



VIDYA SHIKSHAN PRASARAK MANDAL'S
DENTAL COLLEGE & RESEARCH CENTRE,

DIGDOH HILLS, HINGNA ROAD, NAGPUR-440 019 PH:(07104) 665000, Fax: (07104) 665011,
Email: vspmdrcnagpur@gmail.com

REF:VSPM'S DCRC/DEAN/IMC/F.NO 21/ 558 /2020

DATE: 10/06/2020

CIRCULAR
INTERNATIONAL YOGA DAY VIRTUAL CELEBRATION - 21st JUNE 2020

The Interns Monitoring Committee of VSPM Dental College & Research Centre, Nagpur is organizing **Virtual International Yoga Day** (Theme: **Yoga at Home : Yoga with Family**) in collaboration with NKP SIMS, VSPM College of Physiotherapy & VSPM College of Nursing from 19th June to 21st June 2020. All Teaching, Non-teaching staff, PG Students, UG Students & Interns are invited to celebrate "International Yoga Day" on 21st June 2020.

Following events are being organized on this occasion-

Topic : Webinar on "Yoga for Eternal Health: Battle against COVID-19".
Speaker : Dr. Abhijit Deshmukh., Associate Professor, Department of Neuro-Physiotherapy, VSPM's College of Physiotherapy
Date : 20th June 2020
Time : 10:30 a.m. - 12:00 Noon

Registration link will be circulated on what's app group & E-Certificate will be issued only to registered participants.

Sr. no.	Competitions	Theme	Categories
1	e-poster	Importance of YOGA in COVID -19 Pandemic	Teaching staff, Non-teaching staff, PG Students, Interns & UG Students
2	e-slogan	YOGA : Healthy Mind , Healthy Body	Teaching staff, Non-teaching staff, PG Students, Interns & UG Students
3	Video Making	YOGA for My Healthy Life	PG Students, Interns & UG Students
4	Online quiz	Youth & YOGA	Interns

Guidelines:

- 1) All the e-posters shall be in JPEG or PDF format, 400 dpi resolutions and the display ratio 4:3 or Photocopy of paper poster.
- 2) All the e-slogan shall be in JPEG or PDF format, 400 dpi resolutions and the display ratio 4:3 or Photocopy of handwritten slogan.
- 3) The participant shall e-mail the soft copy of the e-poster & e-slogan along with the covering letter containing Full Name of the participant, College Name, Designation/year of study.
- 4) No identity should be revealed in e-poster & e-slogan.
- 5) Only one participant per e-poster, e-slogan & Video Making Competition.
- 6) Participant shall apply for more than one competition.
- 7) Video making: Show your own Yoga practice at home-3 minutes video(2 minutes yoga & 1 minute narration about benefits of yoga in your life).
- 8) Language: English, Hindi or Marathi.
- 9) **Online quiz** for Interns through Google Form on **19th June 2020** at **11:00 a.m.** onwards on "Awareness about Ancient Yoga (history & details of Yogasan, Pranayam, Sadhana) in Contemporary situation."
- 10) **E-certificate** will be issued to winners and all the participants for competitions.



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NOTE: Last date of entries for e-poster, e-slogan & video making: **16th June 2020 till 3:30 p.m.** on e-mail id: wellnessvspm@gmail.com


Coordinators:

- 1) Dr. Jaishree Chahande- Mob. No.- 9623485757 -VSPMDCRC
- 2) Dr. BhavanaBhirud- Mob. No. – 8983327895 - NKPSIMS
- 3) Dr. AbhijitDeshmukh - Mob. No.- 8087037050 - VSPM College of Physiotherapy
- 4) Mrs.BincyKP- Mob. No. – 8411884688-VSPM College of Nursing-
- 5) Mr.ChetanDeshmukh A.O.-Mob. No. -9130864627- VSPMDCRC (for all non-teaching staff)


Dr. SurekhaRathod
Chairperson

Interns Monitoring Committee
VSPMDCRC, Nagpur




Dr. S.R. Shenoi
Vice-Dean
VSPMDCRC, Nagpur

Copy submitted to:

- 1) Hon'ble Chairman, VSPMAHE, Nagpur for information
- 2) Hon'ble Secretary, VSPMAHE, Nagpur for information
- 3) Treasurer, VSPMAHE, Nagpur for information

Copy to:

- 1) Dean, NKP SIMS, Nagpur
- 2) Principal, VSPM College of Physiotherapy
- 3) Principal, VSPM College of Nursing
- 4) All HOD's for information and necessary action.
- 5) Dr. Jaishree Chahande, Lecturer, Dept. of Prosthodontics, VSPMDCRC
- 6) Dr. Bhavana Bhirud, Assistant Professor, Department of Physiology, NKPSIMS
- 7) Dr. Abhijit Deshmukh – Associate Professor, Department of Neuro-Physiotherapy, VSPM's College of Physiotherapy
- 8) Mrs. Bincy KP, Lecturer, Child Health Nursing, VSPM College of Nursing
- 9) Mr.Chetan Deshmukh A.O.-VSPMDCRC
- 10) Dr. Sangeeta Bhattacharya, Lecturer, Orthodontics
- 11) Mr. Vilas Khangar, AO, NKPSIMS, for information.
- 12) Students section, Establishment section, Account section, Library, IT Department, Electric Department for necessary action.