, 2022**



Madhavi



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**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
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Email: vspmdrcnagpur@gmail.com Website: <https://vspmdrc.edu.in>

"Mass Yoga session"

8th International Yoga Day: "Yoga For Humanity"

Lighting of a traditional lamp by the dignitaries. Dr. Kajal Mitra, Dean, NKP SIMS, Dr. Usha Radke, Dean, VSPM's DCRC, Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Ramakrishna Shenoi, Vice-Dean, VSPM's DCRC, Dr. Vilas Thombre, Vice-Dean, NKP SIMS and HOD's and Senior Faculties of all Institutes



Usha



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**8th International Yoga Day: "Yoga For Humanity"
Felicitation of Winners of Inter-collegiate Competitions-
E-Poster, Online Quiz, Essay, Video Making, Slogan & Rangoli**



Neelam

DEAN

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**Participants of Mass Yoga Session
21st June 2022**



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Coordinator
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Anuj

Dr. Anuj Chandak
Chairperson
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Officiating Dean
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Copy submitted to:

- 1) Secretary, UGC, University Activity Monitoring Portal (UAMP) <https://uamp.ugc.ac.in/>
- 2) Secretary, Students Welfare, NSS, MUHS, Nashik

Copy to:

- 1) Dean Office, VSPM's DCRC, Nagpur.
- 2) Dr. Anuj Chandak, Chairperson, The Physical Education & Sports Committee.
- 3) Dr. Jaishree Chahande, Chief Coordinator IYD 2022 & Wellness Centre.

U. K. Kulkarni

The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with NKP SIMS, VSPM's College of Physiotherapy & VSPM's College of Nursing organizing Azadi Ka Amrut Mahotsav-8th International Yoga Day 2022

Mass Yoga Session

Demonstrator:-Dr. Madhavi Mardikar, Head, Dept. of Phy. Edu., IOS, & Coordinator- PGTD, RTMNU,

Nagpur & Certified Yoga Trainer

Date:-21st June 2022

Time - 10:00 a.m. onwards

Dental - (47)

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8th International Yoga Day 2022
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Mass Yoga Session
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Demonstrator: Dr. Madhavi Mardikar

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**Online Inter-collegiate Quiz on occasion of
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**Online Panel Discussion on "Importance of Yoga in Today's Era" &
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8th International Yoga Day 2022
Date: 20th June 2022
Attendance Sheet**

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DATE: 13/ 06/2022

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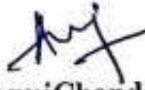
As a part of 8th International Day of Yoga 2022 under "Azadika Amrut Mahotsav", The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur is organizing 'Common Yoga Protocol': Demonstration and Practice session for Medical, Dental, Physiotherapy and Nursing College Teaching and Non-Teaching Staffs on 15th June 2022 as per the details given below:


- Date: Wednesday, 15th June 2022
- Time: 10:00 a.m. Onwards
- Topic: "Common Yoga Protocol": Demonstration & Practice
- Speaker/Demonstrator: Mrs. Sulbha Kulkarni, ShriJanardan Swami Yogabhyasi Mandal, Nagpur
- Venue: Matoshree Auditorium

All are informed to bring Yoga Mat for the Yoga session.


Dr. Jaishree Chahande
Coordinator

International Yoga Day 2022 & Wellness
Centre
VSPM'S DCRC, NAGPUR


Dr. Anuj Chandak
Chairperson
Physical Education and
Sports Committee
VSPM'S DCRC, NAGPUR


Dr. Usha Radke
Dean
VSPM'S DCRC, NAGPUR

Copy to:

- 1) Dean Office, VSPM's DCRC, Nagpur.
- 2) Dean Office, NKP SIMS, Nagpur.
- 3) Principal, VSPM's College of Physiotherapy, Nagpur.
- 4) Principal, VSPM's College of Nursing, Nagpur.
- 5) All HODs, VSPM'S DCRC, Nagpur.
- 6) Dr. Anuj Chandak, Chairperson, The Physical education & Sports Committee.
- 7) Dr. Jaishree Chahande, IYD 2022 & Wellness Centre Coordinator, Web & LAN News & Announcement.
- 8) A.O. VSPM's DCRC, Nagpur.
- 9) S.A.O., NKP SIMS, Nagpur.
- 10) Mr. Manohar Dhadse, NKP SIMS, Nagpur for Matoshree Hall arrangement.
- 11) Mr. Ghode, Electric Dept., NKP SIMS, Nagpur.
- 12) Dr. Sangita Bhattacharya, Lecturer, Orthodontics.
- 13) Dr. Pratik Burad, Web & LAN Events.
- 14) Notice Board.

DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019



The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with NKP SIMS, VSPM's College of Physiotherapy & VSPM's College of Nursing organizing Azadi Ka Amrut Mahotsav-8th International Yoga Day 2022

Common Yoga Protocol Session

Demonstrator:-Mrs. Sulabha Kulkarni, Trainer, Shri Janardan Swami Yogabhyasi Mandal, Nagpur

Date:-15th June 2022

Time - 10:00 a.m. onwards

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**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
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Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>


REF:VSPM'S DCRC/DEAN/SPORTS COM/F.NO. 46/655/2022 **DATE: 05/05/2022**

CIRCULAR


As a part of 8th International Day of Yoga 2022, The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM's College of Physiotherapy, Nagpur is organizing 'Common Yoga Protocol: Demonstration and Practice session for Dental and Physiotherapy interns and students on 14th May 2022 as per the details given below:

- Date : Saturday, 14th May 2022
- Time : 9:00 a.m. Onwards
- Topic : "Common Yoga Protocol": Demonstration & Practice
- Speaker/Demonstrator: Dr. Neha Gotmare, Associate Professor & HOD, Dept. of Electrotherapy & Electro diagnosis, VSPM's College of Physiotherapy, Nagpur
- Venue : Matoshree Auditorium

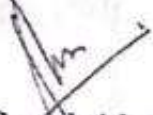
All HOD's are informed to relieve the interns and students to attend the Yoga session.


Dr. Jaishree Chahande
Coordinator

International Yoga Day 2022 & Wellness
Centre
VSPM'S DCRC, NAGPUR


Dr. Anuj Chandak
Chairperson

Physical Education and Sports
Committee
VSPM'S DCRC, NAGPUR


Dr. Ramakrishna Sheno
Officiating Dean

VSPM'S DCRC, NAGPUR

Copy to:

- 1) Dean Office, VSPM's DCRC, Nagpur.
- 2) Principal, VSPM's College of Physiotherapy, Nagpur.
- 3) All HODs, VSPM'S DCRC, Nagpur.
- 4) Dr. Anuj Chandak, Chairperson, The Physical education & Sports Committee.
- 5) Dr. Jaishree Chahande, IYD 2022 & Wellness Centre Coordinator, Web & LAN News & Announcement.
- 6) Dr. Pushpa Rewatkar, IYD 2022 Coordinator, VSPM's College of Physiotherapy, Nagpur.
- 7) A.O. VSPM's DCRC, Nagpur.
- 8) S.A.O., NKP SIMS, Nagpur.
- 9) Mr. Manohar Dhadse, NKP SIMS, Nagpur for Matoshree Hall arrangement.
- 10) Mr. Ghode, Electric Dept., NKP SIMS, Nagpur.
- 11) Dr. Sangita Bhattacharya, Lecturer, Orthodontics.
- 12) Dr. Pratik Burad, Web & LAN Events.
- 13) Notice Board.




DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019



Physical Education and Sports Committee

VSPM'S Dental College & Research Centre,
Nagpur

in association with

VSPM'S College of Physiotherapy, Nagpur



As a part of '8th International Day of Yoga 2022'

Yoga Session

for Dental & Physiotherapy
Interns & Students

Date: Saturday, 14th May 2022

Time: 09:00 a. m. Onwards

Venue: Matoshree Auditorium



Topic: "Common Yoga Protocol"
Demonstration & Practice session

Speaker: Dr. Neha Gotmare

Associate Professor & HOD,
Dept. of Electrotherapy & Electro diagnosis,
VSPM's College of Physiotherapy, Nagpur



Registration link



<https://forms.gle/v8WGAP4Yc9t52uqv7>

Co-ordinator: Dr. Jaishree Chahande

Contact no.-9623485757

E-mail id: wellnessvspm@gmail.com

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019



VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by Physical Education & Sports Committee

Speaker: Dr. Neha Gotmare, Associate Professor & HOD, Department of Electrotherapy & Electro diagnosis, VSPM's College of

Physiotherapy, Nagpur

Monday, 14th May 2022

Time: 09:00 a.m.

Venue: Matoshree Auditorium

Attendance of Students & Interns

Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
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VSPM'S Dental College & Research Centre, Digdoh Hills Hingna Road, Nagpur-440019



VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by Physical Education & Sports Committee

Speaker: Dr. Neha Gotmare, Associate Professor & HOD, Department of Electrotherapy & Electro diagnosis, VSPM's College of Physiotherapy, Nagpur

Monday, 14th May 2022

Time: 09:00 a.m.

Venue: Matoshree Auditorium

Attendance of Students & Interns

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VSPM'S Dental College & Research Centre, Digdon Hills
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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by: Physical Education & Sports Committee

Speaker: Dr. Neha Gotmare, Associate Professor & HOD, Department of Electrotherapy & Electro diagnosis, VSPM's College of Physiotherapy, Nagpur

Monday, 14th May 2022

Time: 09:00 a.m.

Venue: Matoshree Auditorium

Attendance of Students & Interns

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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by Physical Education & Sports committee

Speaker: Dr. Neha Gotmare, Associate Professor & HOD, Department of Electrotherapy & Electro diagnosis, VSPM's College of Physiotherapy, Nagpur

Monday, 14th May 2022

Time: 09:00 a.m.

Venue: Matoshree Auditorium

Attendance of Students & Interns

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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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Monday, 14th May 2022

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55.	Simsha Sarda	VSPM DCRC	8766725989		

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Research Centre, Digooh Hills
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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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65	Himanshi Gohatre	VSPM DCRC	8482939108		<i>Himanshi</i>
66	M. Ameen Ansari	VSPM DCRC	7448088146		<i>Ameen</i>

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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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68	Atharva Fuke	VSPM DCRC	8468963906		



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VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by Physical Education & Sports Committee

Speaker: Dr. Neha Gotmare, Associate Professor & FOD, Department of Electrotherapy & Electro diagnosis, VSPM's College of Physiotherapy, Nagpur

Monday, 14th May 2022

Time: 09:00 a.m.

Venue: Matoshree Auditorium

Attendance of Students & Interns

Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
1.	Ms. Richa Ravindra Singh	V.S.P.M.C college of Physiotherapy	301288117	richa19992050@gmail.com	
2.	Pinak Trishant Dhomse	VSPM's college of Physiotherapy	7029942065	pinakdhome32@gmail.com	
3.	Apoorva Vijay Anshale	VSPM's college of physiotherapy	7158942762	apoorvavandekar10@gmail.com	
4.	Mansi Agrawal	VSPM's college of physiotherapy	9402148867	mansigawar@gmail.com	
5.	Mohini Haribhai	VSPM's college of physiotherapy	7076125202	mohiniharibhai10@gmail.com	
6.	Seesana Nehale	VSPM's college of physiotherapy	7218170912	nehaleseesana1404@gmail.com	
7.	Tanushri Supekar	VSPM's college of physiotherapy	7822784909	tanushrisupekar24@gmail.com	
8.	Pragati Nehete	VSPM's college of physiotherapy	9594928387	nehetepragati@gmail.com	
9.	Shreya Verma	VSPM's college of physiotherapy	7020113910	shreyaverma18518@gmail.com	
10.	Dnyaneshi Kadarkarman	VSPM's college of physiotherapy	7083289491	dnyspuri1109@gmail.com	
11.	Angali Bhallad	VSPMCDP	9607511271	angalibhallad@gmail.com	

Umesh

VSPM'S Dental College & Research Centre, Digholi Hills
Mingna Road, Nagpur-440019



VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
12.	Ashwika Chhatad	VSPM College of Physio	9870529166	AshwikaChhatad11@gmail.com	<i>[Signature]</i>
13.	Vaishnavi Chhatad	VSPM's College of Physio	9028912090	VaishnaviChhatad23711@gmail.com	<i>[Signature]</i>
14.	Nafisa City	VSPM's college of Physio	9820594598	nafisa.city@gmail.com	<i>[Signature]</i>
15.	Gautami Dal	VSPM's college of Physio	7038995810	gautami.dal@gmail.com	<i>[Signature]</i>
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	Rodika Bhaige	VSPMCOF	9860701671	rodika.bhaige@gmail.com	<i>[Signature]</i>
	Aishwarya Pashine	VSPMCOF	9421724405	aishwaryapashine@gmail.com	<i>[Signature]</i>
19	Mubarak Samali	VSPMCOF	7582929295	mubarak.samali@gmail.com	<i>[Signature]</i>
20	Priyanka Chitkate	VSPMCOF	9021526167	priyankachitkate@gmail.com	<i>[Signature]</i>
21.	Palak Pampallya	VSPMCOF	9421754999	palak.pampallya@gmail.com	<i>[Signature]</i>
22	Apurva Murhute	VSPMCOF	8665884368	apurva.murhute@gmail.com	<i>[Signature]</i>



[Handwritten Signature]

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Nagpur-440018

VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
23.	Riya Wase	V.S.P.M's college of Physio.	9552002586	waseriya31@gmail.com	Riyawase
24.	Priyanka Gate	V.S.P.M's college of Physio.	9423464635	gatepriya18@gmail.com	Gate
25.	Mansi Subhedar	VSPM's College of Physio	8308424904	manasisubhedar22@gmail.com	Mansi
26.	Munmayee Khandagall	V.S.P.M's college of Physio	719959670	munmayee_pt@gmail.com	Munmayee
27.	Jayshree Kankhake	V.S.P.M's coll. of Physio	8999744158	Jayshree.kankhake@gmail.com	Jayshree
28.	Renuka Rohane	V.S.P.M's coll. of Physio	8330983616	RenukaRohane97@gmail.com	Renuka
29.	Sambhav Srinthani	V.S.P.M's coll. of Physio	9518334615	sambhavsrinthani@gmail.com	Sambhav
30.	Simran M. Jethani	V.S.P.M's college of Physio	5669800384	Simranjethani@icloud.com	Simran
31.	Shreutika Wagh	V.S.P.M's college of Physio	7083408271	shreutikawagh10@gmail.com	Shreutika
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33.	Dr. Khushboo Lajewar	VSPM'S college of PT	8484833392	khushbooul@gmail.com	Dr. Lajewar

Medical

VSPM'S Dental College & Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

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Monday, 14th May 2022

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Venue: Matoshree Auditorium

Attendance: of Students & Interns

Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
34.	Dr. Mayuri A. Dethle	VSPM's college of PT	7350883800	mayuridethle7@gmail.com	M/D
35.	Shivani Dahmule	VSPM'S college of PT	9123058624	dshivani66@gmail.com	Shivani
36.	Prachi Bhayav	VSPM'S COP	9773099521	prachibhayav@gmail.com	Prachi
37.	Dr. Rashi Budhraga	VSPM'S COP	7720093314	rashibudhraga402@gmail.com	Rashi
38.	Nishita Chaudhari	VSPM'S COP	8327027525	nishitachaudhari3@gmail.com	Nishita
39.	Umisha Rathi	VSPM'S COP	9922579369	umisharomare100@gmail.com	Umisha
40.	Bhavna Chandani	VSPM'S COP	9579445012	bhavnachandani100@gmail.com	Bhavna
41.	Ajaly Carwalla	VSPM'S COP	7975968907	ajalycarwalla10@gmail.com	Ajaly
42.	Simran Umade	VSPM'S COP	7807447168	simranumade11@gmail.com	Simran
43.	Divyanshi Agnihotri	VSPM'S COP	8530477543	divyanshiagnihotri@gmail.com	Divyanshi
44.	Anushi Fulele	VSPM'S COP	9518358304	anushifulele25@gmail.com	Anushi

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VSPM'S Dental Clinic & Research Centre, Digdoh Mills
Hingna Road, Nagpur-440019



VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session

Organized by Physical Education & Sports Committee

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Monday, 14th Ma 2022

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Sr. No.	Full Name	Name of College	Mobile no.	Mail id	Sign
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50.	Bhagyashree Sonkar	VSPM COP	707079057	sonkarbhagyashree1992@gmail.com	<i>Bhagyashree</i>
51.	Aditi Saye	VSPM COP	7272220007	aditisonkar@gmail.com	<i>Aditi</i>
52.	Siddhi Chaudhary	VSPM COP	9667454441	siddhi.chaudhary@gmail.com	<i>Siddhi</i>
53.	Rasika Kati	VSPM COP	860052346	rasikakate21@gmail.com	<i>Rasika</i>
54.	Neha				
55.					

Ushika

DBAN

VSPM'S Dental College & Research Centre, Digooch Hills
Nagpur-440019





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Email: vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

REF: VSPM'S DCRC/DEAN/SPORTS COM/F.NO. 46/ 843 /2022

DATE: 05/ 07/2022

To,
The Secretary,
UGC, New Delhi &
The Secretary,
Students Welfare, NSS,
MUHS, Nashik

**VSPM's Dental College & Research Centre, Nagpur Enthusiastically celebrates
"8th International Yoga Day 2022": "Yoga for Humanity"
April-June 2022**

3 months Events Report & Video Links

On the occasion of "Azadi Ka Amrut Mahotsav", Physical Education and Sports Committee and Wellness Centre of VSPM's Dental College and Research Centre, Nagpur took the lead, guided by Dr. Usha Radke, Dean, VSPM's DCRC, Nagpur and organized 3 months programmes of "8th International Yoga Day 2022" with the Theme: "Yoga for Humanity" in collaboration with all the Institutes of VSPM Academy of Higher Education, NKP Salve Institute of Medical Sciences & Research Centre, & LMH, VSPM's College of Physiotherapy & VSPM's Madhuribai Deshmukh Institute of Nursing Education, Nagpur in accordance with GOI, Ministry of Ayush, UGC & MUHS, Nashik Guidelines from April-June 2022. Yoga charts were displayed in college premises and on college website for promotion of yoga.

The first program began on the occasion of Inauguration of Sports events of Annual Social Gathering of VSPM's DCRC on 21st April 2022 with a Guest Lecture by well-known National Volleyball Champion Dr. Madhavi Mardikar, Head, Dept. of Physical Education, Institute of Science, Nagpur & Coordinator, PGTD, RTMNU, Nagpur on 'Importance of Yoga for Physical & Mental Fitness for Healthcare Students'.

Dr. Neha Gotmare, HOD, Electrotherapy & Electro diagnosis, VSPM'S College of Physiotherapy, Nagpur, conducted a demonstration and practise session on 'Common Yoga Protocol' for Dental and Physiotherapy college students and interns on May 14, 2022. Mrs. Sulabha Kulkarni, S Yoga



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Trainer, Shri Janardan Swami Yogabhyasi Mandal, Nagpur, led a workshop on 'Common Yoga Protocol' for teaching and non-teaching staff from all four institutes on June 15, 2022.

On June 20, 2022, Online Panel Discussion was conducted on the topic of "Importance of Yoga in Today's Era" with distinguished panellists Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat, Dr. Mrunal Phatak, Dean Academics, Professor and Head, Dept. of Physiology AIIMS, Nagpur, Dr. Madhavi Mardikar, Head, Dept. of Phy. Edu., IOS, & Coordinator- PGTD, RTMNU Nagpur & Dr. Pooja M. Akhtar, Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur. Panel discussion was conducted by Dr. Jaishree Chahande. The audience responded positively, and the panellists' proposals to incorporate yoga into the curriculum of healthcare students sparked a lively deliberation.

A well-received Webinar on "Yoga for Well-being" by renowned International faculty Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQUH, Muscat, which was moderated by Dr. Rakhee Tirpude, MD (Medical Physiology), Asso. Professor, NKP SIMS, Nagpur, was then held. All participants were welcomed by Dr. Anuj Chandak, Chairman, Physical Education & Sports Committee, VSPM's DCRC, Nagpur. All are encouraged to incorporate yoga into their daily routines for a healthy body, mind, and soul by Dr. Usha Radke, Dean, and Dr. Ramakrishna Sheno, Vice Dean, VSPM's DCRC, Nagpur during the inauguration of Panel discussion and Webinar.

The staff and students from all four Institutes came together to celebrate the 8th International Yoga Day on June 21, 2022, at Matoshree Auditorium, with Dr. Madhavi Mardikar, Head of the Department of Physical Education, IOS, and Coordinator-PGTD, RTMNU Nagpur and Certified Yoga Trainer was the Guest demonstrator for the "Mass Yoga session." The session began with the lighting of a traditional lamp by the dignitaries. Dr. Usha Radke, Dean, VSPM's DCRC, and Dr. Kajal Mitra, Dean, NKP SIMS, gave welcome addresses and informed the students about the benefits of yoga in their lives, and they welcome the guest trainer. Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Ramakrishna Sheno, Vice-Dean, VSPM's DCRC, Dr. Vilas Thombre, Vice-Dean, NKP SIMS and HOD's and senior faculties of all Institutes present during yoga session. This program was streamed live on college YouTube channel.



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Under the guidance of yoga professionals, the "Mass Yoga Session" was launched with the goal of making it a regular practise and "Yoga Pledge" was taken by all. This yoga session included standing, sitting, prone, and supine asanas as well as pranayama and meditation, and the guest highlighted the sincerity of daily practise. During the mass yoga session, everyone engaged fully. Dean of VSPM's DCRC, Dr. Maneesha Deshpande, Principal of VSPM's College of Physiotherapy, and Dr. Ramakrishna Shenoi, Vice Dean, VSPM's DCRC, Nagpur presented a token of appreciation to the guest trainer. Video recording of this program was uploaded on college YouTube channel.

Inter-collegiate competitions for 'Yoga Awareness' were held for a week, and students and faculty participated enthusiastically. Dr. Jaishree Chahande, coordinator from VSPM's DCRC organised an Online Quiz competition for UG and PG students and interns; Dr. Bhavana Bhirud and Dr. Rakhee Tirpude, Coordinators from NKP SIMS, organised the E-poster competition; Dr. Pushpa Rewatkar and Dr. Kartik Shah, Coordinators from VSPM's Physiotherapy College, organised the Essay and Video Making Competitions; and Mrs. Gauri Padghan and Mrs. Sneha Betwar, Coordinators from MDINE organised the Slogan and Rangoli Competitions.

All coordinators declared the winners, and the Chief Guest and Heads of the Institutes presented them with certificates of appreciation. The programme was led by Miss Kiran Sontakke, an intern with VSPM's DCRC. Dr. Usha Radke commended everyone for their collaborative efforts and Dr. Madhavi Mardikar for making demonstrations simple to understand and sparing her valuable time. Dr. Jaishree Chahande, Chief Coordinator, IYD 2022 and In-charge Wellness Centre, expresses gratitude to the Management, Dean, Vice-Dean, Panelists, Speakers, Moderator, Yoga Trainers, HOD's, Faculties, students, volunteers and all coordinators for helping to make this programme a huge success.

YouTube Links –

- 1) 20th June 2022-Panel Discussion and Webinar-"Importance of Yoga in Today's Era" & Webinar on "Yoga for Well-being" –
<https://youtu.be/sXl75k91T3A>
- 2) 21st June 2022 - "Mass Yoga Session" by Dr. Madhavi Mardikar
Part 1- <https://youtu.be/pWLPCh6Lto>
Part 2 - <https://youtu.be/EKIHlaM2z8>



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Winners of Inter-collegiate Competitions:

- **Winners of e-poster Competition Organized by NKP SIMS:**
 - 1st Prize - Priyal Wasule.
 - 2nd Prize - Dr Jaishree Chahande
 - 3rd Prize - for 2 participants. - Dr Anita Kahar and Sneha Bhujade.

- **Winners of Online Yoga Quiz Competition Organized by VSPMDCRC:**
- ✓ **Winners from Dental College:**
 - 1st Prize – Riya Rohra
 - 2nd Prize - Mayur Tupate
 - 3rd Prize – Gayatri Nagdeve

- ✓ **Winners from Physiotherapy College:**
 - 1st Prize – Pratik Shahane
 - 2nd Prize – Rajshree Chore
 - 3rd Prize – Jinal Patel

- ✓ **Winners from Nursing College:**
 - 1st Prize – Dhanashree Tete
 - 2nd Prize – Saundarya Sidam
 - 3rd Prize – Saloni Sahu

- **Winners of Essay Competition Organized by VSPM's College of Physiotherapy:**
 - 1st Prize - Prachi Kewat
 - 2nd Prize - Samiksha Ghagre
 - 3rd Prize - Priyal Wasule

- **Winners of Video making Competition Organized by VSPM's College of Physiotherapy:**
 - 1st rank- Sanidhi Ade (BDS II, VSPM dental college)
 - 2nd rank- Iram Gazi
 - 3rd rank- Dr. Gurpreet Juneja (MPTH I, VSPM college)

- **Winners of Slogan Competition Organized by VSPM's Nursing College:**
 - 1st Prize - Pooja Bavanjule (Bsc Nursing 1st Year)
 - 2nd Prize - Priyal Vasule (Dental 1st Year)
 - 3rd Prize - Shubhangi Bisen (Bsc Nursing 1st Year)

- **Winners of Rangoli competition Organized by VSPM's Nursing College:**
 - 1st Prize -Prerana Chikate, Sneha Bhujade & Kiran Sontakke (Dental Interns)
 - 2nd Prize - Rupali Chaudhary. (GNM 3rd year)



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Date wise Events photographs

Physical Education & Sports Committee, VSPM's DCRC, Nagpur organized Inauguration of Sports events of Annual Social Gathering with a Guest Lecture by well-known National Volleyball Champion Dr. Madhavi Mardikar, Head, Dept. of Physical Education, Institute of Science, Nagpur & Coordinator, PGTD, RTMNU, Nagpur on 'Importance of Yoga for Physical & Mental Fitness for Healthcare Students'- on 21st April 2022





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**Physical Education & Sports Committee & Wellness Centre, VSPM's DCRC,
Nagpur organized Common Yoga Protocol Session by Dr. Neha Gotmare, HOD,
Electrotherapy & Electro diagnosis, VSPM'S College of Physiotherapy, Nagpur for
Dental & Physiotherapy Students & Interns-14th May 2022**





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Email: vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

**Physical Education & Sports Committee & Wellness Centre, VSPM's DCRC, Nagpur organized
Common Yoga Protocol Session by Mrs. Sulabha Kulkarni, S Yoga Trainer, Shri Janardan
Swami Yogabhyasi Mandal, Nagpur for Teaching & Non teaching staff of VSPM AHE
15th June 2022**





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Online Panel Discussion on "Importance of Yoga in Today's Era": panellists Dr. Vrunda Pimpalkhute, MD (Internal Medicine), Registrar, FAMCO Dept. SQH, Muscat, Dr. Mrunal Phatak, Dean Academics, Professor and Head, Dept. of Physiology AIIMS, Nagpur, Dr. Madhavi Mardikar, Head, Dept. of Phy. Edu., IOS, & Coordinator- PGTD, RTMNU Nagpur & Dr. Pooja M. Akhtar, Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur, Conducted by Dr. Jaishree Chahande. & Webinar on "Yoga for Well-being" by Dr. Vrunda Pimpalkhute & Moderated by Dr. Rakhee Tirpude- 20th June 2022



आजादी का अमृत महोत्सव



Physical Education and Sports Committee VSPM'S DCRC, Nagpur in collaboration with NKP SIMS, VSPM's College of Physiotherapy & VSPM's MDINE Organizing 8th International Yoga Day, 21st June 2022
Theme: "Yoga for Humanity"

Online Panel Discussion : "Importance of Yoga in Today's Era"

Dr. Vrunda Pimpalkhute MD (Internal Medicine), Registrar, FAMCO Dept., SQH, Muscat	Dr. Mrunal Phatak Dean Academics, Professor & Head, Dept. of Physiology AIIMS, Nagpur		Dr. Madhavi Mardikar Head, Dept. of Phy. Edu., IOS, & Coordinator, PGTD, RTMNU Nagpur	Dr. Pooja M. Akhtar Head, Dept. of Kinesiotherapy & Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur

HAPPINESS IS UNRELATED TO IQ
 Happiness is not being
 Happiness is not being
 Happiness is not being



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Email: vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

"Mass Yoga session"

8th International Yoga Day: "Yoga For Humanity"

Guest Demonstrator - Dr. Madhavi Mardikar, Head of the Department of Physical Education, IOS, and Coordinator-PGTD, RTMNU Nagpur and Certified Yoga Trainer at Matoshree Auditorium on 21st June, 2022





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"Mass Yoga session"

8th International Yoga Day: "Yoga For Humanity"

Lighting of a traditional lamp by the dignitaries. Dr. Kajal Mitra, Dean, NKP SIMS, Dr. Usha Radke, Dean, VSPM's DCRC, Dr. Maneesha Deshpande, Principal, VSPM's College of Physiotherapy, Dr. Ramakrishna Shenoi, Vice-Dean, VSPM's DCRC, Dr. Vilas Thombre, Vice-Dean, NKP SIMS and HOD's and Senior Faculties of all Institutes





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Email: vspmdrcnagpur@gmail.com Website: <https://vspmdrc.edu.in>

**8th International Yoga Day: "Yoga For Humanity"
Felicitation of Winners of Inter-collegiate Competitions-
E-Poster, Online Quiz, Essay, Video Making, Slogan & Rangoli**





**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
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Email: vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

**Participants of Mass Yoga Session
21st June 2022**



Jaishree

Dr. Jaishree Chahande
Coordinator
International Yoga Day 2022 &
Wellness Centre
VSPM'S DCRC, NAGPUR

Anuj

Dr. Anuj Chandak
Chairperson
Physical Education and
Sports Committee
VSPM'S DCRC, NAGPUR

Ramakrishna

Dr. Ramakrishna Sheno
Officiating Dean
VSPM'S DCRC, NAGPUR



Copy submitted to:

- 1) Secretary, UGC, University Activity Monitoring Portal (UAMP) <https://uamp.ugc.ac.in/>
- 2) Secretary, Students Welfare, NSS, MUHS, Nashik

Copy to:

- 1) Dean Office, VSPM's DCRC, Nagpur.
- 2) Dr. Anuj Chandak, Chairperson, The Physical Education & Sports Committee.
- 3) Dr. Jaishree Chahande, Chief Coordinator IYD 2022 & Wellness Centre.

To,
The Dean
VSPM Dental College and Research Center,
Nagpur.

03/08/2021

Subject : Offline yoga classes for dental undergraduate and intern.
Ref: Telephonic talk with Dr. Jaishree Chahande.

Respected Madam,

As per request from you, herewith sending schedule and list of topics for yoga offline classes of undergraduate dental students and interns by Physiotherapy faculties.

Kindly find the attached document /list.

Attachment : List and schedule for offline yoga classes for dental students with Physiotherapy faculty names.

Thanking you.

Yours'



Dr. Maneesha S. Deshpande,
Principal-Professor
VSPM's college of Physiotherapy
Hingna, Nagpur.

Principal
V.S.P.M's College of Physiotherapy,
Digdoh Hills, Hingna Road, Nagpur-19



DEAN
V.S.P.M's Dental College
Research Centre, Digdoh
Hingna Road, Nagpur

**YOGA SCHEDULE(OFFLINE)2021-2022
FOR UNDERGRADUATE (BDS) AND INTERNS**

YEAR STUDY	OF	DAY	TIME	FACULTY	ACTIVITY YOGA/VIHASA	MONTH
1 ST BDS		MONDAY	9.00 AM TO 10.00 AM	DR. RASHMI MAHULKAR	YOGA PRANAYAMA	AUGUST 2021
2 ND BDS		THURSDAY	9.30 AM TO 10.30 AM	DR. POOJA AKHTAR	YOGA IN SUPINE	AUGUST 2021
3 RD BDS		SATURDAY	9.30 AM TO 10.30 AM	DR. SHYAM CHAUDHARY	YOGA IN PRONE	SEPTEMBER 2021
INTERNS		FRIDAY	9.30 AM TO 10.30 AM	DR. NEHA GOTMARE	YOGA IN SITTING	SEPTEMBER 2021

**YOGA SCHEDULE (OFFLINE)2021-2022
FOR UNDERGRADUATE (BDS) AND INTERNS**

YEAR STUDY	OF	DAY	TIME	FACULTY	ACTIVITY YOGA/VIHASA	MONTH
1 ST BDS		MONDAY	9.00 AM TO 10.00 AM	DR. RASHMI MAHULKAR	YOGA: PRANAYAMA	OCTOBER 2021
2 ND BDS		THURSDAY	9.30 AM TO 10.30 AM	DR. POOJA AKHTAR	YOGA IN SUPINE	OCTOBER 2021
3 RD BDS		SATURDAY	9.30 AM TO 10.30 AM	DR. SHYAM CHAUDHARY	YOGA IN PRONE	JANUARY 2022
INTERNS		FRIDAY	9.30 AM TO 10.30 AM	DR. NEHA GOTMARE	YOGA IN SITTING	NOVEMBER 2021

Nagpur
3/8/21
Principal

V.S.P.M's College of Physiotherapy,
Digdoh Hills, Hingna Road, Nagpur-19



Ukkalk

DEAN
V.S.P.M'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019



महाराष्ट्र आरोग्य विद्यापीठ, नाशिक

MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, NASHIK

विद्योरी रोड, म्हासकड, नाशिक - ४२२००४ Dindori Road, Mhasrul, Nashik - 422004

Tel : (0253) 2539170/169/173/174 Student Helpline : 0253-2539111/8659111

Website: www.muhs.ac.in, E-mail: sw@muhs.ac.in



संघीय शौर्यम सुल्लवणी

(१० एच एम, एमएससी, एमडी, एचडी, सीसीटी, एम.आर)

प्र.संचालक, विद्यार्थी कल्याण

भा.क. मळाविवि/वि.क./रासेयो/ ०९ /२०२२

Sandip Shriram Kulkarni

(B.S., LL.B., M.P.A., P.D.D.R.)

Offg. Director, Student Welfare

दि. १२/०१/२०२२

प्रति,

भा. अधिष्ठाता/प्राचार्य,

सर्व संलग्नीत रासेयो महाविद्यालये,

व स्वयंनिर्वाहीत महाविद्यालये,

मळाविवि, नाशिक.

Inward No.

Date

VSPW&S, Dental College

विषय : दि. १४ जानेवारी २०२२ रोजी सुर्य नमस्कार आयोजनाबाबत...

संदर्भ : १) भारत सरकार, युवा व खेल मंत्रालय, नवी दिल्ली यांचे पत्र क्र.अ.शा.पी.

२४-१/रासेयो/निदेशा/२०२१/१०-२५, दि. १० जानेवारी २०२२

२) राष्ट्रीय सेवा योजना विभागीय कार्यालय, पुणे यांचा दि. ११ जानेवारी २०२२ रोजीचा ई-मेल.

महोदय / महोदया,

उपरोक्त विषय व संदर्भीय पत्रास अनुसरून आपणांस कळविण्यात येते की, राष्ट्रीय सेवा योजना विभागीय कार्यालय, पुणे यांनी दि. १४ जानेवारी २०२२ रोजी सुर्यनमस्काराचे आयोजन करणेबाबत दि. ११ जानेवारी, २०२२ रोजीच्या ई-मेलद्वारे सूचित केले आहे.

त्याअनुषंगाने दि.१४ जानेवारी २०२२ रोजी सुर्यनमस्काराचे आयोजन करण्यात यावे. सदर आयोजनात जास्तीत जास्त स्वयंसेवकांना सहभाग घेण्यास प्रोत्साहित करण्यात यावे व सहभागी झालेल्या जास्तीत जास्त रासेयो स्वयंसेवकांनी सोबत दिलेल्या पत्रातील वेबसाईटवर ऑनलाईन नोंदणी करावी. करिता उक्त संदर्भीय पत्र आपल्या माहितीस्तव तथा कार्यवाहीस्तव सोबत जोडून पाठवित आहोत. त्यानुसार कोव्हिड-१९ आजाराचा प्रादुर्भाव रोखण्यासाठी शासनाने प्रख्यापित केलेल्या नियमांचे कटाक्षाने पालन करून उपक्रमाचे आयोजन करण्यात यावे व त्याबाबतचा अहवाल विद्यापीठास सादर करण्यात यावा. जेणेकरून सदर अहवाल शासनास सादर करणे शक्य होईल.

कळावे,

सोबत : वरीलप्रमाणे.

Dr. Venugopal
Ms. Coorlnatas
Ukesh

प्र.संचालक,
विद्यार्थी कल्याण तथा
रासेयो कार्यक्रम समन्वयक

ब.भा.पी.24 -1/रासेवो/निदेशा/2021/10-25

भारत सरकार
युवा कार्यक्रम और खेल मंत्रालय
राष्ट्रीय सेवा योजना निदेशालय
शिवाजी स्टेडियम, नई दिल्ली

दिनांक: 10 जनवरी, 2022

सेवा में,

समस्त क्षेत्रीय निदेशक
राष्ट्रीय सेवा योजना

विषय - दिनांक 14 जनवरी, 2022 को सूर्य नमस्कार के आयोजन - संबंधी

महोदया/महोदय,

उपरोक्त सन्दर्भ में मंत्रालय के मेल दिनांक 10 जनवरी 2022 एवं आयुष मंत्रालय के डी.ओ. पत्र न. एम-16030/1/2022 दिनांक 10 जनवरी 2022 (संलग्न) में दिए गए दिशा निर्देशों के अनुसार दिनांक 14 जनवरी, 2022 को मकर सक्रांति के पावन अवसर पर अपने अधिकार क्षेत्र में आने वाली समस्त राष्ट्रीय सेवा योजना इकाइयों में कोविड दिशा निर्देशों की अनुपालना करते हुए सूर्य नमस्कार के आयोजन का कष्ट करें व शामिल होने वाले सभी प्रतिभागियों को संलग्न पत्र में दी गयी वेबसाइट पर ऑनलाइन पंजीकरण कराना भी सुनिश्चित करें।

आयोजित कार्यक्रमों को राष्ट्रीय सेवा योजना के सभी सोशल मीडिया माध्यमों पर अधिक से अधिक अपलोड करना भी सुनिश्चित करें।

भवदीय


कृते (सहायक कार्यक्रम सलाहकार)

संलग्नक: यथोक्त

प्रतिलिपि-

निदेशक, राष्ट्रीय सेवा योजना, युवा कार्यक्रम और खेल मंत्रालय, नई दिल्ली

कविता गर्ग
Kavita Garg
संयुक्त सचिव
Joint Secretary

Tel. : 011-24651938
Fax : 011-24651952
E-mail : kavitag@nic.in

आजादी का
अमृत महोत्सव



भारत सरकार
आयुष मंत्रालय
आयुष भवन, बी ब्लॉक, पी.पी.बो. कॉम्प्लेक्स
आई.एम.ए., नई दिल्ली-110023
Government of India
Ministry of Ayush
Ayush Bhawan, B-Block, GPO Complex
INA, New Delhi-110023
M-16030/1/2022-YN
January 10th, 2022

Dear Sir,

The govt. of India has desired that a large scale virtual Surya Namaskar programme may be organized to mark the holy occasion of Makar Sankranti on 14th January, 2022 under Azadi Ka Amrit Mahotsav celebrations. It is planned that 75 lakh people (participants) will practice Surya Namaskar on 14-01-2022 observing covid appropriate behavior.

2. This festival comes as a thanksgiving to Mother Nature for spreading health, wealth and happiness around. It is important to mention here that Surya Namaskar is a set of asanas in combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order to complete the process of one round of Surya Namaskar.

3. In order to reach out to 75 lakh people, this Ministry along with the leading Yoga Institutes/ organizations of the country have come together to make it a people centric successful programme with a tagline "SuryaNamaskarForVitality" and सूर्यनामस्कार जीवनी शक्ति का संचार. All the participants may be requested to register on any of the portals namely, <https://yoga.ayush.gov.in/suryanamaskar>, <https://yogacertificationboard.nic.in/suryanamaskar/> or <https://www.75suryanamaskar.com> before practicing Surya Namaskar on 14th Jan 2022. A wide range of digital resources are already available in public domain to learn and teach Surya Namaskar. Same may be seen on the websites/ Social Media of MDNIY, MoAyush and various major yoga organizations and Institutions.

4. This Ministry considers NCC/NSS/NYKS as key stake-holders for such a programme, as they play crucial role in observation of International Day of Yoga (IDY) every year. Your reach among the people can be best utilized for this programme. Therefore, your active support is very much required for smooth organization of this programme.

5. Dr. I V Basavaraddi, Director, MDNIY, is nominated to coordinate with you to facilitate the participation from your esteemed organization.

Contd....

-2-

6. You are therefore, requested to issue necessary directions/instructions to all the concerned in order to mobilize your units/youths/volunteers along with the resources in order to achieve the ambitious target.

Agada

Yours sincerely,

कविता

(Kavita Garg)

Shri Jeetendar Chadda,
Director, NSS,
Ministry of Youth Affairs and Sports,
Ground Floor, Annexe Building Shivaji Stadium,
Shaheed Bhagat Singh Marg,
Connaught Place, New Delhi-110001

A "SURYA NAMASKAR-STAVAN" by NSS Volunteers

Organized by NSS Unit in association with Yoga and Wellness Centre, VSPM's Dental College & Research Centre, Nagpur

14th January 2022

A "SURYA NAMASKAR-STAVAN" was organized by NSS Unit in association with Yoga and Wellness Centre, VSPM's Dental College & Research Centre, Nagpur and VSPM's College of Physiotherapy, Nagpur on 14th January 2022 as per the directives of MUHS, Nashik.

Dr. Pooja Akhtar, Asso. Prof., VSPM's College of Physiotherapy, Nagpur was instructor for conducting "SURYA NAMASKAR" a Yoga Activity by NSS Volunteers. Dr. Jaishree Chahande welcomes Dean, Dr. Usha Radke Instructor, Dr. Pooja Akhar, and all the participants. Dr. Usha Radke motivates participants to perform "SURYA NAMASKAR" daily for healthy mind and body. She demonstrates how to perform "SURYA NAMASKAR" to all the volunteers. Dr. Pooja Akhtar continues the session. 25 NSS Volunteers performed "SURYA NAMASKAR" following all COVID-19 norms in Matoshree Auditorium.

Dr. Sushil Naik, Program Officer, NSS Unit thanks Dr. Usha Radke, Dean, VSPM's DCRC, Instructor, Dr. Pooja Akhar, Dr. Jaishree Chahande, In-charge & Coordinator, Yoga-Wellness Centre, DH. Vivek Khobragade Asst. Program Officer, NSS Unit and Dr. Swapnil Patil, Co-ordinator for this event and NSS Volunteers for the success of the program.



Uradke

Dean
VSPM's Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

VSPM'S Dental College & Research Centre, Nagpur
"Surya Namaskar Stavan"
Organized by Yoga and Wellness Centre in association with NSS Unit
Demonstrator: Dr. Pooja Akhtar
Associate Professor, VSPM's College of Physiotherapy, Nagpur
14th January 2022
Time: 09:00 a.m.
Venue: Matoshree Auditorium
Attendance of NSS Volunteers

Sr. No.	Full Name
1	Shruti Pathak
2	Abha Garode
3	Aishwarya Hedau
4	Sharvari Patole
5	Arshadeep Ghodeswar
6	Khushi Banthiya
7	Lithika Waghaye
8	Harshita Baid
9	Mansi Ghode
10	Mansi Mohite
11	Mitali Baxi
12	Yashashree Bute
13	Yash Shete
14	Trupti Gawande
15	Sneha Ugale
16	Shrutika Sonkusare
17	Sanika Damle
18	Rimzim Singh
19	Raghav Munje
20	Richa Tarale
21	Mrunmayi Pophali
22	Shweta Gaidhane
23	Shreya Jagtap
24	Sakshi Sukhija
25	Saumya Chaudhary



[Handwritten Signature]

DEAN

VSPM'S Dental College &
Research Center, Dindoh Hills
Hinona Road, Nagpur-440014

A "SURYA MASKAR-STAVAN" by NSS Volunteers
Organized by NSS Unit in association with Yoga and Wellness Centre,
14th January 2022



College Seal

Dr. Usha Radke

Dean

DEAN

**VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019**



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

REF: VSPM'S DCRC/DEAN/SPORTS COM/F.NO. 46/ 1470 /2021 DATE: 24/11/2021

CIRCULAR

The Physical Education and Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM's College of Physiotherapy, Nagpur is organizing Yoga Session for Interns & second BDS students on 26th November 2021 as per the details given below:

- Date: Friday, 26th November 2021.
- Time: 8.00 a.m.
- Topic "Yoga: A Path Towards Fitness"
- Speaker: Dr. Pooja M. Akhtar, Associate Professor & HOD, Dept. of Kinesiotherapy and Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur.
- Venue: Matoshri Auditorium.

All HODs are informed to relieve the Interns & second BDS students to attend the Yoga session.



**Dr. Anuj Chandak
Chairperson**

Physical Education and Sports committee



**Dr. Usha Radke,
Dean**

VSPM'S DCRC, NAGPUR

Copy to:

- 1) Dean office VSPM'S DCRC, Nagpur.
- 2) Principal, VSPM'S College of Physiotherapy
- 3) All HODs' VSPM'S DCRC, Nagpur
- 4) Dr. Anuj Chandak, Chairman of the Physical Education and Sports Committee
- 5) Dr. Jaishree Chahande, Yoga Coordinator, Web LAN, News and Arrangement.
- 6) A.O. VSPM'S DCRC, Nagpur.
- 7) S.A.O. NKP SIMS, Nagpur.
- 8) Mr. Manohar Dhadse, NKPSIMS, In charge Auditorium
- 9) Dr. Sangita Bhattacharya, Lecturer, Orthodontics.
- 10) Dr. Pratik BuraD, Web LAN Events.
- 11) Notice Board.



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VSPM'S Dental College
Research Centre, Digdoh
Hingna Road, Nagpur-440019





Interns Monitoring Committee

VSPM'S Dental College & Research Centre, Nagpur



"Yoga Series" Session for Interns & Second B.D.S. students

Guest Lecture

Topic: "Importance of Inner Happiness"

Speaker: Dr. Vrunda Pimpalkhute

Registrar

**FAMCO Department, SQUH,
Muscat**

Date: 26th November 2021

Time: 09:00 a.m.



Co-ordinator: Dr. Jaishree Chahande

Contact no. -9623485757

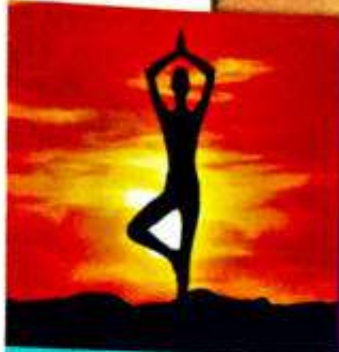
E-mail id: wellnessvspm@gmail.com

Vrunda

*VSPM'S DENTAL COLLEGE
NAGPUR
HILLS*



Physical Education and Sports Committee
VSPM'S Dental College & Research Centre,
Nagpur
in association with
VSPM'S College of Physiotherapy, Nagpur



Yoga Session

for Interns & 2nd B.D.S. Students
Date: Friday, 26th November 2021
Time: 08:00 a.m.
Venue: Matoshree Auditorium



Topic: "YOGA: A Path Towards Fitness"

Speaker: Dr. Pooja M. Akhtar

Associate Professor, H.O.D.
Dept. of Kinesiotherapy & Physical Diagnosis,
VSPM's College of Physiotherapy,
Nagpur



Registration &
Pre Test link



<https://forms.gle/o4DYoQpQe9WWMT9v7>

Ushika

Co-ordinator: Dr. Jaishree Chahande

Contact no.-9623485757

E-mail id: wellnessvspm@gmail.com



VSPM'S College of Physiotherapy,
Hingna Road, Nagpur

'Yoga Series' Session for Interns & Second B.D.S. students on 26th November 2021
Guest Lecture on "Importance of Inner Happiness" by Dr. Vrunda Pimpalkhute &
"Yoga: A Path towards Fitness" by Dr. Pooja M. Akhtar

The Physical Education & Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM's College of Physiotherapy, Nagpur has conducted 'Yoga Series' session on "Yoga: A Path Towards Fitness" for Interns & Second B.D.S. students by Dr. Pooja M. Akhtar, Associate Professor & H.O.D. Dept. of Kinesiotherapy and Physical Diagnosis, VSPM's College of Physiotherapy, Nagpur on 26th November 2021 at Matoshree Auditorium. A Guest Lecture on "Importance of Inner Happiness" by Dr. Vrunda Pimpalkhute. The Yoga Series is organized for the holistic development of students.

The welcome speech was delivered by Dean, Dr. Usha Radke inspires students to inculcate this self-development practice as a daily routine activity. Dr. Vrunda Pimpalkhute, Registrar, FAMCO Department, SQUH, Muscat was the Chief Guest. She spoke on "Importance of Inner Happiness" on physical and mental health and motivates all for positive thinking.

Dr. Jaishree Chahande, Cordinator of this program introduced the speaker, Dr. Pooja M. Akhtar, Associate Professor & H.O.D. Dept. of Kinesiotherapy and Physical Diagnosis, VSPM's College of Physiotherapy. Dr. Pooja Akhtar started her session with warm up exercise. This Yoga Session comprises Sitting, Prone, Supine & Standing Asanas, Pranayamas & Kriya.

Sitting Asanas included Padmasana with Praandharana, Vajrasanastha Yoga Mudra, Supta Vajrasa, Parvatasana, Vakrasana, Pashchimotanasana, Shashankasna. Supine Asanas included Uthita Ek Padasana, Dwipadasana, Setubandhasana & Dronasana. Prone Asanas included Bhujangasana, Shalabhasana, Naukasana & Dhanurasana. Standing asanas included Vrikshasana, Hastapadasana & Sulabha Chakrasana. Anulome Vilome & Bhramari Pranayama along with Shwasan Marg Shuddhi Kriya was also practiced.

So, a combination of Asanas, Pranayamas & kriya was practiced and the session ended with Shavasana. The actual demonstration was conducted with the help of Volunteer Mr. Amey Chikane. 3rd BPTH Student of VSPM's College of Physiotherapy, Nagpur.

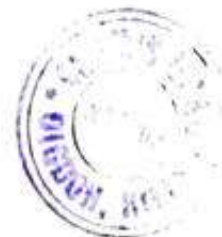
Students actively participated and enjoyed this session and requested to keep it more often for their holistic development. Dean appreciated the efforts of The Physical Education & Sports Committee.

Dr. Jaishree Chahande, coordinator of Yoga Sessions concludes the session with Vote of Thanks to Chief Guest; Guest Speaker; Dean, VSPM's DCRC; Principal, College of Physiotherapy and enthusiastic participants



DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019



VSPM'S Dental College and Research Centre, Nagpur
"Yoga: A Path towards Fitness" Offline Session
Organized by the Physical Education and Sports Committee
Speaker: Dr. Pooja M. Akhtar, Associate Professor & HOD,
Dept. of Kinesiotherapy and Physical Diagnosis,
VSPM's College of Physiotherapy, Nagpur
Friday, 26th November 2021.
Time: 08:00 a.m. IST
Venue: Matoshri Auditorium

Attendance of Interns

Sr. No.	Full Name	Signature
1.	Pranjha Shrivastava	
2.	Swarna Sonkusare	
3.	Prachi Sate	
4.	Pragati Agrawal	
5.	Vishali Phate	
6.	Prerna V. Chikate	
7.	Mrunmayee Awade	
8.	Bhushan Nague.	
9.	Sanjana Agrawal.	
10.	Prerni Fode.	
11.	Sayali Belkhode	
12.	Bhavaneshwari Bhalme	
13.	Shweta Patil	
14.	Sagarika Sorkar	
15.	Vaidhi Lokhande	
16.	Kshitiya Pandhara	
17.	Rashi Panjwani	
18.	Shivani Kumari	
19.	Ratna Peshke	
20.	Muskan Wanjani	
21.	Kalyani Puntambekar	
22.	Amruta Verma	



DEAN
VSPM'S Dental College
Research Centre, Dhoni
Hinuna Road, Nagpur-441119

The Physical Education & Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM's College of Physiotherapy, Nagpur has conducted 'Yoga Series' Session for Interns & Second B.D.S. students on 26th November 2021
Guest Lecture on "Importance of Inner Happiness" by Dr. Vrunda Pimpalkhute & "Yoga: A Path towards Fitness" by Dr. Pooja M. Akhtar



College Seal

Dr. Usha Radke

Dean

VSPM's Dental College & Research Centre, Nagpur

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Research Centre, Digdoh Hills
Nagpur-440019

The Physical Education & Sports Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM's College of Physiotherapy, Nagpur has conducted 'Yoga Series' Session for Interns & Second B.D.S. students on 26th November 2021
Guest Lecture on "Importance of Inner Happiness" by Dr. Vrunda Pimpalkhute & "Yoga: A Path towards Fitness" by Dr. Pooja M. Akhtar



College Seal

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VSPM'S Dental College & Research Centre, Digdoh Hills
Hingir Road, Nagpur-440019

VSPM's Dental College & Research Centre, Nagpur



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcr.nagpur@gmail.com Website: https://vspmdcr.edu.in

REF:VSPM'S DCRC/DEAN/IMC F.NO 21/1052/2021

DATE: 20/08/2021


CIRCULAR


- **Online Yoga Session for First B.D.S. students on the topic: "Yoga: Pranayama" on 23rd August 2021**

The Interns Monitoring Committee, VSPM's Dental College & Research Centre, Nagpur in association with VSPM'S College of Physiotherapy, Nagpur is organizing an Online Yoga Session for First B.D.S. students on the topic: "Yoga: Pranayama" on 23rd August 2021 as per the details given below:

- **Date** : Monday, 23rd August 2021
- **Time** : 08:00 a.m.
- **Topic** : "Yoga: Pranayama"
- **Speaker** : Dr.RashmiMahulkar, Associate Professor. Department of Community Physiotherapy. VSPM's College of Physiotherapy, Nagpur
- **Platform** : Zoom


Dr. Neha Nainani (Deshpande)
Member Secretary,
Internship Monitoring
Committee


Dr. Surekha Rathod
Professor Dept. of Periodontics,
Chairperson,
Internship Monitoring Committee


Dr. Usha Radke
Dean
VSPM'S DCRC, NAGPUR

Copy to:

- 1) Dean Office, VSPM'S DCRC, Nagpur
- 2) Principal, VSPM'S College of Physiotherapy, Nagpur
- 3) All H.O.D.'s, VSPM'S DCRC, Nagpur
- 4) Dr.Surekha Rathod, Chairperson, Interns Monitoring Committee
- 5) Dr.Jaishree Chahande, Yoga Coordinator, Web LAN, News & Announcement
- 6) Dr.Sangita Bhattacharya, Lecturer, Orthodontics
- 7) Dr. Pratik Burad, Web LAN, Events
- 8) Notice Board





Interns Monitoring Committee
VSPM'S Dental College & Research Centre,
Nagpur
in association with
VSPM'S College of Physiotherapy, Nagpur



Online Yoga Session

for 1st B.D.S. Students

Date: Monday, 23rd August 2021

Time: 08:00 a.m. IST

On Zoom



Topic: "Yoga: Pranayama"
Speaker: Dr. Rashmi Mahulkar

M.P. Th.

Associate Professor

Department of Community Physiotherapy

VSPM's College of Physiotherapy,
Nagpur



e-Certificate for all the registered participants

Registration link



<https://forms.gle/yRQM3pXo5a66jeR67>

Rashmi

VSPM'S Dental Coll.
Research Centre, Dgou,
Hingna Road, Nagpur

Co-ordinator: Dr. Jaishree Chahande

Contact no.-9623485757

E-mail id: wellnessvspm@gmail.com



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665911, Email: vspmdcrcnagpur@gmail.com Website: <https://vspmdcrc.edu.in>

REF:VSPM'S DCRC/DEAN/IMC F.NO 21/ १०५७ B/2021

DATE: 24 /08/2021

'Online Yoga Series' First Session on "Yoga: Pranayama" for First B.D.S. Students by Dr. Rashmi Mahulkar on 23rd August 2021


The Interns Monitoring Committee, VSPM's Dental College & Research Centre, Nagpur has conducted an 'Online Yoga Series' First Session on "Yoga: Pranayama" for First B.D.S. students by Dr. Rashmi Mahulkar, Associate Professor, Department of Community Physiotherapy, VSPM's College of Physiotherapy, Nagpur on 23rd August 2021. The Yoga Series is organized for the holistic development of students.

The welcome speech was delivered by Dr. Surekha Rathod, Chairperson, Intern's Monitoring Committee. Madam informed about the inception of Yoga activities and Wellness Centre in our college since 2014 for the physical, mental and psychological wellbeing of the students and teaching, Non- teaching faculties. Vice Dean, Dr. Ramakrishna Shenoji motivational speech inspires First BDS students to start this self-development practice. Dean, Dr. Usha Radke shared her personal experience of Yoga and its benefits and introduced this Value Added course to first BDS Students. She has informed about MoU's which are under process with two Institutes-Post Graduate Teaching Department of Physical Education, RTMNU, Nagpur & Physical Education Department, Institute of Science, Nagpur for the Yoga & Sports support and Guidance from the experts of these institutes to all undergraduate students throughout year for their physical and mental wellbeing.


Dr. Jaishree Chahande, Co-ordinator of this program introduced the speaker, Dr. Rashmi Mahulkar, Associate Professor from Department of Community Physiotherapy, VSPM's College of Physiotherapy, Nagpur. Dr. Rashmi Mahulkar started her online session with the Introduction of Pranayama along with its components like Purak , Rechak and Kumbhak, along with emphasis on nadi specially Ida, Pingla and Sushumna for Kundalinijagruti. She also explained about importance, principals and contraindications of 20 different Pranayamas. At the end, actual demonstration of Nadishodhan, Bhasrika and Kapalbhathi Pranayamas was conducted with the help of Volunteer Intern Mr. Adil Siddiquee. In her coming sessions she will cover actual teaching and demonstration of 4 to 5 Pranayamas with its advantages and contraindications.

There was an interactive session to solve the queries raised by the students. Students actively participated and enjoyed this session and requested to keep it more often for their holistic development. Dean appreciated the efforts of Interns Monitoring Committee.

Dr. Jaishree Chahande, coordinator of Yoga Sessions concludes the session with Vote of Thanks to Guest Speaker, Dean, Principal, College of Physiotherapy, Vice Dean, Chairperson of Interns Monitoring Committee and wonderful participants.


**Dr. Surekha Rathod,
Chairperson,
VSPM'S DCRC, NAGPUR**




**Dr. Usha Radke,
Dean
VSPM'S DCRC, NAGPUR**

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VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

VSPM'S DCRC, NAGPUR - "Yoga: Pranayama" Online session
Organized by Interns Monitoring Committee
Speaker: Dr. Rashmi Mahulkar, Associate Professor, Department of Community
Physiotherapy, VSPM's College of Physiotherapy, Nagpur
Monday, 23rd August 2021
Time: 08:00 a.m. IST
On Zoom

Attendance of First BDS Students

Sr. No.	Full Name
1	Trupti Samrit
2	Shireen Sheikh
3	Shubham Petkar
4	Jivida Krishna Bhujade
5	Mimansa Wanjari
6	Tanvi Pote
7	Suprabha Banerjee
8	Riya Rohra
9	Komal Rawlani
10	Anushka Puri
11	Tulakshi Tabhane
12	Samidha Rangari
13	Roma Wankhede
14	Ahmad Sana Ifra Niyaz
15	Janhavi Satbhai
16	Kashish Naresh Bansal
17	Sidra Noori
18	Durvi Nitesh Shejpal
19	Umme Aiman
20	Samiksha Jayaprakash Bakare
21	Prerana Mohod
22	Gargi Partety
23	Saloni Vinod Takarkhede
24	Anvay Moon
25	Abhishek Pathak
26	Aarohi Gajanan Velukar
27	Dhanshree Sudhakar Kumbhare

(Signature)
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VSPM'S Dental College
Research Centre, Digid
Wingna Road, Nagpur-465 002

28	Sakshi Masram
29	Shruti Dighole
30	Sanidhi Ade
31	Sharwary Hadke
32	Sharwary Hadke
33	Venus Kale
34	Siddhi Bhadule
35	Yashashree Tekade
36	Bhavisha Paunikar
37	Shruti Nokraj Sakhare
38	Avani Arun Jadhao
39	Arya Mangesh Borde
40	Sayali Vijay Motghare
41	Vidhi Lakhwani
42	Snehal Chelani
43	Maithili Bangde
44	Sanjana Dhananjay Bhuibhar
45	Poonam Baba Pande
46	Samiksha Chauragade
47	Prerna Indore
48	Bhumi Khandelwal
49	Khushboo Rajesh Masand
50	Srushti Rupal Wadegaonkar
51	Harshal Gwalani
52	Minal Ghormare
53	Kanak Kene
54	Sayali Sunil Patil
55	Vidya Shesherao Ade
56	Shreya Atul Ambatkar
57	Dakshita Pohane
58	Tanushri Mansaram Jibhakate
59	Abhishek Bawaskar
60	Oshmi Rajesh Jain
61	Pooja Anil Sawade
62	Oshmi Rajesh Jain
63	Shrawani Gondane

64	Arnavhi Burman
65	Shrawani Khawade
66	Aachal Lalwani
67	Pranav Manish Bhutada
68	Vanshika Lalwani
69	Yasha Navin Kothari
70	Sanket Gidwani
71	Pratishtha Bisen
72	Tanvi Anil Karmore
73	Smruti Shitole
74	Riya Yeole
75	Manisha Manohar Rathod
76	Shruti Arun Salve
77	Sanskriti Vijayrao Deshmukh
78	Mansvi Sunil Dhawas
79	Stuvanti Deshpande
80	Piyush Parshuram Samarth
81	Sanskriti Shahu
82	Minakshi Siddharth Thaware
83	Sanjivani Ingole
84	Arya Rajesh Betharia
85	Tushar Naitam
86	Disha Bais
87	Samruddhi Mangrulkar
88	Shwetang Mangesh Jahagirdar
89	Maithili Giri
90	Samruddhi Mahakulkar
91	Savi Vishal Jain
92	Saloni Vinod Takarkhede



V. Kulkarni
Dean

VSPM DCRC

Nagpur
DEAN

'Online Yoga Series' First Session on "Yoga: Pranayama" for First B.D.S. Students by Dr. Rashmi Mahulkar organized by Interns Monitoring Committee on 23rd August 2021

Interns Monitoring Committee
VSPM's Dental College & Research Centre, Nagpur
in collaboration with
VSPM's College of Physiotherapy, Nagpur

Online Yoga Session
for 1st B.D.S. Students
Date: Monday, 23rd August 2021
Time: 09:00 a.m. IST

Dr. Rashmi Mahulkar

- Dr. Rashmi is working as Associate Professor in Dept. of Community Physiotherapy, at VSPM's College of Physiotherapy, Nagpur since last 8 years.
- Madam has been awarded 'Gold Medal' in BPTH from GMC, Nagpur & has completed her MPTH from KEM, Mumbai.
- She has more than 12 years of working experience with esteemed organizations like - Nanavati Hospital, Seven Hills Hospital, SCC Hospital at Mumbai & KRIMS Hospital, Nagpur.
- She has various International & National publications to her credit & was Editorial Board Member in JETHS Journal.

VSPM Dental College & Research Centre, Nagpur
Interns Monitoring Committee
in collaboration with
VSPM College of Physiotherapy

Certificate of Appreciation
Presented to
Dr. Rashmi Mahulkar
For delivering Online Yoga Session on
"Yoga Pranayama"
for First BDS Students
organized by
Interns Monitoring Committee, VSPM DCRC, Nagpur
On 23rd August 2021

Dr. Usha Radke
Dean
VSPM's Dental College & Research Centre, Nagpur

Dr. Manoj Kumar
President
VSPM's College of Physiotherapy, Nagpur

Dr. Manoj Kumar
Vice President
VSPM's College of Physiotherapy, Nagpur

Dr. Manoj Kumar
Secretary
VSPM's College of Physiotherapy, Nagpur

Dr. Manoj Kumar
Member
VSPM's College of Physiotherapy, Nagpur



College Seal

Uradke
Dr. Usha Radke
Dean
VSPM's Dental College and Research Centre, Nagpur

DEAN
VSPM's Dental College & Research Centre, Digdikhatti
King's Road, Nagpur-440019

'Online Yoga Series' First Session on "Yoga: Pranayama" for First B.D.S. Students

by Dr. Rashmi Mahulkar

organized by Interns Monitoring Committee on 23rd August 2021



VSPMDCRC



07.Samiksha Dakare



Galaxy A51



91 Saloni Takarkhede



79. Janhavi Satbhai



61 GARGI PARTETY

76. Piyush Sama...

76. Piyush Samarth.



Surekha Rathod



Sidra Noori (88)



Oshmi Jain -38

39.savi jain

39.savi jain



Ramakrishna Shenoi



Khushboo Masand(54)



84.Shireen Sheikh

Fauz Sheikh

Fauz Sheikh



usha radke



Avani jadhao 36

(56) Prerana Mo...

(56) Prerana Mohod

37 shwetang

37 shwetang

Pooja sawade(80)

Pooja sawade(80)

Riya yeole (100)

Riya yeole (100)

62.Abhishek Pat...

62.Abhishek Pathak

97 Srushti Wade...

97 Srushti Wadegaonkar

68.Tanvi Pote

68.Tanvi Pote



15.Pranav Bhutada



College Seal

Usha

Dr. Usha Radke
Dean

VSPM's Dental College and Research Centre, Nagpur

DEAN
VSPM'S Dental College &
Research Centre, Digidoh Hills
Kunna Road, Nagpur-440015

July 2021

Sr No	Date	Name of student-/ staff	Timings		Sign
			Entry	Exit	
48	1/7/12	Dr Ojas Gajbhiye	8:30 am	9:00 am	Ojas
49		Dr Rohit Patil	2:00 pm	2:30 pm	Patil
50	3/7/12	Dr Prabhat Singh	8:30 am	9:00 am	Prabhat
51	6/7/12	Dr Sangam Sorte	8:30 am	9:00 am	Sorte
52		Dr Girish	2:00 pm	2:30 pm	Girish
53	9/7/12	Dr Dhawal modi	8:30 am	9:00 am	Dhawal Modi
54		Dr Kubaade	2:00 pm	2:30 pm	Kubaade
60	14/7/12	Dr Rajlaxmi Banerjee	8:30 am	9:00 am	Raji
61	17/7/12	Dr Sujoy Banerjee	8:30 a.m	9:00 am	Sujoy
62	22/7/12	Dr ojas Gajbhiye	8:30 am	9:00 am	Ojas
63		Dr Richa Sahay	2:00 pm	2:30 p.m	Richa
64	26/7/12	Dr Gagan lamba	8:30 a.m	9:00 am	Gagan
65		Dr Nagpal	2:00 pm	2:30 pm	Nagpal

Sl NO	Date	Name of student/ staff	Timings		Sign
			Entry	Exit	
66	28/7/12	Dr. Rahul Tekade	8:30 am	9:00 am	<i>Rahul Tekade</i>
67	30/7/12	Dr. Neelam Pande	8:30 am	9:00 am	<i>Neelam</i>

Weds

DEAN
 VSPM's Dental College &
 Research Centre, Digdoh Mills
 Hingna Road, Nagpur-440019

August 2021

Sl No	Date	Name of students / staff	Timings		Sign
			Entry	Exit	
68	2/8/21	Dr Sujoy Banerjee	8:30 am	9:00 am	<u>Sujoy</u>
69 70	3/8/21	Dr Gagan Dr. Rahul	8:30 am 2:00 pm	9:00 am 2:30 pm	<u>Gagan</u> <u>Rahul</u>
71 72	5/8/21	Dr Mohit Gunwal Dr Kalyani	8:30 a.m 2:00 pm	9:00 am 2:30 pm	<u>Mohit</u> <u>Kalyani</u>
73	9/8/21	Dr Chetang Makde Dr Gias Gajbhaye	8:30 am 2:00 pm	9:00 a.m. 2:30 pm	<u>Chetang</u> <u>Gias</u>
74 75	14/8/21	Dr Gagan Lamba Dr Miss Sunita Chatur	8:30 am 2:00 pm	9:00 a.m. 2:30 pm	<u>Gagan</u> <u>Sunita</u>
76 77	17/8/21	Dr Neelam Pande Dr Anuj Chandak	8:30 am 2:00 pm	9:00 am 2:30 pm	<u>Neelam</u> <u>Anuj</u>
78	20/8/21	Dr Chetana Makde	8:30 am	9:00 am	<u>Chetana</u>

Neelam
- DEAN
VSPM's Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019

Sr No	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
79	24/8/21	Dr Swapnil patil	8:30 am	9:00 am	Swapnil
80		Dr Anita Kahar	8:30 am	9:00 am	Anita
81		Dr Akhil Rathi	8:30 am	9:00 am	Akhil
82		Gajanan Chandole	2:00 pm	2:30 pm	Gajanan
83		Vinisha	2:00 pm	2:30 pm	Vinisha
84	Muskan Wanjari	2:00 pm	2:30 pm	Muskan	
85	Jidnyasa Kalambe	2:00 pm	2:30 pm	Jidnyasa	
86	25/8/21	Dr Anuj Chandak	8:30 am	9:00 am	Anuj
87		Dr Varsha Uttarwar	8:30 am	9:00 am	Varsha
88		Saijseet Binkar	2:00 pm	2:30 pm	Saijseet
89		Trinkle Lokhande	2:00 pm	2:30 pm	Trinkle
90		Shawari Tadas	2:00 pm	2:30 pm	Shawari
91	26/8/21	Dr Chetana Makde	8:30 am	9:00 am	Chetana
92		Dr Richa Sahai	8:30 am	9:00 am	Richa
93		Kadambari Saigal	2:00 pm	2:30 pm	Kadambari
94		Seema Sardar	2:00 pm	2:30 pm	Seema
95		Manjusha Suryananshi	2:00 pm	2:30 pm	Manjusha
96	27/8/21	Dr Sangeeta Bhattacharya	8:30 am	9:00 am	Sangeeta
97		Dr Himija Karia	8:30 am	9:00 am	Himija
98		Sagarika Sorte	2:00 pm	2:30 pm	Sagarika
99		Prachi Sorte	2:00 pm	2:30 pm	Prachi

Sl. No	Date	Name of students/ staff	Timing		Sign	SR NO	Do
			Entry	Exit			
100	28/8/21	Dr Tapsya Karemore	8:30 am	9:00 am	<i>Tapsya</i>	116	1/2
101		Dr Smriti Jagdhari	8:30 a.m.	9:00 a.m.	<i>Smriti</i>	117	
102		Dr Himija Karia	8:30 a.m.	9:00 am	<i>Himija</i>	118	
						119	
103	30/8/21	Dr Devendra Nagpal	8:30 am	9:00 am	<i>Devendra</i>	120	
104		Dr Ashish Bodhade	8:30 am	9:00 am	<i>Ashish</i>	121	
105		Dr Rohit Mohri	8:30 am	9:00 am	<i>Rohit</i>		
106		Supriya Parwate	2:30 pm	2:30 pm	<i>Supriya</i>	122	2
107		Pooja Nakate	2:00 pm	2:30 pm	<i>Pooja</i>	123	
108		Jyoti Idnyasa Kalambe	2:00 pm	2:30 pm	<i>Jyoti</i>	124	
109		Prachi Sorte	2:00 pm	2:30 pm	<i>Prachi</i>	125	
						126	
110	31/8/21	Prusna Chaudhary	8:30 am	9:00 am	<i>Prusna</i>		
111		Annehal Sonarkar	8:30 am	9:00 am	<i>Annehal</i>		
112		Apurva Mohite	8:30 am	9:00 am	<i>Apurva</i>	127	3
113		Sunita Chatur	2:00 pm	2:30 pm	<i>Sunita</i>	128	
114		Jayesh Shinde	2:00 pm	2:30 pm	<i>Jayesh</i>	129	
115		Trinkle Lokhande	2:00 pm	2:30 pm	<i>Trinkle</i>	130	
						131	
						132	
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						135	
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						137	
						138	

Umesh

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VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019

September 2021

Page No.

Date

Sl NO	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
116	1/9/21	Dr Tushar Mowale	8:30 am	9:00 am	<u>Tushar</u>
117		Dr. Rahul Tekade	8:30 am	9:00 am	<u>Rahul</u>
118		Dr Akhil Rathi	8:30 am	9:00 am	<u>Akhil</u>
119		Dr Saee Deshpande	2:00 pm	2:30 pm	<u>Saee</u>
120		Kalyani Deshmulch	2:00 pm	2:30 pm	<u>Kalyani</u>
121		Anushree Bhoge	2:00 pm	2:30 pm	<u>Anushree</u>
122	2/9/21	Dr smriti Jagdhan	8:30 am	9:00 am	<u>Smriti</u>
123		Dr Apelsha Balpande	8:30 am	9:00 am	<u>Apelsha</u>
124		Muskan Manjari	2:00 pm	2:30 pm	<u>Manjari</u>
125		Saipreet Binkar	2:00 pm	2:30 pm	<u>Saipreet</u>
126		Sagnika Sorte	2:00 pm	2:30 pm	<u>Sagnika</u>
127	3/9/21	Dr Sujoy Banerjee	8:30 am	9:00 am	<u>Sujoy</u>
128		Dr Ananya Hazare	8:30 am	9:00 am	<u>Ananya</u>
129		Munindra Hasle	8:30 am	9:00 am	<u>Munindra</u>
130		Nikita Wanjari	2:00 pm	2:30 pm	<u>Nikita</u>
131		Aishwarya Purohit	2:00 pm	2:30 pm	<u>Aishwarya</u>
132		Prachi Sorte	2:00 pm	2:30 pm	<u>Prachi</u>
133	4/9/21	Dr. Vandana Kokane	8:30 am	9:00 am	<u>Vandana</u>
134		Dr chetana Makade	8:30 am	9:00 am	<u>Chetana</u>
135		Dr Snehal Sonarkar	8:30 am	9:00 am	<u>Snehal</u>
136		Mounali Maindalkar	2:00 pm	2:30 pm	<u>Mounali</u>
137		Muskan Wanjari	2:00 pm	2:30 pm	<u>Muskan</u>
138		Madhuri Bhoyar	2:00 pm	2:30 pm	<u>Madhuri</u>



Sl NO	Date	Name of student/ staff	Timing		Sign
			Entry	Exit	
139	6/9/21	Dr Tapasya Koremore	8:30 am	9:00 am	
140		Dr Varsha Uttamwar	8:30 am	9:00 am	
141		Dr Richa Sahai	8:30 am	9:00 am	
142		Aishwarya purshit	2:00 pm	2:30 pm	
143		Pooja Makate	2:00 pm	2:30 pm	
144		Manjusha Suryavanshi	2:00 pm	2:30 pm	
145	7/9/21	Dr. Ojas Gajbhiye	8:30 am	9:00 am	
146		Dr. Erisish	8:30 am	9:00 am	
147		Dr. Mohit Gunwal	8:30 am	9:00 am	
148		Sharvari Tadas	2:00 pm	2:30 pm	
149		Jighyasa Kalambe	2:00 pm	2:30 pm	
150		Nikita Pahurkar	2:00 pm	2:30 pm	
151		Aditi Fadnavis	2:00 pm	2:30 pm	
152		Divya Dube	2:00 pm	2:30 pm	
153	8/9/21	Ankita Niswade	8:30 am	9:00 am	
154		Apeksha Kamble	8:30 am	9:00 am	
155		Ashwini Jadhav	8:30 am	9:00 am	
		9/9/21 to 10/9/21	Inspection		
		NAAC	Inspection		

SR NO	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
156	13/9/21	Dr Sujoy Banerjee	8:30 am	9:00 am	Sujoy
157		Dr Rajlaxmi Banerjee	8:30 am	9:00 am	Rajlaxmi
158		Dr Rahul Tekade	8:30 am	9:00 am	Arunak
159		Mayank Gajbhije	2:00 pm	2:30 pm	Mayank
160		Vinay Tiwari	2:00 pm	2:30 pm	Vinay
161		Sangam Madakwade	2:00 pm	2:30 pm	Sangam
162	14/9/21	Dr Tapsya Karemore	8:30 am	9:00 am	Tapsya
163		Dr Chetana Makde	8:30 am	9:00 am	Chetana
164		Dr Valsha Uttarwar	8:30 am	9:00 am	Valsha
165		Pooja Nakate	2:00 pm	2:30 pm	Pooja
166		Jidnyasa Kalambe	2:00 pm	2:30 pm	Jidnyasa
167	15/9/21	Dr Smriti Jagdhan	8:30 am	9:00 am	Smriti
168		Dr Apelscha Balpande	8:30 a.m	9:00 a.m	Apelscha
169		Dr Vandana Kokane	8:30 a.m	9:00 am	Vandana
170		Divya Trivedi	2:00 pm	2:30 pm	Divya
171		Arshwarya Purohit	2:00 pm	2:30 pm	Arshwarya
172		Simran Sangani	2:00 pm	2:30 pm	Simran
173	16/9/21	Dr Gagan Lamba	8:30 am	9:00 am	Gagan
174		Dr Sangeeta Bhattacharyya	8:30 am	9:00 am	Sangeeta
175		Dr Purra Chaudhari	8:30 am	9:00 am	Purra
176		Sharvari Lhedkar	2:00 pm	2:30 pm	Sharvari
177		Sanjeevani Kamdi	2:00 pm	2:30 pm	Sanjeevani
178		Ekta Khobragade	2:00 pm	2:30 pm	Ekta

Sl. No.	Date	Name of student/ Staff	Timing		Signature	Sr. No.
			Entry	Exit		
14179	17/9/21	Dr Pranay	8:30 am	9:00 am	<u>Pranay</u>	199
14180		Dr Rohit Mohil	8:30 am	9:00 am	<u>Rohit</u>	200
14181		Dr Kumbde	8:30 am	9:00 am	<u>Kumbde</u>	201
14182		Jyoti Naidu	9:00 pm	2:30 pm	<u>Jyoti N</u>	202
14183		Sushma Talceande	2:00 pm	2:30 pm	<u>Sushma</u>	203
14184		Kunda Raut	2:00 pm	2:30 pm	<u>Kunda</u>	204
14185	18/9/21	Dr Sare Deshpande	8:30 am	9:00 am	<u>Sare</u>	205
14186		Dr Richa Sahai	8:30 am	9:00 am	<u>Richa</u>	206
14187		Dr Jaya Joshi	8:30 am	9:00 am	<u>Jaya</u>	207
14188	20/9/21	Dr Apurva Mohite	8:30 am	9:00 am	<u>Apurva</u>	208
14189		Dr Sangam Soote	8:30 am	9:00 am	<u>S. Soote</u>	209
14190		Dr Tapsya Karemore	8:30 am	9:00 am	<u>Karemore</u>	
14191		Twinkle Lokhande	2:00 pm	2:30 pm	<u>Twinkle</u>	210
14192		Ashwini Jadhav	2:00 pm	2:30 pm	<u>AJ</u>	211
14193		Nikita Nerkar	2:00 pm	2:30 pm	<u>Nerkar</u>	212
14194						213
18191	21/9/21	Dr Neena Dongre	8:30 am	9:00 am	<u>Neena</u>	
18192		Dr Khandekar	8:30 am	9:00 am	<u>Khandekar</u>	214
193		Dr Apelkha Balpande	8:30 am	9:00 am	<u>Balpande</u>	215
194		Arun Ashtankar	2:00 pm	2:30 pm	<u>Arun</u>	216
195		Suresh Khobragade	2:00 pm	2:30 pm	<u>Khobragade</u>	217
196		Mohan Wanjari	2:00 pm	2:30 pm	<u>Mohan</u>	218
197		Sharvari Khedkar	2:00 pm	2:30 pm	<u>Khedkar</u>	219
198		Divya Dubey	2:00 pm	2:30 pm	<u>Divya</u>	220
						221

Sr. No.	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
199	22/9/21	Dr. Surekha Rathod	8:30 am	9:00 am	Surekha
200		Dr. Vrunda Kolte	8:30 am	9:00 am	V. Kolte
201		Dr. Motwani	8:30 am	9:00 am	Motwani
202		Jyoti Sharma	2:00 pm	2:30 pm	Jyoti
203		Twinkle Hatmode	2:00 pm	2:30 pm	Twinkle
204		Aishwarya Phkar	2:00 pm	2:30 pm	Aishwarya
205	23/9/21	Dr. Smriti Gagdhari	8:30 am	9:00 am	Smriti
206		Dr. Tapsya Kasemore	8:30 am	9:00 am	Tapsya
207		Dr. Rajashri Kolte	8:30 am	9:00 am	Rajashri
208		Muskan Wanjari	2:00 pm	2:30 pm	Muskan
209		Ranu Bhangathiya	2:00 pm	2:30 pm	Bhangathiya
210	24/9/21	Dr. Sujoy Banerjee	8:30 am	9:00 am	Sujoy
211		Dr. Ananya Hazare	8:30 am	9:00 am	Ananya
212		Sushoma Takande	2:00 pm	2:30 pm	Sushoma
213		Madhavi Shende	2:00 pm	2:30 pm	Madhavi
214	25/9/21	Dr. Neelam Pande	8:30 am	9:00 am	Neelam
215		Dr. Saree Deshpande	8:30 am	9:00 am	Saree
216		Dr. Rajlaxmi Banerjee	8:30 am	9:00 am	Raji
217	27/9/21	Dr. Chetana Makde	8:30 am	9:00 am	Chetana
218		Dr. Vandana Kokane	8:30 am	9:00 am	Vandana
219		Dr. Snehal Sonawale	8:30 am	9:00 am	Snehal
220		Kunda Gode	2:00 pm	2:30 pm	K. Gode
221		Vandana Salpate	2:00 pm	2:30 pm	Vandana

Sl. No.	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
1. 222	28/9/21	Dr. Kshitij Bang	8:30 am	9:00 am	<u>Kshitij</u>
1. 223		Dr. Pranav Ingole	8:30 am	9:00 am	<u>Pranav</u>
1. 224		Dr. Devendra Nagpal	8:30 am	9:00 am	<u>Devendra</u>
1. 225		Trushita Banubakode	2:00 pm	2:30 pm	<u>Trushita</u>
1. 226		Ankita Niswade	2:00 pm	2:30 pm	<u>Ankita</u>
1. 227		Prayalcta Ambulkar	2:00 pm	2:30 pm	<u>Prayalcta</u>
228		Mayank Gajbhaye	2:00 pm	2:30 pm	<u>Mayank</u>
1. 229	29/9/21	Dr. Ashish Bodhane	8:30 am	9:00 am	<u>Ashish</u>
1. 230		Dr. Rohit Mohri	8:30 am	9:00 am	<u>Rohit</u>
1. 231		Dr. Sushil Naik	8:30 am	9:00 am	<u>Sushil</u>
1. 232		Manjusha	2:00 pm	2:30 pm	<u>Manjusha</u>
1. 233		Ayush Bhangadiya	2:00 pm	2:30 pm	<u>Ayush</u>
1. 234		Abadi chape	2:00 pm	2:30 pm	<u>Abadi</u>
1. 235		Sayali D.	2:00 pm	2:30 pm	<u>Sayali</u>
1. 236	30/9/21	Dr. Sudhir Rawalani	8:30 am	9:00 am	<u>Sudhir</u>
1. 237		Dr. Swapnil Patil	8:30 am	9:00 am	<u>Swapnil</u>
1. 238		Dr. Rajesh Kumbde	8:30 am	9:00 am	<u>Rajesh</u>
239		Muskan Wanjari	2:00 pm	2:30 pm	<u>Muskan</u>
240		Ranu Bhangadiya	2:00 pm	2:30 pm	<u>Ranu</u>
241		Apeksha Kamble	2:00 pm	2:30 pm	<u>Apeksha</u>
242	1/10/21	Dr. Akhil Rathi	8:30 am	9:00 am	<u>Akhil</u>
243		Dr. Rahul Telcade	8:30 am	9:00 am	<u>Rahul</u>
244		Dr. Anuj Chaudak	8:30 am	9:00 am	<u>Anuj</u>
245		Dr. Tulhar Mowade	8:30 am	9:00 am	<u>Tulhar</u>

October 2021

Sr. No.	Date	Name of Students / Staff	Timing		Sign
			Entry	Exit	
245		Sunita Chatur	2:00 pm	2:30 pm	S. Chatur
246		Chanda Wankhede	2:00 pm	2:30 pm	Chanda
<i>Sunday</i>					
247	4/10/21	Dr. Gautam Badole	8:30 am	9:00 am	Grade
248		Dr. Amruta Khadse	8:30 am	9:00 am	Akhadse
249		Dr. Chetana Makde	8:30 am	9:00 am	Makde
250		Nikita Wanjan	2:00 pm	2:30 pm	Nikita
251		Shawari Khedkar	2:00 pm	2:30 pm	Shedkar
251	5/10/21	Dr. Sangeeta Bhattacharya	8:30 am	9:00 am	S. Bhattacharya
252		Dr. Himaja Keri	8:30 am	9:00 am	Himaja
253		Pooja Nakate	2:00 pm	2:30 pm	Pooja
254		Sidhant Hiwale	2:00 pm	2:30 pm	Hiwale
255		Simran Sangani	2:00 pm	2:30 pm	Simran
256		Shrushti Dhande	2:00 pm	2:30 pm	Dhande
257	6/10/21	Dr. Kamal Kishor Mankar	8:30 am	9:00 am	K. Mankar
258		Dr. Dhawal Modi	8:30 am	9:00 am	D. Modi
259		Dr. Girish	8:30 am	9:00 am	Girish
260		Dr. Mohit Gunwal	8:30 am	9:00 am	Mohit
261		Ekta Khobragade	2:00 pm	2:30 pm	Ekta
262		Samsudhi	2:00 pm	2:30 pm	Samsudhi
263		Divya Dubey	2:00 pm	2:30 pm	Divya
264		Aditi Fadnis	2:00 pm	2:30 pm	Aditi

Week

DEAN

VSPM'S Dental College & Research Centre, Digdoh Hills
Hingne, Pune, Maharashtra - 411019

Sl. No	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
1. 265	7/10/21	Dr Nilima Budhraya	8:30 am	9:00 am	Nilima
1. 266		Dr Vrinda Kolte	8:30 am	9:00 am	Vrinda
1. 267		Dr Deepika Chandok	8:30 am	9:00 am	Deepika
1. 268		Dr Leena Belsare	8:30 am	9:00 am	Leena
1. 269		Shubham Wbale	2:30 pm	2:30 pm	Shubham
1. 270		Anushri Uge	2:00 pm	2:30 pm	Anushri
1. 271		Vaulehi Lokhande	2:00 pm	2:30 pm	Vaulehi
1. 272		Mahima Vanjari	2:00 pm	2:30 pm	Mahima
1. 273	8/10/21	Dr Kshiti Bang	8:30 am	9:00 am	Kshiti
1. 274		Dr Rahul Dahake	8:30 am	9:00 am	Rahul
1. 275		Dr Rajesh Kubade	8:30 am	9:00 am	Rajesh
1. 276		Snhehal Wanjari	2:00 pm	2:30 pm	Snhehal
1. 277		Amruta Verma	2:00 pm	2:30 pm	Amruta
1. 278		Anushri Uge	2:00 pm	2:30 pm	Anushri
1. 279	9/10/21	Dr Sandeep Khandaitkar	8:30 am	9:00 am	Sandeep
1. 280		Dr Gautam Badole	8:30 am	9:00 am	Gautam
1. 281		Dr Mohit Gunwar	8:30 am	9:00 am	Mohit
1. 282		Dr Pratik Burad	8:30 am	9:00 am	Pratik
1. 283		Jayesh Shinde	2:00 pm	2:30 pm	Jayesh
1. 284		Kalyani Deshmukh	2:00 pm	2:30 pm	Kalyani
1. 285		Trinlele Hatmode	2:00 pm	2:30 pm	Trinlele
1. 286		Jyoti Sharma	2:00 pm	2:30 pm	Jyoti

Sunday

Sr. No.	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
287	11/10/21	Dr Ankita Ramteke	8:30 am	9:00 am	Ankita
288		Dr Vidhya Mokhadde	8:30 am	9:00 am	Vidya
289		Dr. Vrushali Lathiya	8:30 am	9:00 am	Vrushi
290		Divya Dubey	2:00 pm	2:30 pm	Divya
291		Dharamshi Amlani	2:00 pm	2:30 pm	Dharam
292		Ekta Khobragade	2:00 pm	2:30 pm	Ekta
293	12/10/21	Dr Girish Bodhane	8:30 am	9:00 am	Girish
294		Dr Sumedh Khobragade	8:30 am	9:00 am	Sum
295		Dr Ashish Bodhade	8:30 am	9:00 am	Ashish
296		Dr Rohit Mohil	8:30 am	9:00 am	Rohit
297		Mounmayee Awade	2:00 pm	2:30 pm	Moun
298		Shraddha Barhampurka	2:00 pm	2:30 pm	Shraddha
299		Surabhi Bayskar	2:00 pm	2:30 pm	Surabhi
300		Arya dal	2:00 pm	2:30 pm	Arya
301	13/10/21	Dr Pranjali Bawanlegar	8:30 am	9:00 am	Pranjali
302		Dr Neha Nainani	8:30 am	9:00 am	Neha
303		Dr Trupti Chordia	8:30 am	9:00 am	Trupti
304		Dr Smriti Garghami	8:30 am	9:00 am	Smriti
305		Prema Chikate	2:00 pm	2:30 pm	Prema
306		Geasia Tabassum	2:00 pm	2:30 pm	Geasia
307		Vaishnavi Chaudhary	2:00 pm	2:30 pm	Vaishnavi
308		Bhushan Nagrik	2:00 pm	2:30 pm	Bhushan

Sl. No.	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
309	14/10/21	Dr Ananya Hazare	8:30 am	9:00 am	Ananya H.
310		Dr Pritam Khorgade	8:30 am	9:00 am	Pritam
311		Dr Anurag Chaudhary	8:30 am	9:00 am	Anurag
312		Shubham Ubale	2:00 pm	2:30 pm	Shubham
313		Vaideshi Lokhande	2:00 pm	2:30 pm	Vokhande
314		Mahima Vanjari	2:00 pm	2:30 pm	Mahima
315		Snehal Wanjari	2:00 pm	2:30 pm	Snehal
316	16/10/21	Dr Rucha Pandharipande	8:30 am	9:00 am	Rucha
317		Dr Gagandeep Lamba	8:30 am	9:00 am	Gagan
318		Dr Sarqam Sotey	8:30 am	9:00 am	Sarqam
319		Sayali Belkhole	2:00 pm	2:30 pm	Sayali
320		Ayush Bhangadia	2:00 pm	2:30 pm	Ayush
321		Ranu Bhangadia	2:00 pm	2:30 pm	Ranu
322		Aboli Chapple	2:00 pm	2:30 pm	Aboli
323	16/10/21	Dr Prabhutkumar Singh	8:30 am	9:00 am	Prabhutkumar
324		Dr Sudhir Rawlani	8:30 am	9:00 am	Sudhir
325		Dr Pushil Naik	8:30 am	9:00 am	Pushil
Sunday					
326	18/10/21	Dr Parajit Wagh	8:30 am	9:00 am	Parajit
327		Dr Swapnil Patil	8:30 am	9:00 am	Swapnil
328		Dr Sweta Gandhi	8:30 am	9:00 am	Sweta
329		Dr Kavita Hotwani	8:30 am	9:00 am	Kavita
330		Pragati Agrawal	2:00 pm	2:30 pm	Pragati
331		Sanyana Agrawal	2:00 pm	2:30 pm	Sanyana
332		Arya Lal	2:00 pm	2:30 pm	Arya

Sr. No.	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
333	20/10/21	Dr Jayashree Joshi	8:30 am	9:00 am	Jayashree
334		Dr Anita Kahar	8:30 am	9:00 am	Anita
335		Mounmayee Awade	2:00 pm	2:30 pm	Mounmayee
336		Monesh Bolani	2:00 pm	2:30 pm	Bolani
337		Shradha Barmapusta	2:00 pm	2:30 pm	Shradha
338		Surabhi Bayskar	2:00 pm	2:30 pm	Surabhi
339	21/10/21	Dr Priti Jaiswal	8:30 am	9:00 am	Priti
340		Dr Rajlaxmi Banerjee	8:30 am	9:00 am	Rajlaxmi
341		Dr Saee Deshpande	8:30 am	9:00 am	Saee
342		Pragati Agrawal	2:00 pm	2:30 pm	Pragati
343		Sanjana Agrawal	2:00 pm	2:30 pm	Sanjana
344		Aboli Chaple	2:00 pm	2:30 pm	Aboli
345	22/10/21	Ashwini Jadhav	8:30 am	9:00 am	Ashwini
346		Aishwarya Ichar	8:30 am	9:00 am	Aishwarya
347		Devashree Jawaligar	8:30 am	9:00 am	Devashree
348		Apurva Kosankar	8:30 am	9:00 am	Apurva
349	23/10/21	Vaishnavi Chaudhary	8:30 am	9:00 am	Vaishnavi
350		Bhushan Nagarkar	8:30 am	9:00 am	Bhushan
351		Prerna Chikate	8:30 am	9:00 am	Prerna
Sunday					
352	25/10/21	Dr Sujoy Banerjee	8:30 am	9:00 am	Sujoy
353		Dr Ananya Hasare	8:30 am	9:00 am	Ananya
354		Gausia Tabassum	2:00 pm	2:30 pm	Gausia
355		Prerna Chikate	2:00 pm	2:30 pm	Prerna

Sl. No.	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
1356	26/10/21	Dr Pritam Khorgade	8:30 am	9:00 am	<u>Pritam</u>
1357		Dr Ojas Gajbhaye	8:30 am	9:00 am	<u>Ojas</u>
1358		Vaishnavi Chaudhari	2:00 pm	2:30 pm	<u>Vaish</u>
1359		Bhushan Nagrik	2:00 pm	2:30 pm	<u>Bos</u>
1360		Prerna Chikate	2:00 pm	2:30 pm	<u>Prerna</u>
361	27/10/21	Dr Sweta Gandhi	8:30 am	9:00 am	<u>Sweta</u>
1362		Dr Sameena Sheikh	8:30 am	9:00 am	<u>Sameen</u>
1363		Dr Parijit Wagh	8:30 am	9:00 am	<u>Parijit</u>
1364		Bhuvaneshwari Bhalme	2:00 pm	2:30 pm	<u>Bh</u>
1365		Ranu Bhangadia	2:00 pm	2:30 pm	<u>Ranu</u>
1366		Sayalee Dandekar	2:00 pm	2:30 pm	<u>Dhara</u>
367	28/10/21	Jayesh Shinde	8:30 am	9:00 am	<u>Jayesh</u>
1368		Rohit Patil	8:30 am	9:00 am	<u>Rohit</u>
369		Shraddha Barhampure	2:00 pm	2:30 pm	<u>Barhampure</u>
370		Surabhi Bayskar	2:00 pm	2:30 pm	<u>Sur</u>
371		Muenmayee Awade	2:00 pm	2:30 pm	<u>Awade</u>
372	29/10/21	Dr Tapasya Kasemore	8:30 am	9:00 am	<u>Tapasya</u>
373		Dr Apurva Mohite	8:30 am	9:00 am	<u>AP</u>
374		Sayali Belchode	2:00 pm	2:30 pm	<u>Sayali</u>
375		Ayush Bhangadia	2:00 pm	2:30 pm	<u>Ayush</u>
376	30/10/21	Dr Purva Chaudhari	8:30 am	9:00 am	<u>Purva</u>
377		Dr Gagandeep Lamba	8:30 am	9:00 am	<u>Gagandeep</u>
378		Dr Kavita Hotwani	8:30 am	9:00 am	<u>Kavita</u>
		Sunday			

November 2021

Page No.

Date

Sr. No.	Date	Name of Students / Staff	Timing		Sign
			Entry	Exit	
379	1/11/21	Divya Trivedi	8:30 am	9:00 am	Divya
380		Aishwarya Purohit	8:30 am	9:00 am	Aish
381		Nikita Manjari	8:30 am	9:00 am	Nikita
382		Sanjeevani Kamdi	8:30 am	9:00 am	Sanju
383	2/11/21	Dr Chetana Makde	8:30 am	9:00 am	Chet
384		Dr Vandana Kokhe	8:30 am	9:00 am	Vandana
385		Dr Anruta Khadse	8:30 am	9:00 am	Anruta
386		Vinay Tiwari	2:00 pm	2:30 pm	Vinay
387		Saugham Madakwade	2:00 pm	2:30 pm	Saugham
Diwali Vacation					
388	8/11/21	Dr. Neelam Pande	8:30 am	9:00 am	Neelam
389		Dr Saee Deshpande	8:30 am	9:00 am	Saee
390		Manjushree Waghmare	2:00 pm	2:30 pm	Manjushree
391		Pooja Parate	2:00 pm	2:30 pm	Pooja
392	9/11/21	Dr Rajlaxmi Banerjee	8:30 am	9:00 am	Rajlaxmi
393		Dr Richa Sahai	8:30 am	9:00 am	Richa
394		Dr Sameedha	8:30 am	9:00 am	Sameedha
395		Sunita Chatur	2:00 pm	2:30 pm	Sunita
396		Kunda Gode	2:00 pm	2:30 pm	Kunda
397	10/11/21	Dr Ojas Gajbhiye	8:30 am	9:00 am	Ojas
398		Dr. Richa Sahai	8:30 am	9:00 am	Richa
399		Dr Sameedha	8:30 am	9:00 am	Sameedha
400		Vandana Satpute	2:00 pm	2:30 pm	Satpute
401		Chanda Wankhede	2:00 pm	2:30 pm	Chanda

Sr. No	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
402	11/11/21	Shubham Ubele	8:30 am	9:00 am	[Signature]
403		Anushri Uge	8:30 am	9:00 am	[Signature]
404		Mahima Vajari	8:30 am	9:00 am	[Signature]
405		Dr. Rahul Tekade	2:00 pm	2:30 pm	[Signature]
406		Dr. Apas Gajbhaye	2:00 pm	2:30 pm	[Signature]
407	12/11/21	Dr. Saee Deshpande	8:30 am	9:00 am	[Signature]
408		Dr. Rajlaxmi Banerjee	8:30 am	9:00 am	[Signature]
409		Jyoti Sharma	2:00 pm	2:30 pm	[Signature]
410		Kalyani Deshmukh	2:00 pm	2:30 pm	[Signature]
411	13/11/21	Dr. Richa Sahai	8:30 am	9:00 am	[Signature]
412		Dr. Sameedha	8:30 am	9:00 am	[Signature]
Sunday					
413	15/11/21	Dr. Rahul Tekade	8:30 am	9:00 am	[Signature]
414		Dr. Akhil Rathi	8:30 am	9:00 am	[Signature]
415		Dr. Tushar Mawade	8:30 am	9:00 am	[Signature]
416		Munindra Hasle	2:00 pm	2:30 pm	[Signature]
417		Kesare	2:00 pm	2:30 pm	[Signature]
418		Vivek Khobragade	2:00 pm	2:30 pm	[Signature]
419	16/11/21	Dr. Jaya Joshi	8:30 am	9:00 am	[Signature]
420		Dr. Anita Kaker	8:30 am	9:00 am	[Signature]
421		Dr. Anuj Chaudak	8:30 am	9:00 am	[Signature]
422		Ashwini Bongane	2:00 pm	2:30 pm	[Signature]
423		Shweta Yadav	2:00 pm	2:30 pm	[Signature]
424		Rujuta Muneshwar	2:00 pm	2:30 pm	[Signature]

Sl No	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
425	17/11/21	Nikita Herkar	8:30am	9:00am	Nikit
426		Apeksha Kamble	8:30am	9:00am	Apk
427		Devshree Jawalikar	8:30am	9:00am	Dejor
428		Apurva Kosankar	8:30am	9:00am	Apurva
429		Dr Anita Kahar	2:00pm	2:30pm	Anita
430		Dr Richa Sahai	2:00pm	2:30pm	Richa
431	18/11/21	Shubham Ekale	8:30am	9:00am	Shubham
432		Anushri Uge	8:30am	9:00am	Albas
433		Vaidehi Lokhande	8:30am	9:00am	Vekhande
434		Mahima Vanjari	8:30am	9:00am	Mahima
435		Amruta Verma	8:30am	9:00am	Amrut
436	20/11/21	Dr Richa Sahai	8:30am	9:00am	Richa
437		Dr Sameedha	8:30am	9:00am	Sam
438		Dr Saee Deshpande	8:30am	9:00am	Saee
Sunday					
439	22/11/21	Dr Tushar Mowade	8:30am	9:00pm	Tm
440		Dr Anuj Chaudak	8:30am	9:00pm	Anuj
441		Dr. Ujas Gajbhiye	8:30am	9:00pm	Ujas
442		Ashwini Jadhav	9:00pm	2:30pm	Ashwini
443		Aishwarya Jekar	2:00pm	2:30pm	Aishwarya
444		Ayushi Gusharikar	2:00pm	2:30pm	Ayushi
Tuesday					

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Ningha Road, Nagpur-440019

Sl NO	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
445	23/11/21	Shubham Wbale	8:30 am	9:00 am	<u>Shubham</u>
446		Amruta Verma	8:30 am	9:00 am	<u>Amruta</u>
447		Mahima Vanjari	8:30 am	9:00 am	<u>Mahima</u>
448		Aboli Chaple	8:30 am	9:00 am	<u>Aboli</u>
449		Madhavi Shende	2:00 pm	2:30 pm	<u>Madhavi</u>
450		Ananda Kalambe	2:00 pm	2:30 pm	<u>Ananda</u>
451	24/11/21	Dr Jaya Joshi	8:30 am	9:00 am	<u>Jaya</u>
452		Dr Anita	8:30 am	9:00 am	<u>Anita</u>
453		Dr Saee Deshpande	8:30 am	9:00 am	<u>Saee</u>
454		Chitra Sonkusare	2:00 pm	2:30 pm	<u>Chitra</u>
455		Chetana Bhasme	2:00 pm	2:30 pm	<u>Chetana</u>
456		Sanjay Kajane	2:00 pm	2:30 pm	<u>Sanjay</u>
457	25/11/21	Pragati Agrawal	8:30 am	9:00 am	<u>Pragati</u>
458		Sanjana Agrawal	8:30 am	9:00 am	<u>Sanjana</u>
459		Arya Lal	8:30 am	9:00 am	<u>Arya</u>
460		Mrunmayee Anade	8:30 am	9:00 am	<u>Mrunmayee</u>
461		Shraddha Barhampurkar	8:30 am	9:00 am	<u>Shraddha</u>
462	26/11/21	Anushri Uge	8:30 am	9:00 am	<u>Anushri</u>
463		Vaideli Lokhande	8:30 am	9:00 am	<u>Vaideli</u>
464		Mahima Vanjari	8:30 am	9:00 am	<u>Mahima</u>
465		Snehal Vanjari	8:30 am	9:00 am	<u>Snehal</u>
466		Rekha Ganar	2:00 pm	2:30 pm	<u>Rekha</u>
467		Asha Sonwane	2:00 pm	2:30 pm	<u>Asha</u>
468		Kunda Raut	2:00 pm	2:30 pm	<u>Kunda</u>

Sl NO	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
469	27/11/21	Vinay Tiwari	8:30 am	9:00 am	Vinay
470		Sayham Amadakwade	8:30 am	9:00 am	Sayham
471		Ganesh Wankhede	2:00 pm	2:30 pm	Ganesh
472		Sanjay Kajne	2:00 pm	2:30 pm	Sanjay
Sunday					
473	29/11/21	Sharvari Khedkar	8:30 am	9:00 am	Sharvari
474		Nikita Wanjar	8:30 am	9:00 am	Nikita
475		Chetana Bhasme	2:00 pm	2:30 pm	Chetana
476		Sushma Takeande	2:00 pm	2:30 pm	Sushma
477		Jyoti Naidu	2:00 pm	2:30 pm	Jyoti
478	30/11/21	Jayesh Shinde	8:30 am	9:30 am	Jayesh
479		Kalyani Deshmukh	8:30 am	9:00 am	Kalyani
480		Twinkle Hatmode	8:30 pm	2:30 pm	Twinkle
481		Jyoti Sharma	8:30 pm	2:30 pm	Jyoti
482		Anushree Bhuge	8:30 pm	2:30 pm	Anushree
483	1/12/21	Jayesh Shinde	8:30 am	9:30 am	Jayesh
484		Kalyani Deshmukh	8:30 am	9:30 am	Kalyani
485		Twinkle Hatmode	8:30 am	9:30 am	Twinkle
486		Jyoti Sharma	8:30 pm	2:30 pm	Jyoti
487		Shreyasi Jogi	8:30 pm	2:30 pm	Shreyasi
488	2/12/21	Jayesh Shinde	8:30 am	9:00 am	Jayesh
489		Kalyani Deshmukh	8:30 am	9:00 am	Kalyani
490		Twinkle Hatmode	8:30 am	9:00 am	Twinkle
491		Jyoti Sharma	8:30 am	9:00 am	Jyoti

December 2021

Sl NO	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
492	3/12/21	Shreyasi Jogi	8:30 am	9:30 am	Shreyasi
493		Anushree Bhode	8:30 am	9:30 am	Anushree
494		Rohit Patil	8:30 am	9:30 am	Rohit
495		Vashnavi Banode	2:30 pm	2:30 pm	Vashnavi
496		Kalyani Deshmukh	2:30 pm	2:30 pm	Kalyani
497		Jayesh Shinde	2:30 pm	2:30 pm	Jayesh
498	4/12/21	Jayesh Shinde	8:30 am	9:00 am	Jayesh
499		Jyoti Sharma	8:30 am	9:00 am	Jyoti
500		Twinkle Hatmode	8:30 am	9:00 am	Twinkle
Sunday					
501	6/12/21	Dr. Sangam Sorley	8:30 am	9:00 am	Sangam
502		Dr. Himija Kasha	8:30 am	9:00 am	Himija
503		Dr. Varsha Uttarwar	8:30 am	9:00 am	Varsha
504		Madhuri Sahare	2:00 pm	2:30 pm	Madhuri
505		Ranjana Charpe	2:00 pm	2:30 pm	Ranjana
506		Seema Sander	2:00 pm	2:30 pm	Seema
507	7/12/21	Dr. Neelam Pande	8:30 am	9:00 am	Neelam
508		Dr. Alchil Rathi	8:30 am	9:00 am	Alchil
509		Dr. Richa Sahai	8:30 am	9:00 am	Richa
510		Dr. Sameedha	8:30 am	9:00 am	Sameedha
511		Munni Balki	2:00 pm	2:30 pm	Munni
512		Vinisha Bajaj	2:00 pm	2:30 pm	Vinisha
513		Divya Trivedi	2:00 pm	2:30 pm	Divya
514		Anushree Talnikar	2:00 pm	2:30 pm	Anushree

Sl No	Date	Name of students/ staff	Timing		Signi
			Entry	Exit	
516	8/12/21	Dr Leena Belsare	8:30 am	9:00 am	<u>Leena</u>
517		Dr Ankita Ramteke			<u>Ankita</u>
518		Dr Vrushali Lathiya			<u>Vrushali</u>
519		Pragati Agrawal	2:00 pm	2:30 pm	<u>Pragati</u>
520		Shraddha Baskampoor			<u>Shraddha</u>
521		Arya Lal			<u>Arya</u>
522	9/12/21	Dr. Chetana Makde	8:30 am	9:00 am	<u>Chetana</u>
523		Dr Vandana Kokane			<u>Vandana</u>
524		Dr. Snehal Sonarkar			<u>Snehal</u>
525		Vaishnavi Banode	2:00 pm	2:30 pm	<u>Vaishnavi</u>
526		Aboli Chapple			<u>Aboli</u>
527		Sayali Dandekar			<u>Sayali</u>
528	10/12/21	Dr. Shubhangi Khandekar	8:30 am	9:00 am	<u>Shubhangi</u>
529		Dr Neena Dongre			<u>Neena</u>
530		Trupti Chordia			<u>Trupti</u>
531		Divya Dubey	2:00 pm	2:30 pm	<u>Divya</u>
532		Kanchan Ashankar			<u>Kanchan</u>
533		Dharanishi Amlani			<u>Dharanishi</u>
534		Ekta Khobragade			<u>Ekta</u>
535	11/12/21	Dr Rajashree Kotte	8:30 am	9:00 am	<u>Rajashree</u>
536		Dr Suresha Rathod			<u>Suresha</u>
537		Dr. Papsya Karmore			<u>Papsya</u>
	12/12/21	Sunday			

Sr NO	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
538	13/12/21	Dr Richa Sahai	8:30 am	9:00 am	Rachit
539		Dr. Sameekha			Sameekha
540		Sayali Bellehode	2:00 pm	2:30 pm	Sayali
541		Aush Bhangadia			Aush
542		Aboli Chaple			Aboli
543		Shubham Ubale			Shubham
544	14/12/21	Dr. Khilij Bang	8:30 am	9:00 am	Khilij
545		Dr Rahul Tekade			Rahul
546		Dr Mohit Genuwal			Mohit
547		Shehal Wanjari	2:00 pm	2:30 pm	Shehal
548		Aruta Verma			Aruta
549		Mahima Wanjari			Mahima
550		Mrunmayee Awade			Mrunmayee
551	15/12/21	Dr. Varsha Uttarwar	8:30 am	9:00 am	Varsha
552		Dr Chetana Makde			Chetana
553		Vaishnavi Chaudhary	2:00 pm	2:30 pm	Vaishnavi
554		Prerana Chikate			Prerana
555		Gauria Tabassum			Gauria
556		Ranu Bhangadia			Ranu
557	16/12/21	Dr. Kshitiy Bang	8:30 am	9:00 am	Kshitiy
558		Dr. Rahul Dake			Rahul
559		Amruta Verma	2:00 pm	2:30 pm	Amruta
560		Kalyani Deshmukh			Kalyani
561		Twinkle Hatmode			Twinkle

Sl No	Date	Name of students/ Staff	Timing		Sign.
			Entry	Exit	
562	17/12/21	Dr. Vrinda Kolte	8:30 am	9:00 am	
563		Dr. Rajesh Kumbde			
564		Dr. pratik Bawad			
565		Anushi Uge	2:00 pm	2:30 pm	
566		Malima Vanjari			
567		Amruter Verma			
568	18/12/21	Dr. girish Bodhane	8:30 am	9:00 am	
569		Dr. Vrushali Latkiya			
570		Dr. Trupti Chordia			
571	20/12/21	Dr. pranay	8:30 am	9:00 am	
572		Dr. Richa Salunke			
573		Dr. Khadekar			
574		Suresh Khobragade	2:00 pm	2:30 pm	
575		Divya Dubey			
576		Mohan Wanjari			
577	21/12/21	Dr. Tapsya Karemore	8:30 am	9:00 am	
578		Dr. Mohit Gunwal			
579		Dr. Devendra Nagpal			
580		Supriya Pawasale	2:00 pm	2:30 pm	
581		Pooja Malekar			
582		Twinkle Lokhande			

Sr No	Date	Name of Students/ Staff	Timing		Sign
			Entry	Exit	
583	22/12/21	Dr. Mohit Gunwal	8:30 am	9:00 am	
584		Dr. Suyoy Baneyee			
585		Pooja Malekate	2:00 am	2:30 pm	
586		Manjusha Suryawanshi			
587		Divyesh Dube			
588	23/12/21	Dr. Ojas Gajbhaye	8:30 am	9:00 am	
589		Dr. Smriti Jagdani			
590		Dr. Vandana Kokane			
591		Sanjeevani Kamadi	2:00 pm	2:30 pm	
592		Jidyeasa Kalambe			
593	24/12/21	Dr. Rajashri Kolve	8:30 am	9:00 am	
594		Dr. Neelam Pande			
595		Dr. Saee Dashpande			
596		Prajakta Ambulkar	2:00 pm	2:30 pm	
597		Mayank Gajbhaye			
598		Sajali D.			
	25/12/21	Christmas Holiday			
599	27/12/21	Dr. Deepika Chaudole	8:30 am	9:00 am	
600		Dr. Vaesha Uttawar			
601		Dr. Sunanda Ratnod			
602		Pooja Malekate	2:00 pm	2:30 pm	
603		Wanyani Nileite			
		Simran Saugai			

Sl. NO	Date	Name of Students/Staff	Timing		Signature	
			Entry	Exit		
604	28/12/21	Dr. pranav ingole	8:30 am	9:00 am	Purjya	
605		Dr. Sumedh khobragade			Sumedh	
607		Dr. Rohit moharil	Rohit			
608		Divya Dube	2:00 pm	2:30 pm	Divya	
609		Aditi Fadanvis	Aditi			
610		Vivek khobragade	Vivek			
611		29/12/21	Dr. Neena wankhede	8:30 am	9:00 am	Neena
612			Dr. Ananya Hazare			Ananya
613			Dr. Muktel Motwani	Muktel		
614			sharvadi lehedkar	2:00 pm	2:30 pm	Sharvadi
615	shreyasi Jaji		Shreyasi			
616	shrushti bhande		Shrushti			
617	30/12/21	Dr. Anurag choudhary	8:30 am	9:00 am	Anurag	
618		Dr. Tapasya karemore			Tapasya	
619		Dr. Apurva monite	Apurva			
620		Ranu Bangadia	2:00 pm	2:30 pm	Ranu	
621		Abhijit chape	Abhijit			
622	31/12/21	Dr. gagandeep lamba	8:30 am	9:00 am	Gagan	
623		Dr. sushil Maite			Sushil	
624		Dr. Samina Shaikh	Samina			
625		Mahima Wanyai	2:00	2:30 pm	Mahima	

Ullas
DEAN
VSPM'S Dental College &
Research Centre, Digdoh Hills
Mingna Road, Nagpur-440019

January 2022

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Sr No.	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
	1/1/22 Saturday	New year	—	—	—
	2/1/22 Sunday	Sunday	—	—	—
1	3/1/22	Dr. Neelam Pandey	8:30 am	9:00 am	
2	Monday	Dr. Saee Deshpande	8:30 am	9:00 am	
3		Shravyasi Sogji	2:00 pm	2:30 pm	
4		Vaishnavi Banode	2:00 pm	2:30 pm	
5		Pooja Makate	2:00 pm	2:30 pm	
6	4/1/22	Dr. Chetana Makate	8:30 am	9:00 am	
7	Tuesday	Dr. Vaisha Uttarwar	8:30 am	9:00 am	
8		Sayali Belchode	2:00 pm	2:30 pm	
9		Ram Bhagadia	"	"	
10		Aboli Chaple	"	"	
11		Sayalee Dandekar	"	"	
			"	"	
12	5/1/22	Dr. Gagandeep Lamba	8:30 am	9:00 am	
13	Wednesday	Dr. Purna Chaudhary	"	"	
14		Shubham Whale	2:00 pm	2:30 pm	
15		Anushi Uge	"	"	
16		Vaishali Lokhande	"	"	

Sr No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
17	6/1/22	Dr Himija Karia	8:30 am	9:00 am	
18	Thursday	Dr. Sangeeta Bhattacharya	"	"	
19		Pragati Agrawal	2:00 pm	2:30 pm	
20		Sanjana Agrawal	"	"	
21		Asya Jal	"	"	
22		Mrunmayee Awade	"	"	
23	7/1/22	Dr Tapasya Karamore	8:30 am	9:00 am	
24	Friday	Dr. Apeksha Dhole	"	"	
25		Vaishnavi Chaudhary	2:00 pm	2:30 pm	
26		Bhushan Nagrik	"	"	
27		Seubli Bayskar	"	"	
28	8/1/22	Dr Richa Sahai	8:30 am	9:00 am	
29	Saturday	Dr Sameedha Paude	"	"	
	9/1/22	Sunday	—	—	
30	10/1/22	Dr Rajlaxmi Banejee	8:30 am	9:00 am	
31	Monday	Dr Neelam Paude	"	"	
32		Dr. Jayashree Joshi	"	"	
33		Rohit Patil	2:00 pm	2:30 pm	
34		Jayesh Joshi	"	"	
35		Siddhant Hiwale	"	"	

Sr No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
36	11/1/22	Dr Khitij Bang	8:30 am	9:00 am	
37	Tuesday	Dr Rahul Dhake	"	"	
38		Parag Dhake	2:00 pm	2:30 pm	
39		Ayesh Gurhanbar	"	"	
40		Vinay Tiwari	"	"	
41	12/1/22	Dr Deepika chandole	8:30 am	9:00 am	
42	Wednesday	Dr Snehal Sonarcar	"	"	
43		Dr Ankita Ramteke	"	"	
44		Gausi & Tabassum	2:00 pm	2:30 pm	
45		Berna Chikate	"	"	
46		Surbhi Bayskar	"	"	
47	13/1/22	Dr Vrushali Lathiyar	8:30 am	9:00 am	
48	Thursday	Dr Pranjali Bawantkar	"	"	
49		Dr Neha Nainani	"	"	
50		Vaidehi Lotchaude	2:00 pm	2:30 pm	
51		Mahima Wanjari	"	"	
52		Amruta Verma	"	"	
53	14/1/22	Dr Samruti Jagdhari	8:30 am	9:00 am	
54	Friday	Dr Apurva Mohite	"	"	
55		Dr Rucha Pandharipande	"	"	
56		Pragati Agrawal	2:00 pm	2:30 pm	
57		Sanjana Agrawal	"	"	
58		Ariya Lal	"	"	

Sl No	Date	Name of student / staff	Timing		Sign
			Entry	Exit	
59	15/1/22	Dr Vrunda Kolte	8:30 am	9:00 am	
60	Saturday	Dr Nilima Budhrage	"	"	
61 62	16/1/22	Sunday	-	-	-
61	17/1/22	Dr. Tushar Mowad	8:30 am	9:00 am	
62	Monday	Dr Anuj chandak	"	"	
63		Reena	2:00 pm	2:30 pm	
64		Ruchita	"	"	
65	18/1/22	Dr. Khitij Bang	8:30 am	9:00 am	
66	Tuesday	Dr Pranav Ingole	"	"	
67		Aditi Padnavis	2:00 pm	2:30 pm	
68		Zanjeerani Kamdi	"	"	
69		Dharamshi Amlani	"	"	
70	19/1/22	Dr Rajesh Kubade	8:30 am	9:00 am	
71	Wednesday	Dr Gautam Badole	"	"	
72		Dr Mohit Gunwal	"	"	
73		Ekta Khobragade	2:00 pm	2:30 pm	
74		Samsruchi Khoudalaya	"	"	
75		Shawari Khedkar	"	"	

SR No.	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
76	20/1/22	Dr. Dhawal Modi	8:30 am	9:00 am	<u>Dhawal</u>
77	Thursday	Dr. Girish Bodhan	"	"	<u>Girish</u>
78		Vaishnavi Chaudhary	2:00 pm	2:30 pm	<u>Vaishnavi</u>
79		Prerna Chikate	"	"	<u>Prerna</u>
80		Geetika Tabassum	"	"	<u>Geetika</u>
81	21/1/22	Dr. Shubhangi Chandekar	8:30 am	9:00 am	<u>Shubhangi</u>
82	Friday	Dr. Trupti Chordia	"	"	<u>Trupti</u>
83		Monesh Balani	2:00 pm	2:30 pm	<u>Monesh</u>
84		Shradha Bhusampurkar	"	"	<u>Shradha</u>
85		Surbhi Bayskar	"	"	<u>Surbhi</u>
86	22/1/22	Dr. Sujoy Banerjee	8:30 am	9:00 am	<u>Sujoy</u>
87	Saturday	Dr. Ananya Hazare	"	"	<u>Ananya</u>
88		Dr. Pritam Khorgade	"	"	<u>Pritam</u>
	23/1/22	Sunday	---	---	---
89	24/1/22	Dr. Preeti Jaiswal	8:30 am	9:00 am	<u>Preeti</u>
90	Monday	Dr. Anita Kahar	"	"	<u>Anita</u>
91		Dr. Richa Sahai	"	"	<u>Richa</u>
92		Aboli Chaple	2:00 pm	2:30 pm	<u>Aboli</u>
93		Sayalee Dandekar	"	"	<u>Sayalee</u>
94		Ranu Bhangadi	"	"	<u>Ranu</u>

Sr No.	Date	Name of students /staff	Timing		Sign
			Entry	Exit	
95	25/1/22	Dr. Ashish Bodhare	8:30 am	9:00 am	
96	Tuesday	Dr. Rohit Mohil	8:30 am	9:00 am	
97		Dr. Sushil Mele	8:30 am	9:00 am	
98		Ankita Misra	2:00 pm	2:30 pm	
99		Divya Dubey	2:00 pm	2:30 pm	
100		Samruddhi	2:00 pm	2:30 pm	
	26/1/22 Wednesday	Republic Day Holiday			
101	27/1/22	Dr. Chetana Makde	8:30 am	9:00 am	
102	Thursday	Dr. Pratik Buread	8:30 am	9:00 am	
103		Dr. Surekha Ratwad	2:00 pm	2:30 pm	
104		Simran Singh	2:00 pm	2:30 pm	
105	28/1/22	Dr. Dhawal Mody	8:30 am	9:00 am	
106	Friday	Dr. Pranav Ingole	8:30 am	9:00 am	
107		Dr. Saudeep Khondiker	8:30 am	9:00 am	
108		Dr. Deepika Chodak	2:00 pm	2:30 pm	
109		Shrawari Khedkar	2:00 pm	2:30 pm	
110		Smriti Phande	2:00 pm	2:30 pm	
111	29/1/22	Dr. Vidya Molekade	8:30 am	9:00 am	
112	Saturday	Dr. Vaesha Uteswar	8:30 am	9:00 am	
113		Apeesha Kamble	2:00 pm	2:30 pm	
	30/1/22	Sunday			

February 2022

Sr NO	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
114	1/2/22	Dr. parijit wagh	8:30 am	9:00 am	<u>P</u>
115	Tuesday	Dr. kavita Hotwani	"	"	<u>Mitwal</u>
116		Dr. sudhar Rawlani	"	"	<u>Sudh</u>
117		Ramu Bhargedia	2:00 pm	2:30 pm	<u>Ramu</u>
118		Saylee Dandekar	"	"	<u>Saylee</u>
119	2/2/22	Dr. priti Jaiswal	8:30 am	9:00 am	<u>Priti</u>
120	Wednesday	Dr. Rajlaxmi Banerjee	"	"	<u>Raj</u>
121		Dr. Ananya Hazare	"	"	<u>Ananya</u>
122		Dr. Rohit Mohil	2:00 pm	2:30 pm	<u>Rohit</u>
123		Dheeraj Nagrik	"	"	<u>Dheeraj</u>
124		Ayush Bhargedia	"	"	<u>A-B.</u>
125	3/2/22	Dr. pritam khorgade	8:30 am	9:00 am	<u>Pritam</u>
126	Thursday	Dr. Apekha dhok	"	"	<u>Apekha</u>
127		Dr. Anurag Choudhary	"	"	<u>Anurag</u>
128		Dr. Sweta Grandhi	2:00 pm	2:30 pm	<u>Sweta</u>
129		Sayeevati kandi	"	"	<u>Sayeevati</u>
130		Chanda wankhede	"	"	<u>Chanda.W.</u>
131	4/2/22	Dr. Pragadeep lamba	8:30 am	9:00 am	<u>Pragadeep</u>
132	Friday	Dr. Apurva Mawite	"	"	<u>Apurva</u>
133		Dr. Vidya Molehade	"	"	<u>Vidya</u>
134		Dr. Rahul Dahake	"	"	<u>Rahul</u>
135		Swita Chatur	2:00 pm	2:30 pm	<u>Swita</u>

Sr NO.	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
136	5/2/22	Dr. pranav ingole	8.30 am	9.00 pm	<u>Ingole</u>
137	Saturday	Dr. Deepika Chandole	"	"	<u>Deepika</u>
138		Dr. Aishwarya Atkot	"	"	<u>Aishwarya</u>
139		Pooja parate	2.00 pm	2.30 pm	<u>Pooja</u>
140		Vinay Tiwari	"	"	<u>Vinay</u>
	6/2/22	Sunday	-	-	-
	7/2/22	Lata Mangeshkar condolence program			
	Monday				
141	8/2/22	Dr. Tushar Shinde	8.30 am	9.00 am	<u>Mawad</u>
142	Tuesday	Dr. Dhawal Mody.	"	"	<u>Mody</u>
143		Dr. Jas Vajbhaye	"	"	<u>Jas</u>
144		Kunda Wode	2.00 pm	2.30 pm	<u>Kunda G.</u>
145		Vandana Satpute	"	"	<u>Vandana</u>
146	9/2/22	Dr. Neelam paunde	8.30 am	9.00 am	<u>Paunde</u>
147	Wednesday	Dr. Kunda Kote	"	"	<u>Kunda</u>
148		Dr. Ishitij Bang.	"	"	<u>Bang</u>
149		Chitra Lonkare	2.00 pm	2.30 pm	<u>Chitra</u>
150		Kalyani Deshmukh	"	"	<u>Kalyani</u>
151	10/2/22	Dr. Shradha Sahan	8.30 am	9.00 am	<u>Shradha</u>
152	Thursday	Dr. Ginish Bodhane	"	"	<u>Ginish B</u>
153		Dr. Neena Wankhede	"	"	<u>Neena</u>
154		Sueta Yadav	2.00 pm	2.30 pm	<u>Sueta</u>
155		Rugata Meneshwar	"	"	<u>Rugata</u>

Sl. NO.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
156	11/2/22	Dr. Sangita Bhattacharya	8:30am	9:00am	<u>Sangita</u>
157	Friday	Dr. Tapsya Koremore	"	"	<u>Tapsya</u>
158		Dr. Himija Kaeid	"	"	<u>Himija</u>
159		Aishwarye Iekar	2:00pm	2:30pm	<u>Aishwarye</u>
160		Amruta Verma	"	"	<u>Amruta</u>
161	12/2/22	Dr. K. Venkateshwar Reddy	8:30am	9:00am	<u>Reddy</u>
162	Saturday	Dr. Richa Sahai	"	"	<u>Richa</u>
-	13/2/22	Sunday	-	-	-
163	14/2/22	Dr. Smriti Jagdekar	8:30am	9:00am	<u>Smriti</u>
164	Monday	Dr. Saee Deshpande	"	"	<u>Saee</u>
165		Dr. Jayashree Joshi	"	"	<u>Jayashree</u>
166		Dhanashi Amlekar	2:00pm	2:30pm	<u>Dhanashi</u>
167		Aboli Chapple	"	"	<u>Aboli</u>
168	15/2/22	Dr. Chetana Malede	8:30am	9:00am	<u>Chetana</u>
169	Tuesday	Dr. Anleita Ramteke	"	"	<u>Anleita</u>
170		Dr. Teena Belsare	"	"	<u>Teena</u>
171		Twinkle Hatmode	2:00pm	2:30pm	<u>Twinkle</u>
172		Raviana Chavpe	"	"	<u>Raviana</u>
173	16/2/22	Dr. Rahul Dehale	8:30am	9:00am	<u>Rahul</u>
174	Wednesday	Dr. Poojyali Bawankar	"	"	<u>Poojyali</u>
175		Vinisha Bajaj	"	"	<u>Vinisha</u>
176		Supriya Parmate	2:00pm	2:30pm	<u>Supriya</u>
177		Nikita Wanjar	"	"	<u>Nikita</u>

Sr No.	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
178	17/2/22	Dr Neelam Pande	8.30am	9.00am	<u>Neelam</u>
179	Thursday	Dr. Saee Deshmuth	"	"	<u>Saee</u>
180		Ranu Bhoyar	2.00pm	2.30pm	<u>Ranu</u>
181		Aboli chaple	"	"	<u>Aboli</u>
182		Sayalee Dandekar	"	"	<u>Sayalee</u>
183	18/2/22	Dr Neelam Pande	8.30am	9.00am	<u>Neelam</u>
184	Friday	Dr Rajlaxmi banesjee	"	"	<u>Rajlaxmi</u>
185		Kalyani Deshmuth	2.00pm	2.30pm	<u>Kalyani</u>
186		Twinkle hatmode	"	"	<u>Twinkle</u>
187		Jayoti Sharma	"	"	<u>Jayoti</u>
188	19/2/22	Dr Neelam Pande	8.30am	9.00am	<u>Neelam</u>
189	Saturday	Dr Jayashree Joshi	"	"	<u>Jayashree</u>
190					
191					
192					
193					
-	20/2/22	Sunday	-	-	-
194	21/2/22	Dr Vandana kokane	8.30am	9.00am	<u>Vandana</u>
195	Monday	Dr chetana Makde	"	"	<u>Chetana</u>
196		Aboli chaple	2.00pm	2.30pm	<u>Aboli</u>
197		Vaidhi Lokhande	"	"	<u>Vaidhi</u>
198		Anushi Uge	"	"	<u>Anushi</u>

Sr NO.	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
195	22/2/22	Dr Ashish Bodhade	8.30 am	9.00 am	Ashish
196	Tuesday	Dr Rohit Moharill	"	"	Rohit
197		Kanchan Ashtankar	2.00 pm	2.30 pm	Kanchan
198		Divya Dubey	"	"	Divya
199	23/2/22	Dr Smriti Jagdhari	8.30 am	9.00 am	Smriti
200	Wednesday	Dr. Visha Uthaswar Vanshe	"	"	Vanshe
201		Dr Trupti Chorchia	"	"	Trupti
202		Simran Sangani	2.00 pm	2.30 pm	Simran
203		Ishani Bhave	"	"	Ishani
204	24/2/22	Dr Apeksha Dhote	8.30 am	9.00 am	Apeksha
205	Thursday	Dr Papanya Karemore	"	"	Papanya
206		Nikita Manjari	2.00 pm	2.30 pm	Nikita
207		Supriya Parwate	"	"	Supriya
208	25/2/22	Dr Neelam Pande	8.30 am	9.00 am	Neelam
209	Friday	Dr. Sare Deshpande	"	"	Sare
210		Kalyani Deshmukh	2.00 pm	2.30 pm	Kalyani
211		Twinkle Hatmode	"	"	Twinkle
212		Jayesh Shinde	"	"	Jayesh
213	26/2/22	Dr Ojas Gajbhaye	8.30 am	9.00 am	Ojas
214	Saturday	Dr Richa Sahai	"	"	Richa
-	27/2/22	Sunday	-	-	-

March 2022

1/3/22 Mahashivratri Holliday

Restricted Area for exam

from date ~~to~~ 1/3/22 to 31/3/22

DEPT
Veer's Dental College &
Research Centre, Rajahmundry
Vengal Rao Nagar, Rajahmundry

April 2022

PAGE NO.:

DATE: / / 20

SR NO	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
219	4/04/22	Dr Nilima Pande	8:30 am	9:00 am	<u>Nilima P</u>
220	Monday	Dr Richa Sahai			<u>Richa</u>
221		Dr Sameedha			<u>Sameedha</u>
222		Jayesh Shinde	2:00 pm	2:30 pm	<u>Jayesh</u>
223		Kalyani Deshmukh			<u>Kalyani</u>
224		Twinkle Hatmode			<u>Twinkle</u>
225		Jyoti Sharma			<u>Jyoti</u>
226	5/04/22	Dr Kshiti Bang	8:30 am	9:00 am	<u>Kshiti</u>
227	Tuesday	Dr Rahul Tekade			<u>Rahul</u>
228		Dr Mohit Gunwal			<u>Mohit</u>
229		Pooja Nakate	2:00 pm	2:30 pm	<u>P. Nakate</u>
230		Jidnyasa Kalambe			<u>Jidnyasa</u>
231		Simran Sangani			<u>Simran</u>
232	6/04/22	Dr Chetana Makde	8:30 am	9:00 am	<u>Chetana</u>
233	Wednesday	Dr Apasya Karamore	8:30 am	9:00 am	<u>Apasya</u>
234		Dr Smruti Jagdhari	8:30 am	9:00 am	<u>Smruti</u>
235		Dr Vandana Kolcane	8:50 pm	9:00 pm	<u>V. Kolcane</u>
236		Sharvani Khedkar	2:00 pm	2:30 pm	<u>Sharvani</u>
237		Sanjeevani Kamdi	2:00 pm	2:30 pm	<u>Sanjeevani</u>
238		Aishwarya Parohit	2:00 pm	2:30 pm	<u>Aishwarya</u>
239		Simran Sangani	2:00 pm	2:30 pm	<u>Simran</u>

Sr No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
240	7/04/22	Dr Ashish Bodhane	8:30am	9:00am	A. Bodhane
241		Dr Rohit Mohril			Rohit
242	Thursday	Dr. Sushil Naik			Sushil
243		Ankita Niswade	2:00pm	2:30pm	Ankita
244		Manjusha			Manjusha
245		Muskan Wanjari			M. Wanjari
246	8/04/22	Dr Rahul Tekade	8:30am	9:00am	Rahul
247		Dr Pratik Buxad			Pratik
248	Friday	Dr. Ashish Bodhane			Ashish
249		Nivek Khobragade	2:00pm	2:30pm	Nivek
250		Dr Sushil Naik			Sushil
251		Dr Swapnil Patil			Swapnil
252		Dr Sudhir Rawlani			Sudhir
253	9/04/22	Dr Jaya Joshi	8:30am	9:00am	Joshi
254		Dr Neelam Pande			Neelam P.
255	Saturday	Dr Saee Deshpande			Saee
1	10/4/22	Sunday			


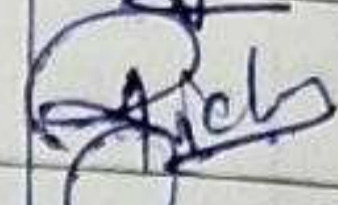
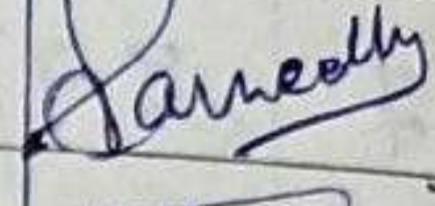
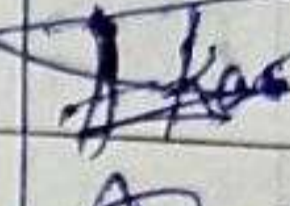
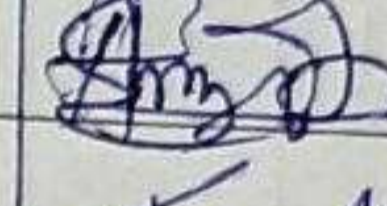
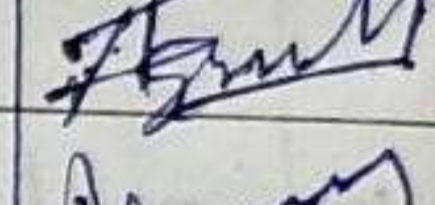
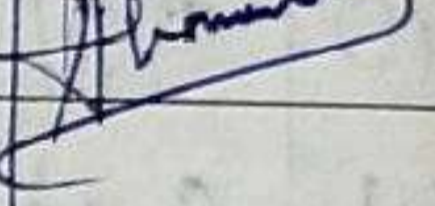
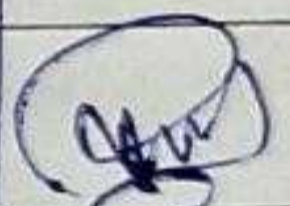
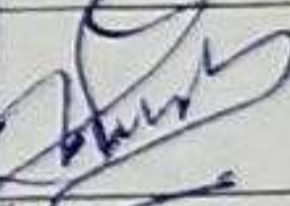

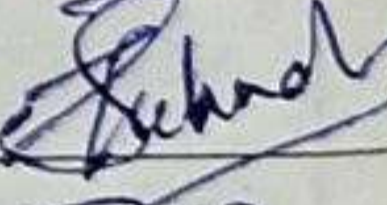
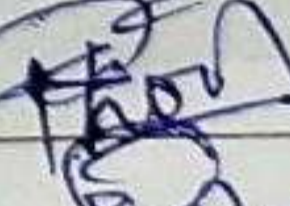

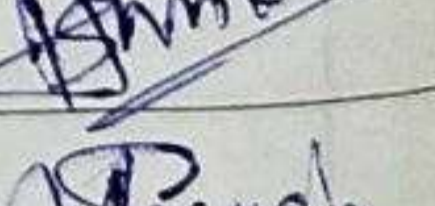
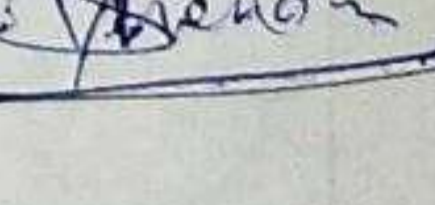
SR NO	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
256	11/04/22	Dr. Vrinda Kolte	8:30 am	9:00 am	<u>V. Kolte</u>
257		Dr. Vandana Kulkarni			<u>V. Kulkarni</u>
258	Monday	Dr. Surekha Rathod			<u>S. Rathod</u>
259		Sunita Chatur	2:00 pm	2:30 pm	<u>S. Chatur</u>
260		Ananda Kalambe			<u>A. Kalambe</u>
261		Munni Ballei			<u>M. Ballei</u>
262		Panchifula			<u>P. Chatur</u>
263	12/04/22	Dr. Sujoy Banerjee	8:30 am	9:00 am	<u>S. Banerjee</u>
264		Dr. Rajlaxmi Ranerjee			<u>R. Ranerjee</u>
265	Tuesday	Dr. Rajesh Kumbde			<u>R. Kumbde</u>
266		Simran Sangani	2:00 pm	2:30 pm	<u>S. Sangani</u>
267		Ishani Bhave			<u>I. Bhave</u>
268		Nikita Wanjari			<u>N. Wanjari</u>
269		Supriya Parwate			<u>S. Parwate</u>
270	13/04/22	Dr. Aishwarya A.	8:30 am	9:00 am	<u>A. Aishwarya</u>
271		Dr. Snehal Sonarkar			<u>S. Sonarkar</u>
272	Wednesday	Dr. Richa Sahai			<u>R. Sahai</u>
273		Dr. Pranjali B.			<u>P. B.</u>
274		Anushree Bhoge	2:00 pm	2:30 pm	<u>A. Bhoge</u>
275		Vaishnavi Banode			<u>V. Banode</u>
276		Divya Dubey			<u>D. Dubey</u>

Sl NO	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
	14/4/22 Thursday	Holliday - Ambedkar Jayanti			
	15/04/22 Friday	Holliday - Good Friday			
277	16/04/22	Dr chetana Makde	8:30am	9:00 am	Chetana
278	Saturday	Dr Vandana Kolane			Vandana
279		Dr Himija Karig			Himija
	17/04/22	- Sunday			
280	18/04/22	Dr Tushar More	8:30am	9:00 am	Tushar
281	Monday	Dr Atchil Rathi			Atchil
282		Arya Lal	2:00pm	2:30 pm	Arya
283		Aboli Chaple			Aboli
284		Sayali Dandekar			Sayali
285		Elita Khobragade			Elita
286	19/04/22	leena Belsare	8:30am	9:00 am	leena
287	Tuesday	Ankita Ramteke			Ankita
288		Smruti Jagdhari			Smruti
289		Vinay Tiwari	2:00pm	2:30 pm	V. Tiwari
290		Rujuta Muneshwar			Rujuta
291		Ankita Niswade			Ankita
292		Apurna Josankar			Apurna

Sl NO	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
293	20/04/22	Tapasya Karemore	8:30 am	9:00 am	<u>Tapasya</u>
294		Apurva Mohite			<u>Apurva</u>
295	Wednesday	Tsupti chordia			<u>Tsupti</u>
296		Vinisha Bajaj	2:00 pm	2:30 pm	<u>V. Bajaj</u>
297		Simran Sangani			<u>Simran</u>
298		Amruta Verma			<u>A. Verma</u>
299	21/04/22	Dr. Shubhangi Khandekar	8:30 am	9:00 am	<u>Shubhangi</u>
300		Dr. Himija Kanic			<u>Himija</u>
301	Thursday	Dr. Neha Nainani			<u>Neha</u>
302		Dr. Gagandeep Lamba			<u>Gagandeep</u>
303		Kalyani Deshmukh	2:00 pm	2:30 pm	<u>Kalyani</u>
304		Twinkle Hatmole			<u>Twinkle</u>
305		Jyoti sharma			<u>Jyoti</u>
306		Jayesh Shinde			<u>Jayesh</u>
307	22/04/22	Dr. Jaya Joshi	8:30 am	9:00 am	<u>Jaya</u>
308	Friday	Dr. Anita Kahar			<u>Anita</u>
309		Dr. Varsha Uttarwar			<u>Varsha</u>
310		Dr. Sangreta Bhattacharya			<u>Sangreta</u>
311		Dr. Vidhya Mokhade	2:00 pm	2:30 pm	<u>Vidhya</u>
312		Pooja Nakate			<u>Pooja</u>
313		Anushree Talnikar			<u>Anushree</u>
314		Nilesh Wanjari			<u>Nilesh</u>
315		Simran Sangani			<u>Simran</u>

Sr NO.	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
316	23/04/22	Dr. Vandana Kolcane	8:30 am	9:00 am	<u>Vandana</u>
317		Dr Vrunda Kolte			<u>Vrunda</u>
318	Saturday	Dr Saee Deshpande			<u>Saee</u>
	24/04/22	Sunday			
319	25/04/22	Dr Richa Sahai	8:30 am	9:00 am	<u>Richa</u>
320		Dr Sameedha			<u>Sameedha</u>
321	Monday	Dr Kavita Hotwani			<u>Kavita</u>
322		Dr Aishwarya	2:00 pm	2:30 pm	<u>Aishwarya</u>
323		Madhavi shende			<u>Madhavi</u>
324		Madhuri			<u>Madhuri</u>
325		Sushma			<u>Sushma</u>
326	26/04/22	Dr Gagandeep Lamba	8:30 am	9:00 am	<u>Gagandeep</u>
327		Dr Purva Chaudhary			<u>Purva</u>
328	Tuesday	Dr Sweta Gandhi			<u>Sweta</u>
329		Ruchita	2:00 pm	2:30 pm	<u>Ruchita</u>
330		Ashwini			<u>Ashwini</u>
331		Rujuta			<u>Rujuta</u>
332	27/04/22	Dr. Sushil Naik	8:30 am	9:00 am	<u>Sushil</u>
333		Dr Swapnil patil			<u>Swapnil</u>
334	Wednesday	Vivek Khobragade			<u>Vivek</u>
335		Dr Sudhir Rawlani	2:00 pm	2:30 pm	<u>Sudhir</u>
336		Jayashri chandak			<u>Jayashri</u>
337		Ashwini Kamdi			<u>Ashwini</u>
338		Apparna Dhopte			<u>Apparna</u>

May 2022

Sl NO.	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
	1/5/22 Sunday	Holliday Maharashtra day			
343	2/5/22	Dr. Akhil Rath	8.30 am	9.00 am	
344	Monday	Dr. Richa sahai			
345		Dr. Sameedha			
346		Ashwini Kamdi	2.30 pm	2.30 pm	
347		Akanisha Shrikhande			
348		Tanushree Agsawal			
349		Ashlesha Waghode			
	3/5/22 Tuesday	Holliday Eid			
350	4/5/22	Dr Rohit Mohri	8.30 am	9.00 am	
351	Wednesday	Dr. Shenoi			
352		Dr Pratima Shenoi			
353		Suchita Talmale	2.00 pm	2.30 pm	
354		Pratibha Thool			
355		Sayali Tadas			
356		Akanisha shrikhande			
357		Yugini Shende			

Sl No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
358	5/5/22	Richa Sahai	8:30 am	9:00 am	<u>Richa</u>
359	Thursday	Sameertha			<u>Sameertha</u>
360		Sangita Bhattacharya			<u>Sangita</u>
361		Sheetal Sharma	2:00 pm	2:30 pm	<u>Sheetal</u>
362		Anisha Sharma			<u>Anisha</u>
363		Radeep Sangram			<u>Radeep</u>
364	6/5/22	Usha Uttaswar	8:30 am	9:00 am	<u>Usha</u>
365	Friday	Nidhya Molchadk			<u>Nidhya</u>
366		Apeksha Dhole			<u>Apeksha</u>
367		Hitesh Dhibbe	2:00 pm	2:30 pm	<u>Hitesh</u>
368		Ashwini Dixit			<u>Ashwini</u>
369		Pooja fating			<u>Pooja</u>
370		Apoorna Gadre			<u>Apoorna</u>
371	7/5/22	Gagandeep Lamba	8:30 am	9:00 am	<u>Gagan</u>
372	Saturday	Himija Karia			<u>Himija</u>
373		Apurna Molhite			<u>Apurna</u>
	8/5/22	Sunday			

Sl No.	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
374	9/5/22	Anuj Chandak	8:30 am	9:00 am	<u>Anuj Chandak</u>
375	Monday	Alchil Rathi			<u>Alchil Rathi</u>
376		Rahul Tekade			<u>Rahul Tekade</u>
377		Vaishnavi Chaudhary	2:00 pm	2:30 pm	<u>Vaishnavi Chaudhary</u>
378		Kartik Sakhare			<u>Kartik Sakhare</u>
379		Rushikesh Tidke			<u>Rushikesh Tidke</u>
380		Hitsh Dibe			<u>Hitsh Dibe</u>
381	10/5/22	Rahul Bahake	8:30 am	9:00 am	<u>Rahul Bahake</u>
382	Tuesday	Sandeep Chandaitkar			<u>Sandeep Chandaitkar</u>
383		Rajesh Kumbde			<u>Rajesh Kumbde</u>
384		Amushri Uge	2:00 pm	2:30 pm	<u>Amushri Uge</u>
385		Vaidhi Lokhande			<u>Vaidhi Lokhande</u>
386		Mahima Wanjari			<u>Mahima Wanjari</u>
387		Snehal Wanjari			<u>Snehal Wanjari</u>
388	11/5/22	Jaya Joshi	8:30 am	9:00 am	<u>Jaya Joshi</u>
389	Wednesday	Anita Kahar			<u>Anita Kahar</u>
390		Preeti Jaiswal			<u>Preeti Jaiswal</u>
391		Divya Trivedi	2:00 pm	2:30 pm	<u>Divya Trivedi</u>
392		Aishwarya Purshitt			<u>Aishwarya Purshitt</u>
393		Nilkita Wanjari			<u>Nilkita Wanjari</u>
394		Sanjeewani Kamdi			<u>Sanjeewani Kamdi</u>

Sl. No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
395	12/5/22	Vandana Kokane	8:30 am	9:00 am	
396	Thursday	Snehal Sonalkar			
397		Leena Belsare			
398		Mounmayee Awade	2:00 pm	2:30 pm	
399		Monesh Bolani			
400		Shraddha Bhatnagar			
401		Surabhi Bayskar			
402	13/5/22	Dhawal Modi	8:30 am	9:00 am	
403	Friday	Rajshree Kolte			
404		Grish Bodhase			
405		Sayli Belkhode	2:00 pm	2:30 pm	
406		Ayush Bhangadia			
407		Aboli Chapté			
408		Sanjana Agrawal			
409		Arya tal			
410	14/5/22	Radha			
411	Saturday	Ruchita Kumbhare			
412		Reena			
413					
414	15/5/22	Sunday			
415					
416	16/5/22	Buddha Purnima			
	Monday				

Sr No.	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
413	17/5/22	Pooja Nakate	8:30 am	9:00 am	<u>Pooja</u>
414	Tuesday	Suchita Talmale			<u>Suchita</u>
415		Pratishtha Thoul			<u>Pratishtha</u>
416		Sayli Tadas			<u>Sayli</u>
417		Manjushree	2:00 pm	2:30 pm	<u>Manjushree</u>
418		Chetana Bhasme			<u>Chetana</u>
419		Sunita Chatur			<u>Sunita</u>
420		Munni Balki			<u>Balki</u>
421	18/5/22	Saree Deshpande	8:30 am	9:00 am	<u>Saree</u>
422	Wednesday	Sayashi Chahande			<u>Sayashi</u>
423		Anita Kahar			<u>Anita</u>
424		Sanjana Agsawal	2:00 pm	2:30 pm	<u>Sanjana</u>
425		Prerana Chitane			<u>Prerana</u>
426		Bhushan Nagrik			<u>Bhushan</u>
427	19/5/22	Sushil Naik	8:30 am	9:00 am	<u>Sushil</u>
428	Thursday	Swapnil Patil			<u>Swapnil</u>
429		Virek Khobragade			<u>Virek</u>
430		Divya Dubey	2:00 pm	2:30 pm	<u>Divya</u>
431		Aditi Fadnis			<u>Aditi</u>
432		Anushri Uge			<u>Anushri</u>
433		Mahima Wanjari			<u>Mahima</u>

Sl No	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
434	20/5/22	Neena Dongre	8:30 am	9:00 am	Thana
435	Friday	Pranjali Bawanekar			Pooja
436		Aishwarya Akotkar			Ashu
437		Vaidhi Wolchande	2:00 pm	2:30 pm	Vaidhi
438		Mahima Vanjari			Mahim
439		Dhasaneshi Amlani			Dasha
440		Elita Khobragade			Elita
441	21/5/22	Shawari Phedkar	8:30 am	9:00 pm	Sham
442	Saturday	Sanjeevani Kamdi			SB
443		Simran Sangani			Simran
	22/5/22	Sunday			
444	23/5/22	Neelam Pande	8:30 am	9:00 am	Ashu
445	Monday	Saeer Deshpande			Saeer
446		Rajlaxmi Banerjee			Raj
447		Ashwarya Purohit	2:00 pm	2:30 pm	Ashu
448		Nikita Wanjaris			Nikita
449		Supriya Parmate			Supriya
450		Ishani Bhare			Ishani

Sr No	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
451	24/5/22	chetana Molade	8.30 am	9.00 am	Chetana
452	Tuesday	Deepika Badole			Deepika
453		Ankita Ramteke			Ankita
454		Sayali Todas	2.00pm	2.30pm	Sayali
455		Yogini Shende			Yogini
456		Sheetal Sharma			Sheetal
457		Amisha Sharma			Amisha
458	25/5/22	Yushali Lathiya	8.30 am	9.00 am	Yushali
459	Wednesday	Pranjali Bawankar			Pranjali
460		Himija Karia			Himija
461		Ashwini Dixit	2.00pm	2.30pm	Ashwini
462		Pooja Fating			Pooja
463		Apoorva Gadre			Apoorva
464		Janhavi Gedam			Janhavi
465	26/5/22	Tapya Karemore	8.30 am	9.00 am	Tapya
466	Thursday	Smriti Jagadhari			Smriti
467		Rucha Pandharipande			Rucha
468		Vaishnavi Chaudhary	2.00pm	2.30pm	Vaishnavi
469		Simran Sangani			Simran
470		Anushree Jalnikar			Anushree

Sl. No.	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
471	27/5/22	Kavita Hotwani	8.30	9.00	Kavit
472	Friday	Purva Chaudhari	am	am	Purva
473		Pranjali Kawankar			Pranjali
474		Swati Gandhi	2.00	2.30	Swati
475		Sunita Chatur	pm	pm	Sunita
476		Sushma			Sushma
477		Pooja Parate			Pooja
478	28/5/22	Neelam Pande	8.30	9.00	Neelam
479	Saturday	Ojas Gajbhiye	am	am	Ojas
480		Richa Sahai			Richa
	29/5/22	Sunday			
	8				
481	30/5/21	Sujay Bannerjee	8.30	9.00	Sujay
482	Monday	Raylaxmi Bannerjee	am	am	Raylaxmi
483		Ananya Hagar			Ananya
484		Ekta Khobragade	2.00	2.30	Ekta
485		Sharvari Khedkar	pm	pm	Sharvari
486		Dharanhi Amlani			Dharanhi
487		Prerana Chitkate			Prerana

Sr No	Date	Name of students/ staff	Timing		Sign
			Entry	Exit	
488	31/5/22	Pradeep Sangram	8:30 am	9:00 am	
489	Tuesday	Arcanisha Shrikhande			
490		Samiksha Ghagre			
491		Pooja Gishkuppje			
492		Kanchan Ashankar	2:00 pm	2:30 pm	
493		Divya Dubey			
494		Aditi Fadnis			

Week

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

June 2022

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Sl No	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
495	1/6/22 Wednesday	Tushar Mowade	8:30 am	9:00 am	
496		Dras Gajbhiye			
497		Kshitij Bang			
498		Snehal Inlajari			
499		Aruta Vanna			
500		Divya Dubey			
501	Mohan Inlajari	2:00 pm	2:30 pm		
502	2/6/22 Thursday	Chetana Maleade	8:30 am	9:00 am	
503		Vandana Kokane			
504		Ankita Ramteke			
505		Suresh Khobragade			
506		Shubham Ubate			
507		Arush Bhangodia			
508		Mayank Gajbhiye			
509		3/6/22 Friday			
510	Dr Tapasya Karemore				
511	Dr Smriti Jagdhar				
512	Dr Apurva Mohite				
513	Suchita Talmale				
514	Pratiksha Thool				
515	Tanushree Agrawal				
516	Aslesha Waghode				



Sr NO.	Date.	Name of students/ staff	Timing		Sign
			Entry	Exit	
517	4/6/22	Dr. Swapnil Patil	8:30 am	9:00	Patil
518	Saturday	Dr. Ojas Gajbhiye		am	Gajbhiye
519		Dr. Richa Sahai			Sahai
	5/6/22	Sunday			
520	6/6/22	Dr. Vrinda Kolte	8:30 am	9:00	Kolte
521	Monday	Dr. Vrushali Lathi		am	Lathi
522		Dr. Vansha Uttarwal			Uttarwal
523		Reena	2:00 pm	2:30	Reena
524		Rohit Patil		pm	Patil
525		Anushree			Anushree
526		Shreyasi			Shreyasi
527	7/6/22	Dr. Rajashri Kolte	8:30 am	9:00	Kolte
528	Tuesday	Dr. Deepika Chandole		am	Chandole
529		Dr. Saee Deshpande			Deshpande
530		Dr. Rajlaxmi Banerjee			Banerjee
531		Sheetal Sharma	2:00 pm	2:30	Sharma
532		Yogini Shende		pm	Shende
533		Anisha Sharma			Anisha

Sr No	Date	Name of Students / Staff	Timing		Entry / Exit
			Entry	Exit	
534	8/6/22 Wednesday	Dr Neena Pougare	8:30	9:00	Neena
535		Dr Mukta Motwani	am	am	Mukta
536		Dr Chetana Makade			Chetana
537		Simran Saugani	2:00	2:30	Simran
538		Ishani Bhave	pm	pm	Ishani
539		Nikita Manjari			Nikita
540		Shrushti Dhande			Shrushti
541	9/6/22 Thursday	Dr Venugopal Reddy	8:30	9:00	Venu
542		Dr Swapnil Patil	am	am	Swapnil
543		Dr Sudhir Rawlani			Sudhir
544		Sharmari Khedkar	2:00	2:30	Sharmari
545		Saujeevani Kamdar	pm	pm	Saujeevani
546		Kanchan Ashtankar			Kanchan
547		Ekta Khobregade			Ekta
548	10/6/22 Friday	Dr Neelam Pandey	8:30	9:00	Neelam
549		Dr Saee Deshpande	am	am	Saee
550		Dr Rajlaxmi Banerjee			Rajlaxmi
551		Vinay Tiwari	2:00	2:30	Vinay
552		Prayakta Ambulkar	pm	pm	Prayakta
553		Shweta Yadav			Shweta
554		Ashwini Bhangare			Ashwini
555	11/6/22 Saturday	Dr Rahul Tekade	8:00	9:00	Rahul
556		Dr. Ojas Rajbhiye	am	am	Ojas
557		Dr. Tuskar Mowade			Tuskar

Sl No	Date	Name of students / Staff	Timing		Sign
			Entry	Exit	
558	13/6/22	Dr. Gautam Badole	8:30	9:00	Gautam
559	Monday	Dr Mohit Gunwal	am	am	Mohit
560		Dr Rajesh Kubade			Rajesh
561		Pooja Nakate			Pooja
562		Twinkle Lotchaude			Twinkle
563		Divya Dubey			Divya
564		Amruta Verma			Amruta
565	14/6/22	Dr Dhawal Modi	8:30 am	9:00 am	Dhawal
566	Tuesday	Dr Kshiti Bang			Kshiti
567		Dr Girish Bodhade			Girish
568		Kalyani Deshmukh	2:00	2:30	Kalyani
569		Twinkle Hatmode	pm	pm	Twinkle
570		Mrunmayee Awade			Mrunmayee
571		Guasia Tabassum			Guasia
572	Ranu Bhargadia			Ranu	
573	15/6/22	Dr Tapasya Koremore	8:30	9:00	Tapasya
574	Wednesday	Dr Anurag Chaudhary	am	am	Anurag
575		Dr Pritam Khorgade			Pritam
576		Dr Himija Karia			Himija
577		Shraddha Barhampure	2:00	2:30	Shraddha
578		Sayali Belkhode	pm	pm	Sayali
579		Ayush Bhargadia			Ayush
580	Saylee Dandekar			Saylee	

Sl. No.	Date	Name of students/ staff	Timing	Entry	Exit	Sign
581	16/6/22 Thursday	Sandeep Ahandaitka	8:30	9:00		<u>Sandeep</u>
582		Rahul Dahake	am	am		<u>Rahul</u>
583		Mohit Gunwal				<u>Mohit</u>
584		Ekta Khobragade	2:00	2:30		<u>Ekta</u>
585		Dharanshi Amrani	pm	pm		<u>Dharanshi</u>
586		Divya Dubey				<u>Divya</u>
587	17/6/22 Friday	Kamalkishor Mankar	8:30	9:00		<u>Kamalkishor</u>
588		Sangeeta Bhattacharya	am	am		<u>Sangeeta</u>
589		Vidhya Mokhadde				<u>Vidhya</u>
590		Shrushti Dhaude	2:00	2:30		<u>Shrushti</u>
591		Sidhant Thiwale	pm	pm		<u>Sidhant</u>
592		Sharvari Khedkar				<u>Sharvari</u>
593		Nikita Wanjar				<u>Nikita</u>
594	Chanda Wankhede				<u>Chanda</u>	
595	18/6/22 Saturday	Sameedha Paunde	8:30	9:00		<u>Sameedha</u>
596		Richa Sahai	am	am		<u>Richa</u>
597		Ojas Gajbhiye				<u>Ojas</u>
598		Anita Kahar				<u>Anita</u>
	19/6/22 Sunday	-	-	-	-	-

Sr No.	Date	Name of student/ staff	Timing		Sign
			Entry	Exit	
599	20/6/22	Jayesh Shinde	8:30	9:00	Jayesh
600	Monday	Rohit Patil	am	am	Rohit
601		Parag Dhabe			Parag
602		Mayank Gajbhiye	9:00	2:30	Mayank
603		Vinay Tiwari	pm	pm	Vinay
604		Pooja Nalate			Pooja
605	21/6/22	Rahul Tekade	8:30	9:00	Rahul
606	Tuesday	Anuj Chandak	am	am	Anuj
607		Achil Rathi			Achil
608		Jighyasa Kalambe	2:00	2:30	Jighyasa
609		Nikita Pahurkar	pm	pm	Nikita
610		Ashwini Jadhav			Ashwini
611	22/6/22	Saree Deshpande	8:30	9:00	Saree
612	Wednesday	Rajlaxmi Banerjee	am	pm	Rajlaxmi
613		Anita Kahar			Anita
614		Neelam Pande	2:00	2:30	Neelam
615		Pooja Parate	pm	pm	P. Parate
616		Chetna Bhasme			Chetna
617		Chitra Tawale			Chitra

Sl No.	Date	Name of students/ staff	Timing		
			Entry	Exit	
618	23/6/22	Jayashree Joshi	8:30	9:00	Joshi
619	Thursday	Anita Kahar	am	am	Hist
620		Jayashree Waghade			Jayashree
621		Sunita Chatur	2:00	2:30	Chatur
622		Sushma	pm	pm	Sushma
623		Ananda Kalambe			A Kalambe
624		Jyoti Naidu			Jyoti
625	24/6/22	Smriti Jagdhan	8:30	8:30	Smriti
626	Friday	Apeksha Balpand	am	am	Apeksha
627		Aishwarya Akotkar			Aishwarya
628		Kunda Gode	2:00	2:30	Kunda
629		Manda	pm	pm	Manda
630		Manjushree Korde			Manjushree
631		Chanda Manikchede			Chanda
632	25/6/22	Sanjay Kajne	8:30	9:00	Sanjay
633	Saturday	Ganesh Manikchede	am	am	Ganesh
634		Manindra Haste			Manindra
	26/6/22	-			
	Sunday				

Sl No	Date	Name of students/ Staff	Timing		
			Entry	Exit	Sign
635	27/6/22	Pradeep Sangram	8:30	9:00	Pradeep
636	Monday	Akanksha Shikhande	am	am	Amit
637		Kanchan Ashtankar			Aditi
638		Aditi Gadgil	2:00	2:30	Aditi
639		Diya Duley	PM	PM	Duy
640		Sheetal Sharma			Sheetal
641	28/6/22	Ashish Bodhane	8:30	9:00	Ashish
642	Tuesday	Sushil Naik	9:00	am	Sushil
643		Rohit Mohari			Rohit
644		Ankita Niswade	2:00	2:30	Ankita
645		Tanushree Agrawal	PM	PM	Tanushree
646		Ashelsha Waghode			Ashelsha
647	29/6/22	Tapasya Karemore	8:30	9:00	Tapasya
648	Wednesday	Chetang Makde	am	am	Makde
649		Vansha Uthaswar			Vansha
650		Apeksha Balpande			Apeksha
651		Pooja Malate	2:00	2:30	Pooja
652		Sangam Makadwade	PM	PM	Makadwade
653		Jignyas Kalambe			Jignyas

Sl No	Date	Name of students/ staff	Timing		
			Entry	Exit	Sign
654	30/6/22	Smruti Jagdhani	8:30	9:00	Smruti
655	Thursday	Sangeeta Bhattacharya	am	am	Sangeeta
656		Gagan Lamba			Gagan
657		Shanvari Khedkar	2:00	2:30	Shan
658		Saujeevani Kamdar	pm	pm	Aish
659		Ashwarya Purohit			Aishwarya
660		Simran Sangani			Simran

July 2021 to June 2022

Total = 1238

Week

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Mingna Road, Nagpur-440019

July 2022

Sr No	Date	Name of students/ staff	Timing		Exit Sign
			Entry	Exit	
661	1/7/22	Neelam Pande	8:30	9:00	Neelam
662	Friday	Saee Deshmukh	am	am	Saee
663		Richa Sahai			Richa
664		Anushre Talnikar	2:00	2:30	Anushre
665		Vinisha Bajaj	pm	pm	Vinisha
666		Divya Tivedi			Divya
667	2/7/22	Achil Rathi	9:00	9:30	Achil
668	Saturday	Rahul Telcade	am	am	Rahul
669		Ojas Gajbhaye			Ojas
	3/7/22	Sunday			
670	4/7/22	Poornav Ingole	8:30	9:00	Poornav
671	Monday	Sumedh Khobragade	am	am	Sumedh
672		Mohit Gunwal	"	"	Mohit
673		Rahul Dahake	2:00	2:30	Rahul
674		Prajakta Ambulkar	pm	pm	Prajakta
675		Nikita Wanjari	"	"	Nikita
676		Aditi Fadnis	"	"	Aditi

Sl No	Date	Name of students/ Staff	Timing		Entry Exit
			Entry	Exit	
677	5/7/22 Tuesday	Mukta Motwani	8:30	9:00	Entry
678		Vrinda Kolte	9:00	9:00	Exit
679		Rajashree Kolte			Entry
680		Ranu Bagadia	2:00	2:30	Exit
681		Shreyasi Jogi	pm	pm	Entry
682		Sharvani Khedkar			Exit
683		Saujeevani Kamdi			Entry
684	6/7/22 Wednesday	Vrushali Lattia	8:30	9:00	Entry
685		Priti Jaiswal	9:00	9:00	Exit
686		Himija Kanig			Entry
687		Varshani Chaudhary	2:00	2:30	Exit
688		Ekta Khobnagade	pm	pm	Entry
689		Dharanishi Amlani			Exit
690		Prerana Chitrate			Entry
691	7/7/22 Thursday	Sayashree Joshi	8:30	9:00	Entry
692		Sameedha Pandey	9:00	9:00	Exit
693		Anita Kahar			Entry
694		Kunda Gode	2:00	2:30	Exit
695		Jyoti Naidu	pm	pm	Entry
696		Suhana			Exit
697		Neeta			Entry

Sl NO	Date	Name of students/ Staff	Timing		Sign
			Entry	Exit	
698	8/7/22	Sushil Naik	8:30	9:00	Sushil
699	Friday	Nivele Khobragade	am	am	Nivele
700		Swapnil Patil			Swapnil
701		Rohit Patil	2:00	2:30	Rohit
702		Yogini Shende	pm	pm	Yogini
703		Anisha Sharma			Anisha
704		Shreyasi Jagi			Shreyasi
705		Sheetal Sharma			Sheetal
706	9/7/22	Tushar Mowade	8:30	9:00	Tushar
707	Saturday	Rajlaxmi Banerjee	am	am	Rajlaxmi
708		Anuj Chaudate			Anuj
	10/7/22	Sunday			
709	11/7/22	Dhawal Modi	8:30	9:00	Dhawal
710	Monday	Kshitij Bang	am	am	Kshitij
711		Ginsh Bodhade			Ginsh
712		Pritam Khargade			Pritam
713		Saylee Dandekar	2:00	2:30	Saylee
714		Ayush Bhagadia	pm	pm	Ayush
715		Nikita Manjari			Nikita

Sl No	Date	Name of students / staff	Timing		Sign
			Entry	Exit	
316	12/7/22	Saree Deshmukh	8:30	9:00	Saree
317	Tuesday	Gagan Lamba	am	am	Gagan
318		Ojas Gajbhiye			Ojas
319		Priti Jadhav			Priti
320		Saree Deshmukh	2:00	2:30	Saree
321		Gagan Lamba	pm	pm	Gagan
322		Ojas Gajbhiye			Ojas

13/7/22 Restricted Area till 6/8/22

for Nursing Theory Exam

Umesh

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Kingna Road, Nagpur-440019

August 2022

Sl No	Date	Name of Student / Staff	Timing		Sign
			Entry	Exit	
723	8/8/22	Dr Neelam Pande	8:30 am	9:00 am	Neelam
724	Monday	Dr Saee Deshmukh			Saee
725		Dr Jaya Joshi			Jaya
726		Sayali Thodas	2:00 pm	2:30 pm	Sayali
727		Jegini Shende			Jegini
728		Sheetal Sharma			Sheetal
729		Shanvi Gedam			Shanvi
730	10/8/22	Dr Tapsya Kalemore	8:30 am	9:00 am	Tapsya
731	Wednesday	Dr Vrushali Lathia			Vrushali
732		Dr Neena Dongse			Neena
733		Ekta Khobragade	2:00 pm	2:30 pm	Ekta
734		Dharshani Amlani			Dharshani
735		Divya Dubey			Divya
736		Kanchan Ashtankar			Kanchan
		Dr			
737	11/8/22	Dr Devenasa Nagpal	8:30 am	9:00 am	Devenasa
738	Thursday	Dr Venugopal Reddy			Venugopal
739		Dr Sushil Naik			Sushil
740		Pooja Nakate	2:00 pm	2:30 pm	Pooja
741		Nikita Wanjari			Nikita
742		Simran Sanghani			Simran
743		Shrushti Bhande			Shrushti

Sl No	Date	Name of staff / student	Timing		Sign
			Entry	Exit	
744	12/8/22	Dr Vandana Kulkane	8:30 am	9:00 am	Vandana
745	Friday	Dr Snehal Sonarkar			Snehal
746		Dr Surekha Rathod			Surekha
747		Simran Sangani	2:00 pm	2:30 pm	Simran
748		Jahani Bhawe			Jahani
749		Snehal Wanjari			Snehal
750		Mrunmayee Awade			Mrunmayee
751	13/8/22	Dr Vidhya Mohade	8:30 am	9:00 am	Vidhya
752	Saturday	Dr Varsha Uttarwar			Varsha
753		Dr Jaya Joshi			Jaya
	14/8/22	Sunday			
	15/8/22	Independence Day holiday			
	16/8/22	Parsi New year holiday			
754	17/8/22	Dr. Shubhangi	8:30 am	9:00 am	Shubhangi
755	Wednesday	Khandekar			
756		Dr Trupti Chordia			Trupti
757		Dr Himija Karia			Himija
758		Ekta Khobragade	2:00 pm	2:30 pm	Ekta
759		Dharamshi Amlani			Dharamshi
760		Divya Dubey			Divya

Sl NO	Date	Name of staff/ students	Timing		Sign
			Entry	Exit	
761	18/8/22	Dr. Akhil Rathie	8:30 am	9:00 am	Akhil
762	Thursday	Dr. Rahul Tekade			Rahul
763		Dr. Ojas Gajbhiye			Ojas
764		Shawari Khedkar	2:00 pm	2:30 pm	Shawari
765		Aditi Fadnavis			Aditi
766		Pooja Nakate			Pooja
767		Ishani Bhave			Ishani
768	19/8/22	Dr. Surekha Rathod	8:30	9:00 am	Surekha
769	Friday	Dr. Vrushali Lohia	am		Vrushali
770		Dr. Pranjali			Pranjal
771		Bawankar			
771		Anya Jal	2:00 pm	2:30 pm	Anya
772		Aboli Chaple			Aboli
773		Simran Sangani			Simran
774	20/8/22	Dr. Devendra Nagpal	8:30	9:00	Devendra
775	Saturday	Prabhat Kumar Singh	am	am	Prabhat
776		Venugopal Reddy			Venu
	21/8/22	Sunday			

Sr No.	Date	Name of staff / students	Timing		Sign
			Entry	Exit	
777	22/8/22	Dr Swapnil Patil	8:30 am	9:00 am	Swapnil
778	Monday	Dr Sushil Naik			Sushil
779		Dr Vivek Khobragade			Vivek
780		Shamvati Khedkar	2:00 pm	2:30 pm	Shamvati
781		Kanchan Ashtankar			Kanchan
782		Sweta Yadav			Sweta
783		Vinay Tiwari			Vinay
784	23/8/22	Ashish Bodhade	8:30 am	9:00 am	Ashish
785	Tuesday	Ananya Hazare			Ananya
786		Pritam Khorgade			Pritam
787		Rahul Tekade			Rahul
788		Reena Nagarare	2:00 pm	2:30 pm	Reena
789		Greeta			Greeta
790		Ruchita Kumbhar			Ruchita
791		Shreyasi			Shreyasi
792	24/8/22	Shriya Shahu	8:30 am	9:00 am	Shriya
793	Wednesday	Aishwarya Khedkar			Aishwarya
794		Anita Khar			Anita
795		Madhuri Shende	2:00 pm	2:30 pm	Madhuri
796		Sushma			Sushma
797		Chetana Bhamre			Chetana
798		Madhuri			Madhuri

Sl No	Date	Name of staff/ Students	Timing Entry	Exit	Sign
799	25/8/22	Dr Richa Sahai	8:30 am	9:00	<i>[Signature]</i>
800	Thursday	Dr Sameeda Pandey		am	<i>[Signature]</i>
801		Dr Priti Jaiswal			<i>[Signature]</i>
802		Aishwarya Purohit	2:00 pm	2:30	<i>[Signature]</i>
803		Ishani Bhave		pm	<i>[Signature]</i>
804		Supriya Baswate			<i>[Signature]</i>
	26/8/22	Holiday	None		
	Friday				
805	27/8/22	Dr. Apaksha Shole	8:30 am	9:00	<i>[Signature]</i>
806	Saturday	Dr. Tapsya Karamore		am	<i>[Signature]</i>
		Dr. Hemija Karia			<i>[Signature]</i>
	28/8/22	Sunday			
807	29/8/22	Dr. Ojas Gajbhiye	8:30 am	9:00	<i>[Signature]</i>
808	Monday	Dr. Anuj Chandak		am	<i>[Signature]</i>
809		Dr. Tushar Mowade			<i>[Signature]</i>
810		Nikita Wanjari	2:00 pm	2:30	<i>[Signature]</i>
811		Pooja Nakate		pm	<i>[Signature]</i>

Sr No	Date	Name of staff/ Students	Timing		Sign
			Entry	Exit	
812	30/8/22	Dr Gagandeep Lamb	8.30 am	9.00 am	<u>Paul</u>
813	Tuesday	Dr Kavita Hotwani			<u>Kavita</u>
814		Dr Sweta Gandhi			<u>Sweta</u>
815		Dr Shreyas Sahu			<u>Shreyas</u>
816		Rohit Patil	2.00 pm	2.30 pm	<u>Rohit</u>
817		Vinisha Bajaj			<u>Vinisha</u>
818		Anushree Talnikar			<u>Anushree</u>
819	31/8/22	Holiday			
820	Wednesday		Ganesh		Chaturdashi

July to August: 158

Well

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Mingna Road, Nagpur-440019



महाराष्ट्र MAHARASHTRA

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YF 668445


सीड व. ४९०८००९
नामदेव वी. पडोळे
मुद्रांक विवेक ला.व. १७९/२९९९
राहसिल कार्यालय परिसर हिंगना.



**MEMORANDUM OF UNDERSTANDING FOR YOGA & SPORTS SUPPORT TO
UNDERGRADUATE STUDENTS & INTERNS ("MOU")**

Between

Party No. 1: VSPM'S Dental College & Research Centre, Nagpur

And

Party No. 2: Institute of Science, Nagpur

This deed of Memorandum of Understanding agreed on mutual consent executed on this 7th day of September, 2021, between the Party 1 VSPM'S Dental College & Research Centre, Nagpur (M.S.), hereinafter referred to as College, signed by Dr. Usha Radke, an authorized representative of the Party 1 and Party No. 2 Institute of Science, Nagpur, hereinafter referred to as Institute, signed by Dr. Madhavi Mardikar an authorized representative of the Party No.

प्रतिज्ञापत्रासाठी (अनुच्छेद-४)

प्रतिज्ञापत्र कोणाकडे सादर करावयाचे

प्रतिज्ञापत्रासाठीचे कारण

मुद्रांक विकत घेणाऱ्याचे नांव

ए.डी. हाय वी हाय डेअर कॉलेज

व रहिवासी पत्ता

नागपुर

मुद्रांक विक्री बाबतचे तारीख

अनु. क्रमांक/दिनांक

१९९६, डि २५/१०/९९

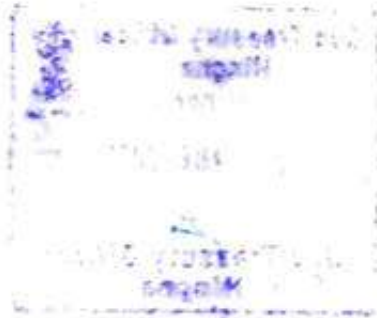
मुद्रांक विकत घेणाऱ्याची सही/दिनांक

परवानाधारक मुद्रांक विक्रीच्या सही

समीराम जागतिक

व परवाना क्रमांक तसेच मुद्रांक विक्रीचे ठिकाण/पत्ता/श्री नामदेव पै. पडोळे,

कोड नं. ४६०८००९ मु.दि.ला.नं. १७१/१९९९, तहसील कार्यालय परिसर, हिंगण



Faint handwritten text or signature in the center of the page.

Wherein the Party No., 1 VSPM's Dental College & Research Centre, Nagpur a reputed Dental Institute & Hospital, a constituent of VSPMAHE, situated in Digdoh Hills, Hingna, Nagpur. Established in 1996, VSPM'S DCRC is home to 100 Undergraduates, 24 Postgraduates and Ph. D. scholars from all over the country every year. The college is affiliated with the Maharashtra University of Health Science, Nashik and is approved by Dental Council of India, Gov. of India, credited with brilliant faculty; state of art facilities and an excellent research environment. The campus in general and college, in particular, is well equipped with world-class infrastructure for students, employees & patients for optimal training and healthcare. This college offers wholesome learning experiences to the students. It takes pride in shaping the career of future Dentists of the country and also provides excellent patient care.

AND

Party No. 2: Department of Physical Education, Institute of Science, Nagpur an academic institute of repute imparting quality education in Basic Sciences to students of undergraduate and postgraduate programs besides doctoral studies in different subjects. IOS is a reputed educational institution imparting teaching in different subjects leading to undergraduate and postgraduate degrees in Basic science besides offering Ph.D. programs in seven subjects.

Department of Physical Education established in the year 1955 and having staff strength of two professors/Director of Sports and rated as one of the best departments of IOS offers Physical Education teaching to both undergraduate and post graduate classes. Students are also enrolled for Ph.D. programs in this department. Department of Physical Education has state of art facilities like Multipurpose hall, Yoga Hall, Table Tennis hall, Research Laboratory, Well Equipped Gymnasium, Football, Cricket, Volleyball, Ball Badminton, Badminton, Korfbal grounds, Basketball Court, Kabaddi & Kho-kho ground.

The partners, after due consideration of various aspects, have arrived at the following understanding:

Objectives of the MoU:

- 1) To promote and enhance awareness about Yoga and Sports in Undergraduate students and interns of the college.
- 2) To help in the overall progress of the college and organization through capability enhancement and development of Students.
- 3) To facilitate regular interaction including Guest lectures, Offline/Online demonstrations and guidance to the undergraduate students and interns about Yoga and Sports.
- 4) To identify and implement strategies to improve Wellness and Quality of Life.

- 5) To promote the Holistic development of the students by exploring the possibilities of mutual support in learning and practicing Yoga and Sports based on mutual convenience.

This Memorandum of understanding (MoU) is meant to describe the nature of extended cooperation, working together in the areas of common interests, voluntary sharing of knowledge and any such beneficial factor. This document shall remain as only guidelines and not a legal binding on both the institutions.

Terms and Conditions:

NOW THEREORE, IT IS HEREBY AGREED AS FOLLOWS-

- 1) The purpose of this agreement is to develop links between academia and professionals with mutual cooperation between both the institutions.
- 2) Both the institutions shall extend their cooperation in the areas which will be beneficial to the students of the college.
- 3) Department of Physical Education and VSPM'S DCRC shall appoint a coordinator for facilitating communication and coordination between party number I and party number-II.
- 4) Joint programs may be organized which will lead to academic and non-academic enhancement of both the parties.
- 5) Free dental check-up camps will be organized at Department of Physical Education (IOS) by VSPM'S DCRC, Nagpur.

Date of effect:

This Memorandum of Understanding will come into effect on the due date of signature and will remain in force until either side delivers written notification to the other of its intention to terminate the Memorandum, in that case it will be terminated two months after the receipt of such a notification.

Term of MoU:

This MoU will be effective for five years from the date of signature and can be renewed based on mutual consent.

Modification:

The MoU may be amended by mutual consent through an exchange of correspondences between two parties.

In the witness whereof the parties hereto the agreement have executed this deed on the date as hereinbefore mentioned.



Signature
(Seal)

Uradke

Representative of the College
Name: Dr. Usha Radke
Designation: Dean,
VSPM'S DCRC, Nagpur

DEAN
VSPM'S Dental College &
Research Centre, Pimpri Hills
Pimpri, Dist. Pune, Maharashtra 411004



A.M. Rahatgaonkar
Signature
(Seal)
Lecturer
Govt. Institute of Science
NAGPUR

Representative of the Institute
Name: Dr. Anjali Rahatgaonkar
Designation: Director
Institute of Science, Nagpur

Lecturer
Govt. Institute of Science
NAGPUR
Signature
(Seal)

Representative of the Institute
Name: Dr. Madhavi Mardikar
Designation: HOD
Institute of Science, Nagpur

Lecturer
Govt. Institute of Science
NAGPUR

Witnesses:

1. Dr. Mukta Motwani *Motwani*

2. Dr. Jaishree Chahande *Chahande*

1. Dr. Abhay Kharbalkar *Kharbalkar*

2. Dr. Ashok Kalambe *Kalambe*

Place: Nagpur.

Date: 07/09/2021

5. Human value development



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdrcnagpur@gmail.com Website: <https://vspmdrc.edu.in>

REF:VSPM'S DCRC/DEAN/IMC F.NO 21/ 62 /2022

DATE: 15 /01/2022

CIRCULAR

The Interns Monitoring Committee is organizing "Online VIHASA Workshop Module I-Positivity" as per the details given below:

Speaker : Dr. Manoj Matnani (Consulting Pediatric Nephrologist)
Date : 19th January 2022 (Wednesday)
Time : 9.30 a.m. onwards
Registration Link : <https://forms.gle/4bQm2wKvqQJEPqL7>

Please note that the registration is mandatory for participation.

Dr. Neha Deshpande
Member Secretary,
Internship Monitoring Committee

Dr. Surekha Rathod
Professor Dept. of Periodontics,
Chairperson,
Internship Monitoring Committee

Dr. Usha Radke
Dean
VSPM'S DCRC, NAGPUR

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills,
Hingna Road, Nagpur-440019

Copy to:

- 1) All HODs, VSPM'S DCRC, Nagpur for information.
- 2) A.O. VSPM'S DCRC, Nagpur for information.
- 3) Dr. Sangeeta Bhattacharya, Lecturer Orthodontics
- 4) Dr. Varsha Uttarwar, Lecturer, Conservative Dentistry
- 5) Dr. Jaishree Chahande, News and Announcement, Web and LAN Committee
- 6) Dr. Pratik Burad, Web & LAN Committee

VSPM DENTAL COLLEGE & RESEARCH CENTRE, NAGPUR

Exterams Monitoring Committee

Online Vihasa Workshop Module I- Positivity



Speaker: Dr. Manoj Matnani (Consulting Pediatric Nephrologist)

Date: 19th January (Wednesday)

Time: 9.30 am onwards

Registration Link: <https://forms.gle/4bQm2wKvqQJEPqCL7>

Registration is mandatory for participation.



ONLINE VIHASA WORKSHOP FOR INTERNS

19th JANUARY 2022

Intern's Monitoring Committee, VSPM Dental College and Research Centre had organized an online **VIHASA- Positivity Module** for interns. Dr. Surekha Rathod, Chairperson, Intern's Monitoring Committee delivered the welcome address and she briefed the interns about the importance of VIHASA Module in their day to day life. Dr. Neha Deshpande, Member Secretary, Intern's Monitoring Committee welcomed the guests, VIHASA Facilitator, Dr, Manoj Matnani (Pediatric Nephrologist), Dr. Nayan Untawale (VIHASA Facilitator) and Miss. Pooja Sharma (VIHASA Facilitator).

All the speakers enlightened everyone with their values, how to look for positivity and bring optimism in life. The students participated in large numbers and were equally enthusiastic in participating in all the activities. E certificates were presented to all the facilitators by Dr. Surekha Rathod and Dr. Neha Deshpande ended the programme by proposing the Vote of Thanks.

[Handwritten signature]

[Handwritten signature]

DEAN

VSPM'S Dental College &
Research Centre, Digdoh Hills
Hingna Road, Nagpur-440019

Timestamp	Name	Address	Contact Number	E mail Id	Designation
13/01/2022 09:39:13	Dr. Neha Deshpande	Sadar	09096093470	docneha85@gmail.com	Senior Lecturer
13/01/2022 11:02:15	Pranav Mandhane	Police nagar hingana	9834243233	pranavpmr81@gmail.com	Intern
13/01/2022 11:02:25	Piyush mate	Plot no 23 sainath society	8329383831	piyushmate10@gmail.com	Intern
13/01/2022 11:02:34	vaishnavi pawar	41,Banjara hills, anusuya flat no. 205, ambika palad	7038058188	vaishnavipawar180494@gmail.com	Bds Intern
13/01/2022 11:03:50	Kiran Sontakke		+919325574729	kiran_sontakke198@gmail.com	Intern
13/01/2022 11:04:43	Rashi Chawre	Lalita appartement somal flat no 401	9158109408	rashichawre31@gmail.com	Intern
13/01/2022 11:05:02	Shreyash Chhale	Flat no 401	09665070450	shreyaschale17@gmail.com	Intern
13/01/2022 11:05:35	Natasha Meshram	Nagpur	08412019848	natashameshram4@gmail.com	Intern
13/01/2022 11:08:24	Utkarsha Wasnik	Bank colony	7378548915	utkiwasnik63219712k@gmail.com	Intern
13/01/2022 11:08:54	Utkarsha Wasnik	Bank colony	7378548915	utkiwasnik63219712k@gmail.com	Intern
13/01/2022 11:09:19	Vaibhav Alone	NRI Boys hostel , lata Ma	+919834418201	vaibhavalone912@gmail.com	Intern
13/01/2022 11:12:48	Akanksha katkar	Lata mangeshkar hospita	+919665842142	akankshakatkar@gmail.com	Vihasa
13/01/2022 11:14:40	Kalyani Jaybhaye	NRI girls hostel	9423023864	kalyanionar@gmail.com	VIHASA
13/01/2022 11:15:53	Iram Gazi	Shantinagar, Nagpur	9890930190	iramgazi8799@gmail.com	BDS
13/01/2022 11:16:11	Amisha shamma	Nri girls hostel	08379846089	amishaforu20@gmail.com	Intern
13/01/2022 11:29:00	Anushree yadav	Nri girls hostel nagpur	9168126308	yadavanushree99@gmail.com	Bds Intern
13/01/2022 11:30:09	Apoorva Dhople	Manish nagar, nagpur	7620347674	apoorvadhople23@gmail.com	Intern
13/01/2022 11:30:19	Kshilitia Dhoke	Photos no 56 swamidham	07083506144	kshilitiadhoke20@gmail.com	Intern
13/01/2022 11:33:04	Dr. Vrushali Lathiya	Nagpur	9561100520	drvrushalialathiya@gmail.com	Senior Lecturer, Dept of Periodontics
13/01/2022 11:35:45	Shikha Chhangani	Mecosabgh sindhi colony	7386676687	shikhachhangani75@gmail.com	Intern
13/01/2022 11:36:11	Rohini Chichghare	Nagpur	9623031088	rhnchichghare@gmail.com	Intern
13/01/2022 11:38:30	Sachi Chute	NRI Girls Hostel, LMH, N	9823874258	sachichute700@gmail.com	Intern
13/01/2022 11:40:01	Spruha Deshpande	A-202 Amar Endave Pras	9421012081	spruhasandeshpande@gmail.com	Intern
13/01/2022 11:41:35	Shrutl Bajaj	Bajaj Wadi, Sudama Galli	091330829646	ssbajaj13@gmail.com	Intern
13/01/2022 11:42:04	Nikita Agrawal	NRI Girls Hostel	9067584021	nkitiaagrawal1712@gmail.com	Intern
13/01/2022 11:42:24	Anjali Ahuja	Nri girls hostel lata mange	9764312321	anjaliahuja029@gmail.com	Nothing
13/01/2022 11:42:31	Priyanka bagde	Nri girls hostel	9022302214	priyanka3298bagde@gmail.com	Intern
13/01/2022 11:42:51	Akanksha Makode	Nri girls hostel hingna	9284451279	akanekshamakode93@gmail.com	Intern
13/01/2022 11:43:32	Tanushree Agrawal	103 Madhuwanti apts near	08007866545	tanushreeagrawal98@gmail.com	Intern
13/01/2022 11:44:37	Pratik badge	NRI BOY'S HOSTEL LAT	7743981636	prateekbadge@gmail.com	Intern
13/01/2022 11:44:56	Devashish Bhagat	NRI Boys Hostel Lata Ma	+19834733940	devashishbhagat23@gmail.com	Intern
13/01/2022 11:46:03	Priyanka bagde	Nri girl hostel	9022302214	priyanka3298bagde@gmail.com	Intern

DEAN
VSPM'S Dental College &
Research Centre, Digidon hills
Hingna Road, Nagpur-440019

Timestamp	Name	Address	Contact Number	E mail id	Designation
13/01/2022 11:51:20	Jayashri Chandak	Lata Mangeshkar hospita	+918308185145	jayashrinchandak@gmail	Internship
13/01/2022 11:53:21	Harsh Borundia	Nagpur	9823460989	harshoriginal@gmail.com	Intern
13/01/2022 11:55:02	Mrunal Bochara	Nagpur	9765000170	mrunal12_1d@gmail.com	Intern
13/01/2022 11:57:03	Mayur Chakole	Congress Nagar, Nagpur	9158033170	mayurchakole98@gmail.com	Intern
13/01/2022 12:00:06	Nilima Agrawal	CHITALEY marg, Dhanoli	09921645525	nilimabudhraja@gmail.co	Sr lecturer
13/01/2022 12:21:11	Toshani Girokar	NRI girls hostel, Lata Mar	9422165388	toshanjirokar_27@gmail	BDS
13/01/2022 12:21:38	Janhavi Gedam	202, Neekamal Complex	9420188867	janhavigedam01@gmail.c	Intern
13/01/2022 12:22:31	Rashmi Moundekar	Maskasat Bridge, Lalgaon	+18390839994	rashnimoundekar17@gm	Intern
13/01/2022 12:22:57	Apoorva Gadre	Plot no 52, opp bob, man	8999544439	apoorvagadre6y2k@gma	Intern
13/01/2022 12:23:51	Ashwini Dixit	34, Narmada colony katol	9673185157	ashwiniidixit02@gmail.co	Intern
13/01/2022 12:25:11	Pooja Fating	154/155 Mahalaxmi socie	7350958937	poojafating@gmail.com	Intern
13/01/2022 12:43:32	Manas Jain	nagpur	9834570461	manasjain77777@gmail.c	Intern
13/01/2022 12:47:49	Aditya Jinkalwar	LMH	8830208149	jinkalwaras@gmail.com	Undergraduate
13/01/2022 12:56:32	Sakshi Velukar	92 srushti society, ward n	9284617244	sakshi.velukar@gmail.com	Intern
13/01/2022 13:22:55	Hitesh Dhibe	Hingna, Nagpur	7083292680	hitesh.dhibe@gmail.com	Intern
13/01/2022 14:11:13	Nidhi Khangar	41, nandanvan layout, nag	946851929	nidhikhangar30@gmail.co	Intern
13/01/2022 14:13:04	Kashif mohammed	Nri boys hostel lata mang	8459851637	kashifmp3112@gmail.com	Intern
13/01/2022 14:37:33	Mayur sisla	Lata mangeshkar hospita	9604779707	mayursisla46810@gmail	Intern
13/01/2022 14:56:39	Janhvi Meshram	New mandavan	8830520238	janhvimeshram19@gmail	U
13/01/2022 15:07:11	Katyayanae Sathone	NRI girls hostel	7887429075	katyayanae.sathone@gm	Intern
13/01/2022 15:51:40	Vaishnavi Hatwar	NRI girls hostel	9356792087	hatwar.vaishu@gmail.com	Intern
13/01/2022 15:57:59	Ashlesha Waghode	nri hostel, hingna, nagpur	8421165986	waghodeashlesha22@gm	bds intern
13/01/2022 15:58:46	Deepanjali Mishra	NRI Girls Hostel lata man	8550957840	deepanjalinishta5@gmai	Intern
13/01/2022 16:08:04	Jayashri Navalkishor Cha	Lata Mangeshkar hospita	+918308185145	jayashrinchandak@gmail	Intern
13/01/2022 16:08:55	Bhargavi Saktharkar	Nri girls hostel lata mang	9322561204	bhargavisaktharkar11@g	Intern
13/01/2022 16:34:42	Vaibhav Alone	NRI Boys hostel , lata Ma	+919834418201	vaibhavalone912@gmail.	Intern
13/01/2022 16:40:23	Navratna kumar	Nandanvan, nagpur	7798773573	navratnamanthapurwar@gmail	Intern
13/01/2022 17:12:20	Aditi Joshi	56, "Digambar Smruti"	09156919530	jadit11998@gmail.com	Intern
13/01/2022 20:41:51	Suchita Talmale	Sahakar Nagar Bhandara	9146684714	suchitalalmale1216@gm	BDS Intern
14/01/2022 08:18:20	Anshul Gupta	Nri girls hostel, digdoh, hin	7038292178	guptaanshu083@gmail.c	BDS
16/01/2022 16:02:55	Kapil Balani	NRI boys hostel latamang	07385536563	kapilbalani98@gmail.com	Intern

DEAN

(Signature)

Timestamp	Name	Address	Contact Number	E mail id	Designation
18/01/2022 21:53:06	Ashwini Madavi	Flat no. 304, Gayatri Apar	+917517520678	ash18.madavi@gmail.com	Intern
19/01/2022 02:58:22	Anshul Gupta	Nri girls hostel	7038292178	guptaanstul083@gmail.com	BDS
19/01/2022 07:53:55	Pooja Dhargawe	Kdpa complex	8805349304	poojadhargawe8@gmail.com	Intern
19/01/2022 08:57:14	Namita baig	411 masud baig house tel	8668458922	namtrabaig6@gmail.com	Intern
19/01/2022 08:59:51	Dheeraj Bhojar	Nri boys hostel Lata Man	7773927727	dheeraj1998bhojar@gmail.com	Dental intern
19/01/2022 09:01:08	Rashi Chawre	Lalita appartement somal	9158109408	rashichawre31@gmail.com	Intern
19/01/2022 09:03:01	Vedant Bonde	NRI BOYS HOSTEL LATI	8999457259	bondevedant8@gmail.com	Dental intern

M. S. D.


DEAN


VSPM'S Dental College &
 Research Centre, Diggoli Hills
 Hingna Road, Nagpur-440019

VSPM Dental College and Research Centre, Nagpur

Completion certificate

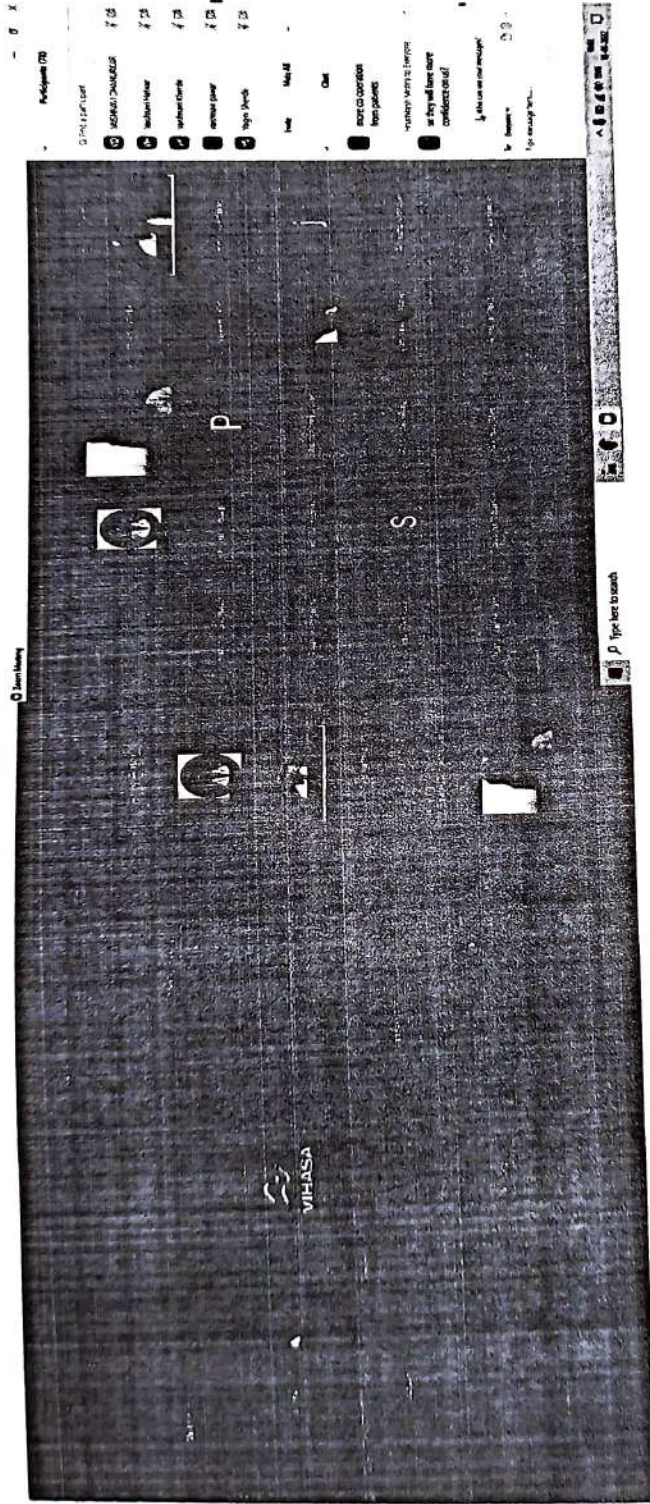
This is to certify that the following participants have successfully completed the workshop/ CDE/ Course Values in Health Care : a spiritual approach organized by Interns Monitoring Committee, VSPM's DCRC, Nagpur on 19th January 2022.


Signature and stamp of Head/
Committee Chairperson


Signature and stamp of Dean

DEAN
VSPM'S Dental College &
Research Centre, Dighol Hill
Hingna Road, Nagpur-440019

**Intern's Monitoring Committee
VIAHASA Workshop Module I- Positivity
19th January 2022**



College Seal

VSPMDCRC, Nagpur

Dr. UshaRadke

Dean

Usha

VSPMDCRC
Research Centre

**Intern's Monitoring Committee
VIAHASA Workshop Module I- Positivity
19th January 2022**



College Seal

VSPMDCRC, Nagpur

Week

Dr. UshaRadke

Dean

6. Personality and professional development



**VSPM'S DENTAL COLLEGE & RESEARCH CENTRE,
NAGPUR-440019
(NAAC Accredited with B+)**

Digdoh Hills, Hingna Road, Nagpur-440 019 Ph: (07104) 665000,665301 Fax: (07104) 665011, Email:
vspmdcrcnagpur@gmail.com Website: https://vspmdcrc.edu.in

REF: VSPM'S DCRC/F.NO. 14/DEPT. PROG/137/2022

DATE: 04/02/2022

CIRCULAR

A comprehensive program on "Personal Growth & Development" is planned for all interns by department of Conservative Dentistry & Endodontics as per the details given below:

- 1) Date : 7th and 8th February 2022
- 2) Venue : Pride Hall
- 3) Time : 8.30 a.m. to 3.30 p.m.
- 4) Topic : "Personal Growth & Development"

All HODs are requested to relieve all interns in their respective departments on the aforesaid date and time.


HOD

Dr. Pratima Sheno

Dept Of Conservative Dentistry and Endodontics





Dr. Usha Radke
Dean

VSPM's DCRC, NAGPUR

Copy to:

- All HODs VSPM'S DCRC, Nagpur for information.
- A.O. VSPM'S DCRC, Nagpur for information and necessary action.
- Dr. Sangeeta Bhattacharya, Orthodontics
- Dr. J. Chahande, Web and LAN Committee (News and announcement)
- Dr. Pratik Burad, Web and LAN Committee

AO/All correspondence/ PROGRAMME CIRCULARS & LETTRS /All Departmental program


Dean

VSPM'S Dental College &
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Hingna Road, Nagpur-440019

Department Of Conservative Dentistry

SPRUZ UP - Value Added Programme

07/02/2022

8:30am-3:30pm

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VSPM'S DENTAL COLLEGE & RESEARCH
CENTRE, NAGPUR - 19 (M.S.)



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VSPM'S Dental College &
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Department Of Conservative Dentistry

SPRUZ UP - Value Added Programme

08/02/2022

8:30am-3:30pm

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**VSPM'S Dental College &
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Hingna Road, Nagpur-440019**

Spruz Up

Guiding GenX Professionals


Time: 9:30 a.m to 4:30 p.m.

Venue: Pride Hall

Day 1 Schedule

7th February 2022

9:30 to 10:00am	Inauguration		
10:00 to 10:30 am	Pre-test		
10:30 to 12:30am	Session 1	Professional ethics	Dr. Gautam Badole & Dr. Pratik Burad
12:30 to 1:00pm	Lunch		
1:00 to 2:30pm	Session 2	Stress Management	Dr. Mohit Gunwal & Dr. Kushal Fuladi
02:30 to 4:00 pm	Session 3	Personal Grooming	Dr. Ankita Ramteke & Dr. Shriya Shahu
4:00pm to 4:30 pm	Interactive Session		


Dr. Pratima Sheno

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Spruz Up

Guiding GenX Professionals

Time: 9:30 a.m to 4:30 p.m.

Venue: Pride Hall

Day 2 Schedule

8th February 2022

9:30am to 10am	Recap day 1		
10:00am-12pm	Session 4	Emotional Management	Dr. Varsha Uttarwar & Dr. Vidya Mokhade
12:00pm-12:30pm	Break		
12:30 pm- 2:00pm	Session 5	Conflict Management	Dr. Deepika Chandhok
2:00pm-4:00pm	Session 6	Time Management	Dr. Rajesh Kubde
4:00pm to 4:30 pm	Interactive session (Queries, post test & feedback)		

Shenoi
Dr. Pratima Shenoi
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Spruz Up
Guiding GenX Professionals
7th & 8th February 2022

Event Report

Personality development can help students to improve their Social Relationships. It helps in gaining recognition and acceptance from the society as well as people around.

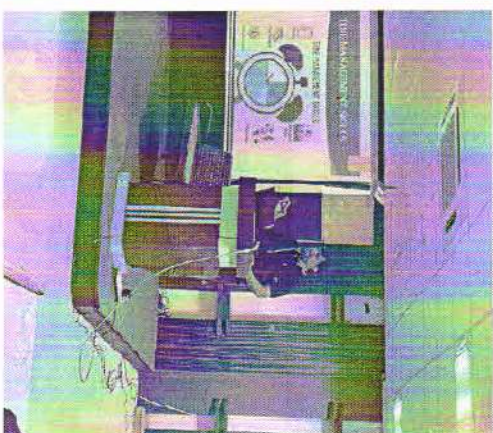
Keeping this aspect of development in mind, Dept. of Conservative Dentistry and Endodontics VSPMDCRC conducted a Value added course "Spruz Up: Guiding GenX Professionals" for interns of the institute on 7th and 8th February, 2022. Event received an overwhelming response from the participants

The course focused on overall development of an individual where various speakers discussed different aspects which included lecture on Professional Ethics, Stress Management, Personal Grooming, Emotional Management, Conflict Management and Time Management. The entire event was successfully conducted with the help and support from the Management of VSPM AHE, Dean Dr.Usha Radke, Vice-Dean Dr. Ramkrishna Shenoi and Guidance of the Head of the Department Dr. Pratima Shenoi and her dedicated team.

Dr. Pratima Shenoi
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Spruz-up
Guiding Professionals Genx



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