



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in

ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA – 2019

Title of Program	ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA - 2019
Objective of Program	Garbhasanskar Awareness
Participant Type (Tick applicable)	PG Students Teaching Faculties
Date and Duration of Program	From : 01/01/2019 to 17/12/2019 1 st and 3 rd Tuesday of the month TIME: 11 AM to 12 PM
Venue of the program / event	Department of Streeroj Evum Prasuti Tantra ,SSAM and H
Program Organized by (Department)	Department of Streerog Evum Prasuti Tantra.
Program in-charge	Dr. Sunil More
Name of Faculty/ Guest Speaker	Dr Varsha Deshmukh Dr Yogeshwar Chaudhary Dr Dhanashree Chaudhary
Supporting staff member	Dr. Manjusha More , Dr Jaydeep Visave
Vote of thanks presented by	Dr. Divyata Lad (PG 3 rd year)
Photos	Yes
Number of participants (attended program/event)	125 (ANC patients)
Brief about the Program (Activity/Event details)	<ul style="list-style-type: none">✓ Prathana and Shanti path✓ Omkar chanting✓ Shawasan/Makarasan/Yoganidra✓ Jyoti/Bindutratak✓ Sukshma-purakvyayam✓ Mudras✓ Pranayams

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Dr. Manjusha More
Shree Saptashrungi Ayurved Mahavidyalaya & Hospital
Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Number of Garbhasanskar Varga conducted in the year -2019 and attended by Garbhini's:

Month	Duration	No of session conducted	No of Beneficiaries attended
January	01/01/2019	1	5
	15/01/2019	1	7
February	05/02/2019	1	5
March	05/03/2019	1	7
	19/03/2019	1	6
April	02/04/2019	1	5
	16/04/2019	1	5
May	07/05/2019	1	5
	21/05/2019	1	5
June	04/06/2019	1	7
	18/06/2019	1	5
July	02/07/2019	1	6
	16/07/2019	1	6
August	08/08/2019	1	6
	20/08/2019	1	7
September	03/09/2019	1	6
	17/09/2019	1	5
October	01/10/2019	1	5
	15/10/2019	1	5
November	05/11/2019	1	5
	19/11/2019	1	4
December	03/12/2019	1	5
	17/12/2019	1	3
Total		23	125

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Vid. Milind Baburao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

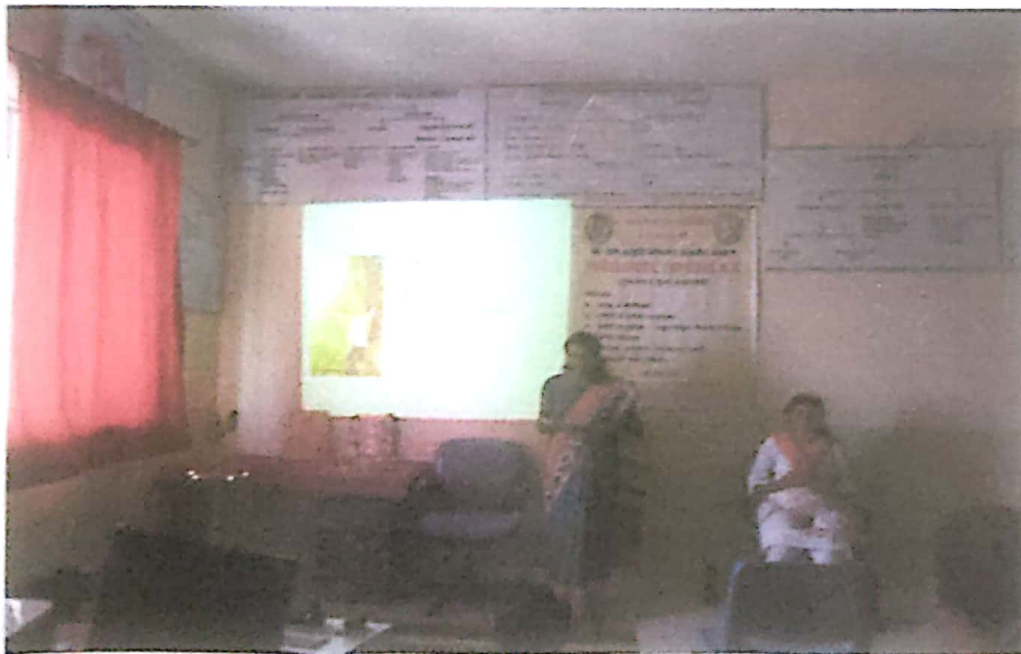


SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Practise of Anulom-Vilom Pranayam



Topic Presentaion on "Garbhini Paricharya"

विभाग
संरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Importance and method of “ Dhyam”.



Importance and method of “Putrakalyanak – Prarthana.”

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Practise of "Bhramari-Pranayam."



Practise of "Bhramari-pranayam".

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभा.
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel. : (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in



Teaching of “ Mantras “ like Vira-ras mantra, Balsuraksha mantra.



Importance of “ Yognidra in Garbhini avastha.”

विभागाध्यक्ष
स्त्रीरोग-प्रसूतिशास्त्र विभाग,
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA – 2020

Title of Program	ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA - 2020
Objective of Program	GarbhasanskarAwareness
Participant Type (Tick applicable)	PG Students Teaching Faculties
Date and Duration of Program	From : 07/01/2019 to 17/03/2019 1st and 3rd Tuesday of the month TIME: 11 AM to 12 PM
Venue of the program / event	Department of StreerojEvumPrasutiTantra ,SSAM and H
Program Organized by (Department)	Department of StreerogEvumPrasutiTantra
Program in-charge	Dr. Sunil More
Name of Faculty/ Guest Speaker	Dr VarshaDeshmukh Dr Yogeshwar Chaudhary Dr Dhanashree Chaudhary
Supporting staff member	Dr.Manjusha More , Dr JaydeepVisave
Vote of thanks presented by	Dr.ShravaniGarje(PG 1st year)
Geo-tagged photos (tick applicable)	Yes
Number of participants (attended program/event)	53 (ANC patients)
Brief about the Program (Activity/Event details)	<ul style="list-style-type: none">✓ Prathana and Shanti path✓ Omkar chanting✓ Shawasan/Makarasan/Yoganidra✓ Jyoti/Bindutratak✓ Sukshma-purakvyayam✓ Mudras✓ Pranayams

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2516548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Number of Garbhasanskar Varga conducted in the year -2020 and attended by Garbhini's:

Month	Duration	No of session conducted	No of Beneficiaries attended
January	07/01/2020	1	10
	21/01/2020	1	8
February	04/02/2020	1	11
	18/02/2020	1	7
March	03/03/2020	1	9
	17/03/2020	1	8
Total		6	53

विभा.
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003 | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Importance of " Satvik aahar in Garbhini Paricharya"



Importance and preparation of " Panchamrut in Garbhini-avastha."

विभाग प्रमुख
खीरोल-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamat Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Importance of “Shwasan in Garbhini avastha”



Understanding process of “Normal Labour”

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in

ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA – 2021

Due to Covid-19 pandemic Garbha sanskar varga was not conducted.

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

ANNUAL PROGRAM REPORT OF GARBHASANSKAR VARGA – 2022

Title of Program	ANNUAL PROGRAM REPORT OF GARBHASANSKAR VARGA - 2022
Objective of Program	Garbhasanskar Awareness
Participant Type (Tick applicable)	PG Students Teaching Faculties
Date and Duration of Program	From : 05/04/2020 to 20/12/2020 1st and 3rd Tuesday of the month TIME: 11 AM to 12 PM
Venue of the program / event	Department of StreerogEvumPrasutiTantra , SSAM and H
Program Organized by (Department)	Department of StreerogEvumPrasutiTantra
Program in-charge	Dr.Sunil More
Name of Faculty/ Guest Speaker	Dr VarshaDeshmukh Dr Yogeshwar Chaudhary Dr Dhanashree Chaudhary
Supporting staff member	Dr.Manjusha More , Dr JaydeepVisave
Vote of thanks presented by photos	Dr.Pooja Gandhi (1 ST PG) YES
Number of participants (attended program/event)	134
Brief about the Program (Activity/Event details)	<ul style="list-style-type: none">✓ Prathana and Shanti path✓ Omkar chanting✓ Shawasan/Makarsan/Yoganidra✓ Jyoti/Bindutratak✓ Sukshma-purakvyayam✓ Mudras✓ Pranayams

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Vd. Milind Baharao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Number of Garbhasanskar Varga conducted in the year -2022 and attended by Garbhini's:

Month	Duration	No of session conducted	No of Beneficiaries attended
April	05/04/2022	1	4
	19/04/2022	1	5
May	04/05/2022	1	6
	17/05/2022	1	4
June	07/06/2022	1	6
	21/06/2022	1	4
July	05/07/2022	1	7
	19/07/2022	1	9
August	02/08/2022	1	8
	17/08/2022	1	7
September	06/09/2022	1	9
	20/09/2022	1	8
October	03/10/2022	1	9
	18/10/2022	1	8
November	01/11/2022	1	10
	15/11/2022	1	9
December	06/12/2022	1	11
	20/12/2022	1	10
Total		18	134

विभाग मुद्रा
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



Method of “ Bindu-tratak” for relaxation of mind.



Method of “ Jyoti-ratak” for focusing on foetal development.

विभाग
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003 | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in



Impotance and method of “ Bramari –Pranyama.>”



Impotance and method of “ Anulom –vilom Pranayam.”

विभाग प्रमुख
खीरोप-प्रमुखिताय विभा.
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel : (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in



Practise of “ Devatapujan”



Chanting “Mantras” to enhance the satvik-gunās.

विभाग
श्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तशृंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

ANNUAL PROGRAM REPORT OF GARBHASASKAR VARGA – 2023

Title of Program	ANNUAL PROGRAM REPORT OF GARBHASANSKAR VARGA - 2023
Objective of Program	Garbhasanskar Awareness
Participant Type (Tick applicable)	PG Students Teaching Faculties
Date and Duration of Program	From : 02/01/2023 to 21/08/2023 1st and 3rd Tuesday of the month TIME: 11 AM to 12 PM
Venue of the program / event	Department of StreerojEvumPrasutiTantra ,SSAM and H
Program Organized by (Department)	Department of StreerogEvumPrasutiTantra
Program in-charge	Dr.Sunil More
Name of Faculty/ Guest Speaker	Dr VarshaDeshmukh Dr Yogeshwar Chaudhary Dr.Dinar Sawant Dr.Suwarna Boraste Dr. Smita Pote
Supporting staff member	Dr.Manjusha More , Dr Kiran Mulgir
Vote of thanks presented by	Dr.Chaitali Nikam (1 ST PG)
photos	YES
Number of participants (attended program/event)	168
Brief about the Program (Activity/Event details)	<ul style="list-style-type: none">✓ Prathana and Shanti path✓ Omkar chanting✓ Shawasan/Makarasan/Yoganidra✓ Jyoti/Bindutratak✓ Sukshma-purakvyayam✓ Mudras✓ Pranayams

विभाग प्रमुख
खीरोज-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003 | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Number of Garbhasanskar Varga conducted in the year -2023 and attended by Garbhini's:

Month	Duration	No of session conducted	No of Beneficiaries attended
January	03/01/2023	1	11
	17/01/2023	1	17
February	07/02/2023	1	10
	21/02/2023	1	20
March	08/03/2023	1	12
	21/03/2023	1	18
April	05/04/2023	1	10
	18/04/2023	1	10
May	02/05/2023	1	8
	16/05/2023	1	9
June	06/06/2023	1	9
	20/06/2023	1	8
July	04/07/2023	1	6
	18/07/2023	1	6
August	01/08/2023	1	6
	15/08/2023	1	8
September	05/09/2023		
	20/09/2023		
October	03/10/2023		
	17/10/2023		
November	07/11/2023		
	21/11/2023		
December	05/12/2023		
	19/12/2023		
Total		16	168

विभाग प्रमुख
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



Principal
Vd. Milind Babarao Awaré
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

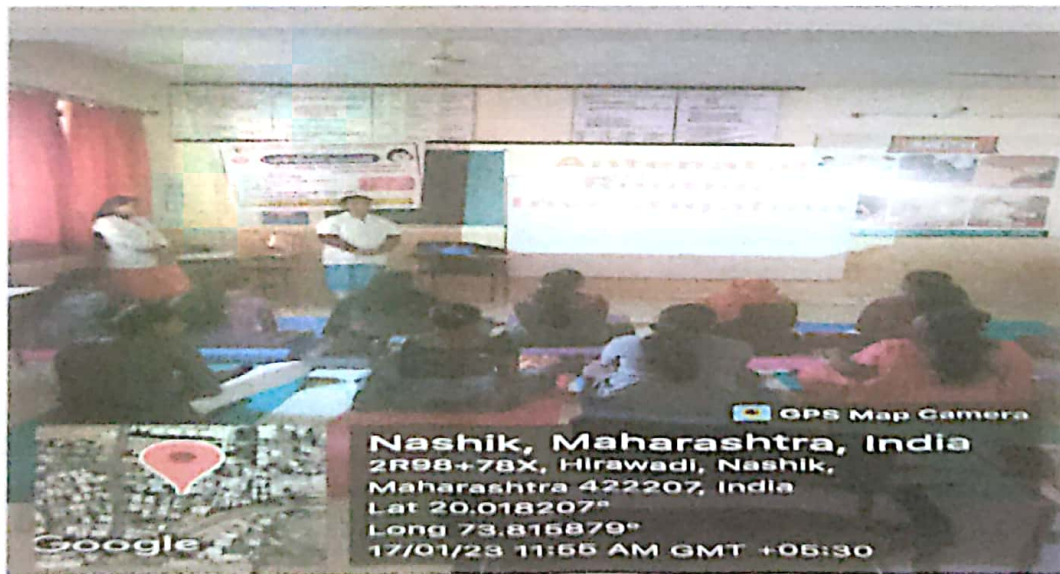
Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



Nashik, MH, India

Panchavati, Nashik, 422003, MH, India
Lat 20.018404, Long 73.816070
01/17/2023 11:37 AM GMT+05:30
Note : Captured by GPS Map Camera

Teaching of " Mantras " like Ram-raksha mantra, Balsuraksha mantra.



Nashik, Maharashtra, India

2R98+78X, Hirawadi, Nashik,
Maharashtra 422207, India
Lat 20.018207°
Long 73.816879°
17/01/23 11:55 AM GMT +05:30

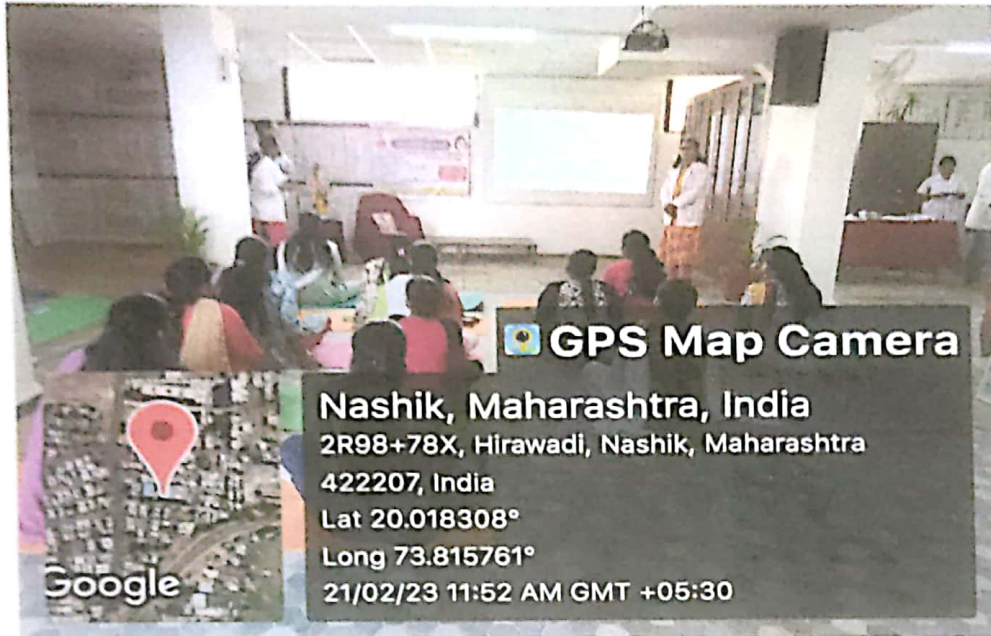
Lecture to create awareness about Importance of Investigations in ANC.

विश्व प्रसिद्ध
स्त्रीरोग-प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in



GPS Map Camera

Nashik, Maharashtra, India

2R98+78X, Hirawadi, Nashik, Maharashtra
422207, India

Lat 20.018308°

Long 73.815761°

21/02/23 11:52 AM GMT +05:30

Lecture to create awareness about Importance of Healthy Diet in Pregnancy.



GPS Map Camera

Nashik, Maharashtra, India

2R98+C96, Panchavati, Nashik, Maharashtra 420003,
India

Lat 20.018527°

Long 73.815767°

05/04/23 11:23 AM GMT +05:30

Yoga session in Pregnancy.

विभाग मुख
स्त्रीरोग - प्रसूतिशास्त्र विभाग
श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय, नाशिक