



**D.Y. PATIL EDUCATION SOCIETY, DEEMED TO BE
 UNIVERSITY,
 D.Y.PATIL MEDICAL COLLEGE, KOLHAPUR
 DEPARTMENT OF ANAESTHESIOLOGY
 REPORT**

TITLE	GUEST LECTURE
TOPIC	"ALIGNING WITH NATURE FOR OPTIMAL HOLISTIC HEALTH"
DATE	08/07/2025
ORGANISER	Department Of Anaesthesia
INTRODUCTION	On 8 th July 2025 Our department of Anaesthesia hosted a Guest Lecture on "Aligning with Nature for Optimal Holistic Health" Which explored the importance of connecting with nature to achieve overall well-being .The speaker (Dr.Rachana Kharbanda) shared valuable insights and practical nature-based practices into our daily lives.
EVENT DETAILS	<p>all faculty members where attended this session including HOD sir senior consultants dr anupama sahastrabuddhe , dr sangeeta patil , dr supriya pawar , all residents and department staff had interactive session with Q and A session after lecture</p> <p>Key highlights of the event :</p> <ul style="list-style-type: none"> · Introduction to holistic health and natural living · Principles of aligning with nature in daily life · The role of circadian rhythms, diet, and seasonal balance · Stress reduction through nature-based mindfulness · Insights into Ayurvedic and traditional wellness practices · Interactive Q&A session with health and wellness experts

OBJECTIVES

1. Nature's Impact on Mental Health:
The Speaker highlighted the positive effects of nature on mental health, including reduced stress levels, improved mood, and increased cognitive function.
2. Holistic Approach : Aligning with nature was presented as a holistic approach to health ,encompassing physical,emotional and spiritual well-being.
3. Practical Tips : The speaker shared practical tips on how to connect with nature,such as spending time outdoors,,practicing mindfulness and incorporating natural elements into daily routines.

AGENDA & ACTIVITIES



DR. D. Y. PATIL
MEDICAL COLLEGE HOSPITAL
& RESEARCH INSTITUTE
KADAMWADI, KOLHAPUR

Guest Lecture on

ALIGNING WITH NATURE FOR OPTIMAL HOLISTIC HEALTH

Organized by
Department of Anaesthesia

Guest Speaker

Dr. Rachna Kharbanda

Masters in Natural Hygiene
IMANAH - Masters in Yoga (Msc Yoga), SVYASA, Bangalore

Date & Time

Tuesday, 08th July, 2025 | 06.00 PM onwards

Venue

1st Floor, Auditorium Hall,
Dr. D. Y. Patil Medical College Hospital &
Research Institute, Kadamwadi, Kolhapur



ATTENDANCE SHEET

DR.D.Y. PATIL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE
KADAMWADI KOLHAPUR
DEPARTMENT OF ANAESTHESIOLOGY
ATTENDANCE SHEET
Guest Lecture

Date-08/07/2025

Sr.No.	Name	Designation	Sign
1	Dr. Kishor S. Chaudhary	Asst. Prof.	[Signature]
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3			
4	Dr. Lashan Bawdekar	Asst. Prof.	[Signature]
5			
6	Dr. Vinayak S. Mali	Asst. Prof.	[Signature]
7	Dr. Vinayak Khambari	Asst. Prof.	[Signature]
8	Dr. Pooja N. Kulkarni	Senior Resident	[Signature]
9	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
10	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
11	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
12	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
13	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
14	Dr. Kishor Chaudhary	Asst. Prof.	[Signature]
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DR.D.Y. PATIL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE
KADAMWADI KOLHAPUR
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Guest Lecture

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LEARNING OUTCOME

1. The lecture emphasized the the importance of slowing down and appreciating the natural world.
2. Participants were encouraged to reflect on their own relationship with nature and explore ways to deepen their connection.
3. Spending time in Nature regularly .
4. Practicing mindfulness and meditation outdoors.
5. Incorporating nature elements into daily routines.

FEEDBACK & EVALUTATIONS

1 Content and Delivery

20 responses

Go to chart



- Excellent - most relevant and insightful examples
- Good - mostly useful insights and examples
- Fair - a few of value with useful examples
- Weak - little useful insight or examples
- Very poor - no useful insight or examples provided

2 How relevant was the topic to your current interests or concerns?

20 responses

- Most interesting
- Quite relevant
- Very relevant and informative
- It was very relevant and will be helpful
- Very important topic
- Relevant
- useful information
- Very relevant
- Good

3 Did the speaker effectively convey their experience with online fraud?

20 responses

Go to chart



Yes
No

4 Were the key takeaways clear and actionable?

20 responses

Go to chart



Yes
No

5 How engaging was the speaker?

Here are some multiple choice options you can perform the question that engaging was the speaker?

20 responses

Go to chart



- Very engaging
- Engaging
- Not engaging
- Very not engaging

6 Did the speaker provide useful insights and examples?

20 responses

Go to chart



- Excellent - most relevant and insightful examples
- Good - mostly useful insights and examples
- Fair - a few of value with useful examples
- Weak - little useful insight or examples
- Very poor - no useful insight or examples provided

FEEDBACK & EVALUTATIONS

1. Content and Delivery
29 Answers



- Excellent - clear, relevant and insightful examples
- Good - mostly useful insights and examples
- Fair - a mix of useful and unhelpful examples
- Poor - few useful insights or examples
- Very poor - no useful insights or examples provided

2. How relevant was the topic to your current interests or concerns?
29 Answers

- None interesting
- Quite relevant
- Very relevant and informative
- It was very relevant and will be helpful
- Very important topic
- Relevant
- Helpful information
- Very relevant
- Good

3. Did the speaker effectively convey their experience with online fraud?
29 Answers



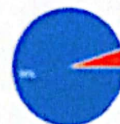
- Yes
- No

4. Were the key takeaways clear and actionable?
29 Answers



- Yes
- No

5. How engaging was the speaker?
Here are some multiple-choice options you can use for the question: 'How engaging was the speaker?'
29 Answers



- Very engaging
- Somewhat engaging
- Neutral
- Slightly unengaging
- Not engaging at all

6. Did the speaker provide useful insights and examples?
29 Answers



- Excellent - clear, relevant and insightful examples
- Good - mostly useful insights and examples
- Fair - a mix of useful and unhelpful examples
- Poor - few useful insights or examples
- Very poor - no useful insights or examples provided



GEOTAGGED PHOTOS





Kolhapur, Maharashtra, India
 Laxmi Narayan Nagar Road, Kadamwadi
 Kolhapur, Maharashtra 416001, India
 Lat 16.714768, Long 74.235533
 07/08/2025 07:08 PM GMT+05:30
 Note: Captured by GPS Map Camera



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(Signature)

Medical Superintendent
 Dr. D. Y. PATIL MEDICAL COLLEGE
 HOSPITAL & RESEARCH INSTITUTE
 KADAMWADI, KOLHAPUR - 416 003

(Signature)

PROFESSOR & HEAD
 DEPT. OF ANAESTHESIA
DR. KADAM SANDEEP S.
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 MMC: 63328
D.Y. Patil Medical College,
 Kolhapur.