

The Yash Foundations College of Nursing
and Medical Research Institute, Ratnagiri.

ANNEXURE-X

WEBINAR/ WORKSHOP/ CME / ACTIVITIES



Maharashtra university of Health Sciences, Nashik
Inspection Committee Report for Academic Year 2023 to 2024
Webinar/ Workshop/ CME/ Activities/perform in last one year

Faculty: Nursing

Name of the College / Institute: **THE YASH FOUNDATION'S COLLEGE OF NURSING AND MEDICAL RESEARCH INSTITUTE, RATNAGIRI.**

No. of Webinars Arranged, Guest Lectures, and CME/ Workshop (Publish Details on college website)

Sr. No.	Details of webinar/workshop/CME/Activities/ perform
1	ACTIVITIES 1. Annual sport 2. Cultural events 3. Shivajayanti 4. International Womens Day 5. World Health Day 6. International Nurses day 7. International Yoga Day
2	GUEST LECTURE: 02/01/2024- Dr. Vivek Wadake (RSS Swaysevak) Subject:- Indian culture and Yoga 03/01/2024- Ms. Nisha Kelkar and Ms. Shriya Salvi (Head constable) Cyber crime , Ratnagiri Police Station Subject:- Awareness Regarding Cyber crime 25/01/2024- Mr. Aashish Radaye Subject- Nursing career opportunity in Germany August 2023- Kabir Academy (Ratnagiri) Subject:- Guidance on Nursing recruitment 20/08/2023- Blood donation camp



Workshop Details

- i) Continuing Nursing Education organized by Dr. VVPF's College of Nursing on topic International E- Conference on evidence based practice (Ahmednagar, dated: 28/01/2022 Participated by Mr. Ramesh Bandgar.
- ii) Certificate of Publications on International Journal of Science and Research (IJSR) paper ID: ART20196851
- Authored by Mr. Ramesh Bandgar
- iii) Certificate of acceptance of research paper on International Journal of Scientific and Engineering Research (IJSER) published by Mr. Ramesh Bandgar.
- iv) International Webinar on Nursing 2021 = Career and fair = Go far and beyond the dreams held on July 19, 2021. Organized by Symbiosis College of Nursing, Pune, Maharashtra.
- Mr. Ramesh Bandgar.
- v) International Webinar on Advancement in nursing research Publications: A journey Through Scholarly Galaxy organized by Forsythia chapter of Karnataka in Nursing scholarly society on 16th February 2024
- Ms. Apeksha Anil Ambavkar.
- vi) National Conference in "Mental Health is a universal Human Right" Organized by TPCT'S Terna Nursing College, Nerul, Navi Mumbai. On 19/10/2023
- Ms. Apeksha Anil Ambavkar.
- vii) Certificate of Publications on International Journal of Science and Research (IJSR) Paper ID: MR21527164930.
- Authored by Ms. Apeksha A. Ambavkar.
- viii) International E- Conference on Mental Health First Aid organized by the Nursing Division Govt of India, D. Y Patil University school of Nursing , Navi Mumbai. On 6th feb 2021
- Ms. Aruna Dhanaraj Parab
- ix) Pedicon 2019-56th Annual Conference of the Indian Academy of pediatrics on 6th feb 2019.
- Ms. Aruna Dhanaraj Parab
- x) 1st National Conference on Clinical Nursing Research for transformation of nursing leadership and structural empowerment: need of the hour on 12th -13th 2019



	- Ms. Aruna Dhanaraj Parab xi) National Conference on Redefining Nursing organized by Maharshi Karve Stree Shikshan Samstha's SMT Bakul Tambat Institute of Nursing Education. Held on Nov 21st & 22nd 2019 xii) CNE organized by Asian Society of continuing Medical Education on Intracacies of cardiac monitoring and cardiopulmonary Resuscitation, Pune. Dated on 14/03/2018
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Dean/ principal Stamp & Signature

Principal
The Yash Foundation's College
of Nursing & Medical Research
Institute, Ratnagiri, Maharashtra



INTERNATIONAL JOURNAL OF SCIENCE & RESEARCH



ISSN:2319-7064

Certificate of Publication

www.ijsr.net

This is to Certify that the paper ID: IJSR20196851 entitled

Study to Evaluate the Effectiveness of Information Booklet on Knowledge Regarding Food Hygiene among Women in Selected Rural Area at Bijapur District

Authored

By

Ramesh Bandagar

has been published in Volume 8 Issue 4, April 2019

in

International Journal of Science and Research (IJSR)

The mentioned paper is measured upto the required standard.



Ramesh Bandagar

Editor in Chief, International Journal of Science and Research, India



ISSN 2229-5518

CERTIFICATE OF ACCEPTANCE

International Journal of Scientific & Engineering Research
(IJSER)



THIS IS TO CERTIFY THAT OUR REVIEW BOARD HAS ACCEPTED RESEARCH PAPER OF

MR. RAMESH BANDAGAR

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING PREVENTION AND
MANAGEMENT OF PNEUMONIA AMONG MOTHERS OF UNDER FIVE
CHILDREN IN SELECTED RURAL AREA OF RATNAGIRI.

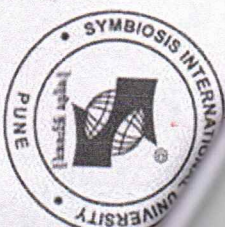
September 22, 2019
Visit us at: www.ijser.org



Editor in Chief

SYMBIOSIS COLLEGE OF NURSING

A Constituent of Symbiosis International University (SIU)
Senapati Bapat Road, Pune-411 004, Maharashtra (INDIA)
Accredited by NAAC with 'A' Grade



NATIONAL CONFERENCE ON

"ETHICAL AND MEDICO LEGAL ISSUES IN NURSING"

This is to certify

Dr/Mr/Mrs/Ms ... *Rameth...* *H. Banadagat...* has participated in the National Conference on "Ethical & Medico Legal Issues in Nursing" as a Resource Person / Delegate / Presented Paper / Presented Poster / Member of Committee held on 9th Dec 2011 organized by

SYMBIOSIS COLLEGE OF NURSING

in collaboration with

INDIAN NURSING COUNCIL & MAHARASHTRA NURSING COUNCIL

Sobhety
Mrs Surekha Shetty
Organizing Secretary
SCON



Satyakumar
Col Jayalakshmi N (Retd.)
Organizing Chairperson
SCON

Satyakumar
Dr Rajiv Yeravdekar
Dean - Faculty of Health Sciences
Symbiosis International University



SYMBIOSIS COLLEGE OF NURSING

Symbiosis International (Deemed University), Pune

(Established under section 3 of the UGC Act, 1956 vide notification No.F.9-12/2001-U3 Government of India)
Re-Accredited by NAAC with 'A' grade



Certificate of Participation

This is to certify that MR.RAMESH BANDAGAR has participated as a Delegate in the 3rd

International Webinar on the theme - NURSING 2021 – CAREER AND FAIR – GO “FAR & BEYOND

THE DREAMS” held on July 19, 2021 organized by Symbiosis College of Nursing, Pune, Maharashtra,

India

Dr. Seeta Devi
Organizing Secretary
Assoc. Professor
SCON, Pune



Dr. S. G. Joshi
Organizing chairperson
Director
SCON, Pune



INDIAN NURSING COUNCIL

Combined Councils Building, Kotla Road, Temple Lane, New Delhi 110 002.

Certificate of Participation

This is to certify that *Mr. Ramesh A. Bandagar*.....
has participated in the Training Programme for Nurses on HIV/AIDS and ART
under The Global Fund to Fight AIDS, Tuberculosis and Malaria (GFATM)
Round - 7 conducted at Symbiosis College of Nursing, Senapati Bapat Road,
Pune - 411 004, Maharashtra from *26/7/2010* to *30/7/2010*...

Principal Co-ordinator

Symbiosis College of Nursing

Senapati Bapat Road, Pune



T. Dileep Kumar

President

Indian Nursing Council



MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

TILAK MAHARASHTRA VIDYAPEETH

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a ~~Observer~~ / ~~Speaker~~ / ~~Delegate~~ / ~~Resource Person~~ in
the Continuing Nursing Education Programme on topic,
"COVID-19 Pandemic: Nursing Perspective; Local to Global" (Pune, Dated : 15/12/2020)
accredited by Maharashtra Nursing Council, Mumbai
for 10 credit hours.

Nathak

OBSERVER

Mohale

ORGANIZING
CHAIRPERSON



APR 15/2021
ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Sinhgad Technical Education Society, Sinhgad College Of Nursing,
Narhe, Pune- 41

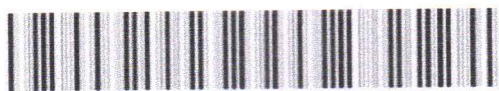
This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a Observer / Speaker / Delegate / Resource Person in
the Continuing Nursing Education Programme on topic,
**EMERGING CHALLENGES: A BREAKTHROUGH TO NURSING EXCELLENCE (Pune, Dated :
07/03/2017)**
accredited by Maharashtra Nursing Council, Mumbai
for 2 credit points.

OBSERVER

ORGANIZING
CHAIRPERSON



ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Sinhgad Technical Education Society, Sinhgad College Of Nursing,
Narhe, Pune- 41

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a Observer / Speaker / Delegate / Resource Person in
the Continuing Nursing Education Programme on topic,
**EMERGING CHALLENGES: A BREAKTHROUGH TO NURSING EXCELLENCE (Pune, Dated :
07/03/2017)**
accredited by Maharashtra Nursing Council, Mumbai
for 2 credit points.


OBSERVER


ORGANIZING
CHAIRPERSON




ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

APARNA INSTITUTE OF NURSING EDUCATION, KARAD

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a Observer / Speaker / Delegate / Resource Person in
the Continuing Nursing Education Programme on topic,

PATIENT SEFTY AND QUALITY HEALTH CARE (SINDUGURGA, Dated : 21/01/2018)

accredited by Maharashtra Nursing Council, Mumbai
for 2 credit points.

Imelkaykar

OBSERVER

[Signature]

ORGANIZING
CHAIRPERSON



[Signature]

ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

TRAINED NURSES ASSOCIATION OF INDIA MAHARASHTRA
STATE BRANCH

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a ~~Observer~~ / ~~Speaker~~ / ~~Delegate~~ / ~~Resource Person~~ in
the Continuing Nursing Education Programme on topic,

Kidney Transplantation: Patient Pathway (Mumbai, Dated : 09/12/2020)

accredited by Maharashtra Nursing Council, Mumbai
for 10 credit hours.

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OBSERVER

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ORGANIZING
CHAIRPERSON



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ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Health Careers International Pty Ltd

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a ~~Observer~~ / ~~Speaker~~ / ~~Delegate~~ / ~~Resource Person~~ in
the Continuing Nursing Education Programme on topic,

Basic Infection Control (Ratnagiri, Dated : 25/03/2017)

accredited by Maharashtra Nursing Council, Mumbai
for 2 credit points.

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ORGANIZING
SECRETARY





MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Dr.VVPF's College of Nursing

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a ~~Observer~~ / ~~Speaker~~ / ~~Delegate~~ / ~~Resource Person~~ in
the Continuing Nursing Education Programme on topic,

International E-Conference on Evidence Based Practice (Ahmednagar, Dated :
28/01/2022)

accredited by Maharashtra Nursing Council, Mumbai
for 10 credit hours.


OBSERVER


ORGANIZING
CHAIRPERSON




ORGANIZING
SECRETARY



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MAHARASHTRA NURSING COUNCIL, MUMBAI

Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Impetus Healthcare Skills Private Limited

This is to certify that Mr./Ms. RAMESH ADAYYAPPA BANDAGAR
bearing Registration No XVII-90 participated as
a ~~Observer~~ / ~~Speaker~~ / ~~Delegate~~ / ~~Resource Person~~ in
the Continuing Nursing Education Programme on topic,
Impetus Healthcare Skills - Online CNE (Subject : Community Health Nursing , Dated :
01/02/2017)
accredited by Maharashtra Nursing Council, Mumbai
for 1 credit points.

OBSERVER

ORGANIZING
CHAIRPERSON

ORGANIZING
SECRETARY



CERTIFICATE OF PARTICIPATION

This is to certify that

Apeksha Anil Ambavkar

has participated in National Conference in

“MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT.”

Organized by TPCT'S Terna Nursing College, Nerul, Navi Mumbai,
in collaboration with Nurses of India, Mumbai

on 19.10.2023

Seetha

Organizing Secretary

Mr. Saj Thomas
TNC, Nerul

Pratibha

Organizing Chairperson

Dr. Pratibha Athare
TNC, Nerul

Subhanand Shinde

Chairperson

Mr. Subhanand Shinde
CEO, Nurses of India, Mumbai

Shubhangi

Co-Organizing Secretary

Ms. Shubhangi Londhe
TNC, Nerul





Forsythia chapter of Karnataka in collaboration with National NSS

Certificate of Appreciation

This is to certify that

MS. APEKSHA ANIL AMBAVKAR

Reg.ID: NSS/KA/24/Feb/IW/193

has participated in the International webinar on

Advancements in Nursing Research Publications: A Journey Through Scholarly Galaxy

organized by Forsythia chapter of Karnataka in collaboration with National NSS on

16th February 2024



Dr.M.P. Chavadannavar

President

Forsythia Chapter, NSS



Prof. Dr. Binu Joe

National President

NSS

Dr.Suwersh Narula Khanna

Patron

National, NSS

INTERNATIONAL JOURNAL OF SCIENCE & RESEARCH



ISSN:2319-7064

Certificate of Publication

www.ijsr.net

This is to Certify that the paper ID: MR21527164930 entitled

A Study to Assess the Effectiveness of Information Booklet on Knowledge regarding Minor Ailments of Pregnancy and its Home Management among Primigravida Women in Selected Urban Slum

Authored

By

Apeksha A. Ambavkar

has been published in Volume 10 Issue 6, June 2021

in

International Journal of Science and Research (IJSR)

This paper has passed the Peer Review and satisfies the required standards.

Editor in Chief, International Journal of Science and Research, India

R. Ambavkar





D Y PATIL
UNIVERSITY
SCHOOL OF
NURSING
NAVI MUMBAI



Ministry of Health & Family Welfare
Government of India



CERTIFICATE

This is to certify that

Aruna Parab

has attended the

"International E-Conference on Mental Health First Aid" organized by the Nursing Division, Government of India in collaboration with Department of Nursing, D Y Patil University School of Nursing, Navi Mumbai and National Institute of Mental Health & Neurosciences (INI), Bengaluru from 4th to 6th February 2021

Prof. Dr. Rita Lakhani
Principal
D Y Patil University School of
Nursing, Navi Mumbai

Dr. Rathi Balachandran
Assistant Director General (Nursing),
Nursing Division, Govt. of India

Dr. Sailaxmi Gandhi
Professor & Head
Department of Nursing
NIMHANS (INI)





AMITY UNIVERSITY

HARYANA

AMITY COLLEGE OF NURSING

presents

LIVE NATIONAL WEBINAR SERIES

ON

"NURSING CARE PERSPECTIVES: PARADIGM SHIFT DURING COVID-19"

CERTIFICATE OF PARTICIPATION

This is to certify that Dr./Prof./Ms./Mr. **ARUNA DHANARAJ PARAB**
participated as **Delegate** in the Live National Webinar series on "**Nursing Care Perspectives: paradigm shift during Covid-19**" held from 6th October to 9th October 2020, at Amity College of Nursing, Amity University
Haryana, Gurugram.

Dr. A. TamilSelvi
Organizing Chairperson
Principal, ACON
Amity University, Haryana

Prof. (Dr.) Padmakali Banerjee
Prof. (Dr.) Padmakali Banerjee
Pro Vice Chancellor and Dean Academics
Amity University, Haryana





CLINICAL NURSING RESEARCH SOCIETY (C.N.R.S.)
(Registered under Rajasthan Societies Registration Act 1958 at No. COOP/REGISTRATION/1981/4)



1st National Conference

**"Clinical Nursing Research for Transformation of Nursing Leadership and
Structural Empowerment: Need of the Hour"**

August 12th-13th 2019

Certificate of Participation

This acknowledges that

Dr. N.S. / M.S. / M.C. Parob Aruna Dhanraj

has participated as Chairperson/ Organizer/ Resource Person/ Delegate/ Paper Presenter (Oral/Poster) on topic,

organized & hosted by SLM Global Nursing College, Talhar, Abu Road, Rajasthan.


Mrs. Shashi Bala
President CNCRS
Organizing Chairperson


Mr. Chris Thomas
Secretary CNCRS
Organizing Joint Secretary


Mrs. Banupriya A
Treasurer CNCRS
Organizing Secretary



MAHARSHI KARVE STREE SHIKSHAN SAMSTHA'S



**SMT. BAKUL TAMBAT INSTITUTE OF
NURSING EDUCATION**

National Conference



CERTIFICATE

This is to certify that Dr/Mr/Ms/Mrs. Pooab Auna Dhanraj
participated as ~~observer/~~ ~~organizer/~~ ~~delegate/~~ ~~resource person /~~ ~~paper presenter/~~
~~poster presenter~~ in the National Conference on "Redefining Nursing", held on
November 21st & 22nd 2019.


Organizing Secretary
Mrs Nupoor Bhambid
Ass. Prof. MKSSS BTNE




Organizing Chairperson
Dr Meena Ganapathy
Principal, MKSSS BTNE





Government of Maharashtra

INSTITUTE OF NURSING EDUCATION, MUMBAI
NURSING EDUCATION DEPARTMENT.

WORKSHOP
ON

"WHETHER 7th PAY COMMISSION GIVING JUSTICE TO STATE GOVT NURSES"

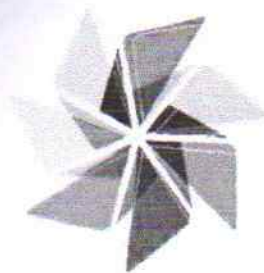
CERTIFICATE

This is to certify that Mrs/Ms/Mr. *Aruna Dhanraj Parab*
has participated as a Delegates in the WORKSHOP on "WHETHER 7th PAY
COMMISSION GIVING JUSTICE TO STATE GOVT NURSES" on 19 March 2019.



Meena
PROF. MRS. MEENA SONAYANE
NURSING EDUCATION DEPT.
INE, MUMBAI-08





illness to wellness

PEDICON
2019 Mumbai



CERTIFICATE

Aruna Dhanraj Parab

participated as a Delegate in the Pre-Conference Workshop
HUMAN MILK BANKING AND KMC

of PEDICON 2019 - 56th Annual Conference of the Indian Academy of Pediatrics
held on the 6th February, 2019 at TN Medical College & BYL Nair Hospital, Mumbai, India

Dr. Digant Shashtri
IAP President

Dr. Bakul Parekh
Chief Organising Chairperson

Dr. Bipin Shah
Chief Organising Secretary

Dr. Nitin Shah
Scientific Committee Chairperson

Dr. Bela Verma
Chairperson Workshop Committee

Dr. Jeetendra Gavhane
Convenor Workshop Committee

Dr. Sushma Malik
Convenor

Dr. Sushma Save
Convenor

Dr. Vinaya Lichade
Co-ordinator





MAHARASHTRA NURSING COUNCIL, MUMBAI

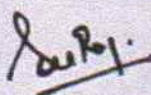
Certificate of Participation

CONTINUING NURSING EDUCATION PROGRAMME (CNE)

ORGANIZED BY

Symbiosis College of Nursing, Pune

This is to certify that Mr./Ms. ARUNA DHANARAJ PARAB
bearing Registration No 11-18187 participated as
a Observer / Speaker / Delegate / Resource Person in
the Continuing Nursing Education Programme on topic,
WORKSHOP ON FINDING THE COMMON ERRORS AND ACHIEVING SKILLS IN DRUG
ADMINISTRATION (Pune, Dated : 27/10/2017)
accredited by Maharashtra Nursing Council, Mumbai
for 2 credit points.


OBSERVER


ORGANIZING
CHAIRPERSON


ORGANIZING
SECRETARY



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**THE YASH FOUNDATION'S COLLEGE OF NURSING AND
MEDICAL RESEARCH INSTITUTE RATNAGIRI.**

**CLEANLINESS DRIVE IN MANDAVI BEACH UNDER
SWACHH BHARAT SWASTH BHARAT ABHIYAN**



The Yash Foundation's college of Nursing & MRI Ratnagiri Organized Cleanliness Drive in Mandavi Beach, Ratnagiri under Swachh Bharat Swasth Bharat Abhiyaan Programme Under Guidance of **Mr. Bal Mane** (Managing Trustee of YFCON) on the occasion of **Prime Minister Narendra Modiji Birthday**. The main purpose of this programme was to create awareness among the Peoples regarding Cleanliness and its benefits.

Inspired By The PM Modi in his programme Mann Ki Baat (35th Edition) has called upon the countrymen to initiate a Campaign called "Swachhata Hi Sewa" (Cleanliness is Service). The programme should begin at least 15 days prior to Gandhi Jayanti (2nd October). He said," Let's create an environment of cleanliness in the entire country." For that he urged all (leaders/ officials/ students) to be the part of this mission.

Under this programme, all the students of The Yash Foundation's Nursing College Ratnagiri are participated. Even teachers were the essential part of this drive. As a part of this Cleanliness Drive, we had to clean the whole Mandvi Beach.

Thereafter our Managing Trustee Mr. Bal Mane sir delivered the speech telling us the importance of sanitation & Encourage All Students To Do Cleanliness. In the end we all took oath of keeping our home, locality and city clean. It was a unique experience for all of us. We were curious to be the part of this great drive that could have transformed the face of our country for ever.





Picture With Managing Trustee Mr. Bal Mane , Join Managing Trustee Mrs. Madhavi Mane & All Teaching , Non Teaching Staff & Students of YFCON Ratnagiri.



Cleanliness is the only Way to Keep All Diseases Away.





We all took oath of keeping our home, locality and city clean.



Make Your Environment Clean For Your Future Generation



Be Clean & Healthy, And A Happy Citizen.



In This Program Mr. Bal Mane (Managing Trustee) , Mrs. Madhavi Mane (Join Managing Trustee), Mr. Ramesh Bandagar (Principal), Mr. Chetan Ambupe (Vice Principal) & All Teaching , Non Teaching Staff & Nursing Students were Present .

Reported By,

Ms. Mansi Vaje (Nursing Tutor)



INTERNATIONAL NURSES DAY

CELEBRATION - 2023

The Yash Foundations College Of Nursing And Medical Research Institute, Ratnagiri, Nurses day program 2023 was organized on 12/05/2023. It was attended by around 300 students including teaching and non teaching staff. The chief guest of this program was Assistant Civil Surgeon Mr. Vikas Kumre and Mr. Surendranath Mane, Managing Trustee, The Yash Foundations College Of Nursing And MRI Ratnagiri.

The function began at 9 AM with welcome song performed by 2nd Semester bsc nursing. The program was started by worshipping the idol of Florence nightingale and by lighting lamp. After that theme presentation of this year was done by our chief guest and managing trustee.

On this occasion of Nurses day competitions has been conducted such as Rangoli competition, best from waste competition and games such as antakshari, spoon and marbal and evaluation was done by Mr. Ramesh Bandagar, Mr. Chetan Ambupe, Ms. Aruna Parab & Mr. Nikhil Ketkar. Students from 2nd year ANM, 3rd yr bsc nursing performed dance on the occasion of nurses day. Skit on Life of nurses was performed by 3rd year bsc nursing students.

For entire program anchoring was done by Ms. Tanaya Bandkar and Anisha Chavan from 3rd GNM. Vote of thanks was proposed by Ms. Anisha Chavan. The program was ended with national song.

DATE-12/05/2023

TIME- 9 AM TO 5 PM

VENUE- The Yash Foundations College Of Nursing And M.R.I Ratnagiri

REPORTED BY- Ms. Prerana Pawaskar
Ms. Sneha Ambre







**THE YASH FOUNDATION'S COLLEGE OF NURSING
AND MEDICAL RESEARCH INSTITUTE, RATNAGIRI.**

REPORT ON

INTERNATIONAL DAY OF YOGA 2023

THEME: "YOGA FOR VASUDHAIVA KUTUMBAKAM."

which represents our shared desire for "One Earth, One Family, One Future."

DATE: 21 JUNE 2023

The Yash Foundations College of Nursing and MRI Ratnagiri has celebrated an International Yoga Day on 21 June 2023 as per the circular from Maharashtra University of Health Sciences, Nashik at Royal Banquet Hall, Ratnagiri.

International Day of Yoga is observed globally, to highlight the importance of Yoga in the contemporary era, every year on June 21. It highlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental, and spiritual harmony. Yoga fosters mindfulness, stress reduction, and overall health and vitality.

An invaluable gift of ancient Indian tradition, Yoga has emerged as one of the most trusted means to boost physical and mental well-being. The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite", symbolizing the unity of mind and body; thought and action; restraint and fulfillment; harmony between human and nature, and a holistic approach to health and well-being.



Centuries ago one of the most popular Sanskrit poets Bhartrhari, while highlighting the specialty of Yoga, said:

धैर्ययस्यपिताक्षमाचजननीशान्तिश्चिरंगेहिनी

सत्यंसूनुरयंदयाचभगिनीभ्रातामनःसंयमः।

शय्याभूमितलंदिशोऽपिवसनंज्ञानामृतंभोजनं

एतेयस्यकुटुम्बिनःवदसखेकस्माद्भयंयोगिनः॥

Meaning that by regularly practicing Yoga, a person can imbibe some very good qualities like courage which protects like a father, forgiveness as possessed by a mother & mental peace which becomes a permanent friend. Through regular practice of Yoga truth becomes our child, mercy our sister, self-control our brother, the earth becomes our bed & knowledge satiates our hunger.

INTERNATIONAL DAY OF YOGA 2023 THEME:

“YOGA FOR VASUDHAIVA KUTUMBAKAM.”

which represents our shared desire for “One Earth, One Family, One Future.”

The programme was started at 7am in the Royal Banquet Hall. The chief guest for Yog day was **Mr. Surendranath Yashwant Mane** and the guest of honor were Mr. Viraj Mane, Omkar Phadke, Ms.



Sonali Amberkar, Mr. Promod Khedekar along with Mrs. Shalaka Lad, Registrar, Mrs. Manasi Mule, Deputy Registrar, Ramesh Bandagar, Principal, Mr. Chetan Ambupe, Vice Principal, Ms. Aruna Parab, programme organizer and all teaching and non-teaching staff were present.

The yog day was started with prayer and thereafter session started with different types of asanas. The whole session was conducted and guided by swami sir and yog Sadhak. They taught to students about pure yog Pranayama, Suryanamaskar etc.

The programme was organized and planned by Ms. Aruna Parab under guidance and support of Mr. Mihir Mane, Joint Managing Trustree of YFCON, Mrs. Shalaka Lad, Registrar, Mrs. Manasi Mule, Deputy Registrar and Ramesh Bandagar, Principal, Chetan Ambupe, Vice Principal of YFCON, Ratnagiri.

The programme ended with vote of thanks. The vote of thanks and whole programme anchored by Ms. Samruddhi Surve, 4th year Bsc Nursing student of YFCON, Ratnagiri and announced the end of programme at 10 am.

The entire programme was grand success with participation of all teaching staff, non-teaching staff and students.

Reported By,

Ms. Aruna Parab,
Nursing Tutor
YFCON, Ratnagiri.

Aruna



GLIMS OF INTERNATIONAL YOGA DAY

2023



Welcome and felicitation of respected guests

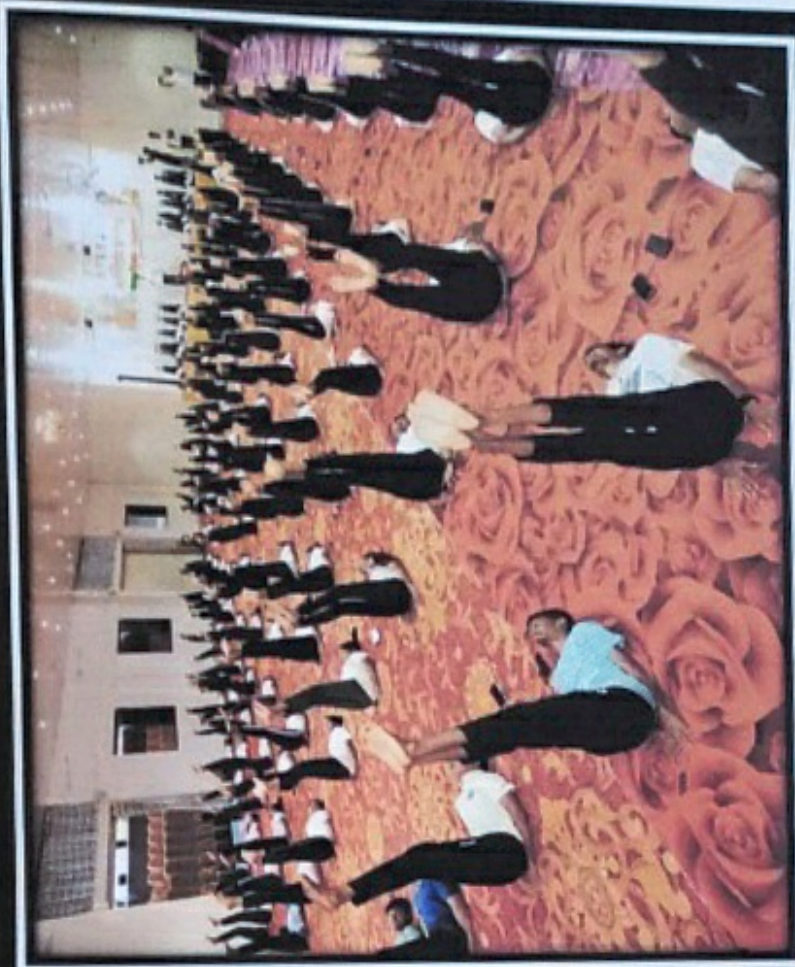




SPEECH BY RESPECTED DIGNITARIES



BEAUTIFUL YOGA SESSION BY STUDENTS AND VOLUNTEERS



BEAUTIFUL YOGA SESSION BY STUDENTS AND VOLUNTEERS





