



DR. M. L. DHAWALE MEMORIAL
HOMOEOPATHIC INSTITUTE

Opp. S.T. Workshop, Palghar-Boisar Road, Palghar 401 404. • Tel : 02525-256932/33 • Fax :
02525-257019

(Recognized by the Central council of Homoeopathy, New Delhi and
Maharashtra University of Health Sciences, Nashik)

DR M. L. DHAWALE MOEMORIAL HOMOEOPATHIC INSTITUTE
FACILITIES OF GYM/ SPORTS

Gym of MLDMHI is situated in the basement of the COE building. Infrastructure & gym equipments and facilities are as follows:

Area of the Gym + Gymnasium –

Play ground for Volley ball, Badminton, Cricket

Gym has two mirrors installed on two opposite walls of the gym hall.

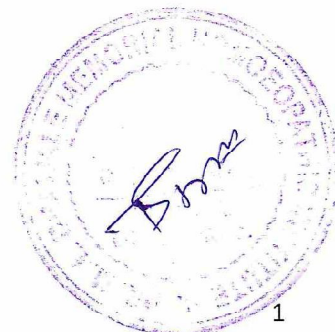
Mat is installed.

Following equipment are present in the gym.

Sr. no.	Name of Equipment	Quantity
1	Tread mill 1	1
2	Tread mill 2	1
3	Tread mill 3	1
4	Tread mill 4	1
5	Exercise bike	1
6	Pully	2
7	Abdominal bench	1
8	Benches (4)	4
9	Dumbbells (10)	10
10	Weight lifting rod with plates	2

Equipment of sports available in the Gymnasium are as follows –

Sr. no.	Name of Equipment	Quantity
1	Table tennis table	1
2	Table tennis Rackets	9
3	Table tennis balls	2 box
4	Carrom board with coins	2
5	Chess boards	2
6	Badminton rackets	5
7	Badminton shuttles	3 Boxes 12 of each
8	Volley ball	3
9	Throw ball	1
10	Cricket bats	5





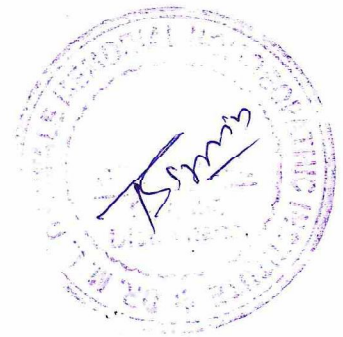
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Annual Day SOP

- **Organization Committee**
 - Committee members: Staff, Students, Consultant
 - Chief Coordinator from Students And Staff
 - To Decide Activities
- **Per-event Activities:**
 - Outdoor Games
 - Indoor Games
 - Culture Activities
 - Art Competition
 - Food Stall
 - Catering Management
 - Publicity of function
 - Source of Funding
 - Stage Arrangement
 - Sound System
 - Photography/Video recording
 - Other
- **Pre activities Role and Responsibilities**
- **Responsibility of Chief Coordinator from Students And Staff**
 - Display Notice
 - Coordinating with each committee member
 - Display name of selected groups and take contact numbers of group members.
 - Scheduled activities & performances for the sports & annual day
 - Collect Report of all Events
 - Report of the program to be documented and submitted to authority
- **Person in charge of Sports:**
- **Outdoor Game**
 - 1) Cricket
 - 2) Volleyball
 - 3) Badmintons
 - 4) Throw ball (only female)
- **Indoor Game:**
 - 1) Chess
 - 2) Carom
 - 3) T.T. :Single / Double (M/F)
- **Person in charge of Art. Activities:**
- Rangoli - theme
- Painting / Drawing - theme





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- 4) Whiting powder
- 5) Refry
- 6) Award (Trophy, Certificate & Medals)
- 7) Light for day-night match)

• **Badmintons**

- a) Collect Team
- b) Arrange team Group
- c) Games Rules

• **Check List**

- 1) Ground
- 2) Net
- 3) Rackets
- 4) Whiting powder
- 5) Shuttle cock.
- 6) Refry
- 7) Award (Trophy, Certificate & Medals)
- 8) Light

• **Indoor game (M / F)**

- a) Collect Team
- b) Arrange team Group
- c) Games Rules
- d) Refry

• **Check List :- T T**

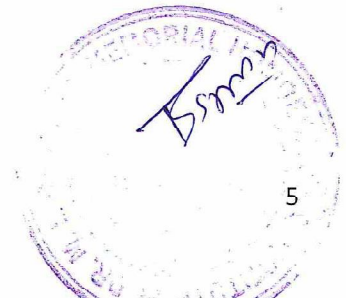
- 1) Ground / Place
- 2) T.T. Table
- 3) TT Racket
- 4) TT Ball
- 5) TT Net
- 6) Refry

• **Check List :- Carrom**

- 1) Carrom Board
- 2) Carrommen
- 3) Striker
- 4) Stand or Table
- 5) Stool or Chair
- 6) Nets
- 7) Light
- 8) Refry

• **Check List :- Chess**

- 1) Chess Board
- 2) Thumbnail
- 3) Table
- 4) Chair





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- Sponsorship
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FAREWELL FUNCTIONS AND APPROXIMATE TIME 2018

FUNCTION	TIME
1. PRAYER	7PM- 7.10PM
2. KMD SIR SPEECH & KAPSE SIR SPEECH	7.10- 7.30PM
3. CONVOCATION & HIPPOCRATIC OATH	7.30- 8PM
4. JOURNEY VIDEO	8- 8.30PM
5. DEPARTMENTAL JOURNEY & AWARD FUNCTION & FLOWER GIFT	8.30- 10.30PM
6. GAME & DJ	AFTER ONWARD.





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Configuration of cultural and sport-s committee 2018-19

CULTURAL COMMITTEE MEMBERS

1. Dr. Chandrasekhar Goda (Consultant)
2. Dr. Vivek Kadam (Co-ordinator)
3. Dr. Shraddha Shendre (Batch- 2016-2019)
4. Dr. Chaitanya Chiplunkar (Batch- 2016-2019)
5. Dr. Karishma Chabda (Batch- 2017-2020)
6. Dr. Sumit Koli (Batch- 2017-2020)
7. Dr. Jigar Gori (Batch- 2018-2021)
8. Dr. Ankita Telwane (Batch- 2018-2021)

SPORTS COMMITTEE MEMBERS

1. Dr. Chandrasekhar Goda (Consultant)
2. Dr. Vivek Kadam (Co-ordinator)
3. Dr. Vivek Vasoya (Batch- 2016-2019)
4. Dr. Shraddha Patil (Batch- 2017-2020)
5. Dr. Rashi Mordia (Batch- 2017-2020)
6. Dr. Suyash Bhosale (Batch- 2018-2021)
7. Dr. Manpreet Kaur (Batch- 2018 2021)





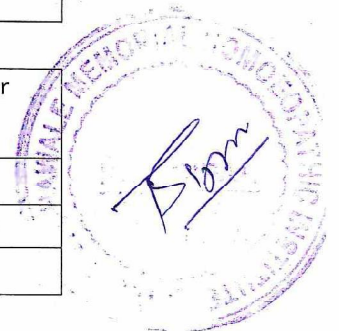
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SOP 26-Jan-Republic Day & 15-Aug-Independence day

No.	Activity
	Theme for competition or activity → Prepare the Concept Note and et it approved
	Unfurling flag 26 th Jan Flag hosting 15 th Aug
	Notice to all → Staff – students - Non-teaching staff
	Along with concept note
	Inviting entries date
	Judges for the program to be contacted – confirmed
	Screening of work (rehearsal/ suggestions/ appropriateness) which will be presented by assigned faculty
	Prize for the winner to be arranged
	Bouquet to be brought or asked to be made by Bhiku bhavu
	Token of appreciation – small gift for judges arrangement
	Mike and sound arrangement
	Laptop arrangement
	Mark sheet with college name and logo
	Bell for counting time
	Marker if needed
	Any arrangement for performance
	Pointer for ppt
	Camera for photographs
	To collect information of judges for giving their introduction
	Anchoring
	Sequencing of program – presentations – to be done and informed to participants
	Arrangement for the judges to reach Institute → guiding them → arranging auto/ any other way = Travel Plan
	To collect respective ppt or anything to be displayed material on prior night → on pen-drive
	Arrange as per the sequence decided
	Welcome judges with introduction + bouquet + token of thanks (gift)
	Keep time track of event/ presentations



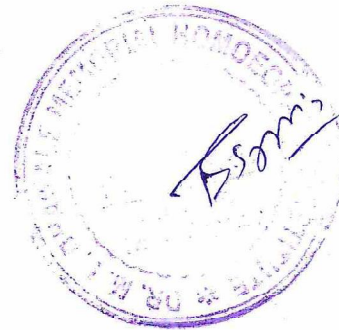


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	<ol style="list-style-type: none">1. Judges to be given time to count marks and discuss about the winner2. Meanwhile audience can share their views on debate – students/ faculty/ guest3. Judges to share their view over debate and declare the winner of debate – individual 3 winners and overall winning team4. Certificates are to be given to all participants of team5. Concluding remarks by chairman of debate/ Principal/ Chairman of Trust – KMD sir6. Thanking all and declaring end of program
	<p>Handing over thank you letter to judges and taking their received sign for document purpose Collecting bank account detail for transferring remuneration</p> <p>Asking judge for food – lunch - in canteen and assuring their return journey</p>





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**STANDARD OPERATING PROCEDURE OF GYMNASIUM
AT
DR M L DHAWALE TRUST'S RURAL HOMOEOPATHIC HOSPITAL, PALGHAR**

MLDMHI Sports Gymnasium has been established to provide healthy routine to its students, and faculty members. It is fully equipped with necessary equipment and machinery for the benefit of its users. In order to maintain this facility and to ensure smooth conduct of activities pertaining to Gymnasium, following operating procedures are to be followed:

Objectives:

1. Formulation of gym /sport committee
2. Monitoring of functioning of gym.
3. Monitoring of maintenance of gym
4. Maintaining the discipline of the gym

A .MANAGING COMMITTEE

1. The general administration of the Gymnasium will be the overall responsibility of a Sports Committee, of MLDMHI; its composition will be as mentioned below:

Formation of sport committee-

"Standard operation procedure for sport committee appointment and its tenure"

This committee will comprise of representatives from bonafide students of the MLDMHI – PG program and a full time residential teaching or clinical faculty.

Selection:

1. Composition: Committee will comprise of following members -

1. 2 students from senior batch
2. 2 students from middle batch
3. 2 students from junior batch
4. 1 MLDMHI management representative
5. 1 DTH representative

2. The students of each batch at personal discretion based on interest in sports/gymnasium management will opt to be chosen as the representative of the batch. Two such students from each batch will be appointed as members of the committee.

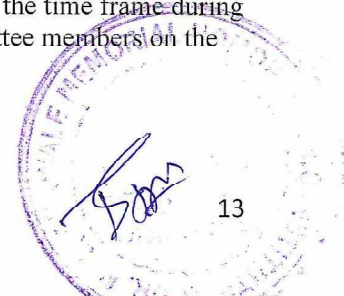
3. The students male : female ratio would be 1:3.

4. The management representative will be full time residential teaching faculty / clinical faculty appointed by the Principal of MLDMHI.

Tenure:

The committee has tenure of 1 year beginning from the admission of new batch, the time frame during which the senior batch leaves and fresh juniors appointed, the remaining committee members on the committee are empowered to execute the function of the committee.

2. The mandate of the Sports Committee of MLDMHI is as follows:





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sign the register on weekly basis. Any actions against the complaint or suggestion received must be taken on priority basis.

E. GYMNASIUM MAINTENANCE:

1. General maintenance of Gymnasium will be the overall responsibility of the Maintenance department RHH.
2. In addition, regular visits by the relevant Sports Committee are mandatory to inspect the functioning of its equipments. Any equipment or machinery should not remain non-operational for more than 4 weeks period.
3. The Sports Committee must inform to Director RIII of any wear and tear inside the Gymnasium, in writing, and the faulty machinery or equipment should be repaired within stated time period.
4. The cleaning staff of the Gymnasium should always be available during the working hours. It will be the responsibility of the Maintenance department to ensure that all Gymnasium facilities are properly cleaned and well maintained.
5. A log of all the equipments, inside the Gymnasium, should be maintained by the Sports committee. Each room must have inventory record, mentioning the machinery/equipment available and its status (i.e. operational/non-operational). The record should be checked and updated on weekly basis by the Sports committee.

F. SECURITY/SAFETY

1. Security/Safety of the Gymnasium, along with all fittings/fixtures/portables is the responsibility of Sports Committee.
2. There must be CCTV cameras installed inside the Gymnasium covering all angles inside the Gymnasium Hall and all Exits and Entry points.
3. Individuals will be responsible for safety/security of their belongings.
4. Necessary fire-fighting equipment should be available and in working condition, at all time, inside the Gymnasium.





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15th August 2020

INDEPENDENCE DAY PROGRAM

Entries:

No.	Name	Presentation		Time
1	Manasi Shinde	Painting		5 min approx
2	Hrishikesh-	Drawings		5 min approx
3	Madhura	Painting	Poem	5 min
4	Aisha	Painting		5 min
5	Nayan	Poem		7:18 min
6	Vrushali	Photography	Poem	5 min
7	Nandini	Poem	Painting	5 min
8	Tanmayee	Painting	Photographs	4:42min
9	Dhwani	food blogging with photographs		5 min
10	Yamini	Photography		5 min
11	Sadhana	Painting		4 min
12	Rashi	Painting		2 min
13	Rutuja	Painting		1 min
14	Dr. Akshata-	Painting		1 min
15	Dr. Shalini	Painting		2 min
16	Dr Sujit Swami	Photos		5 min
17	Vandana sister	Photos		5 min
18	Jyoti Patil	Photos		5 min
19	Prapti Patil	Photos		5 min
20	Darshana Patil	Photos		5 min
21	Anita Dhotre	Song		3min
22	Maintenance Bhopoli team	Photos		5 min
23	Mr. Jaiprakash	Xray stand, Sanitizer stand	Photo	2 min
24	Drs NLT sir, MKP sir, Bhavik sir, Mansi Surati		Video presentation	5 min
		Approximately	Total duration	101.6 min

Dr Anuj- poem – cancelled entry now due to exam





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NOTICE

The MLDMHI will hold a Drama Competition among the students on Republic day, 26th January 2019, after the flag hosting ceremony.

Topic will be – “Remedy Profile Presentation/ Remedy Dramatization”

Rules will be as follows-

1. One team from each batch will be selected will be selected after internal finalization among each batch. Thus in Final there will be 3 Teams from each batch.
2. There will be 4-8 group members in each team.
3. Time limit will be 10- 15 mins.
4. Preferable Language will be Hindi/Marathi.
5. Strict time limits will be imposed and overstepping this will attract penalty.
6. Judges will determine the One best Team, who will be awarded. They will judge on the basis of-
 - a) Logical Portrayal of the concept (Script) 10
 - b) Relcvance to the Remedy Presented. 10
 - c) Use of Humour. 5
 - d) Confidence of Dialogue Delivery 5
 - e) Social message/ awareness behind the concept. 10
 - f) Audience Response 5
 - g) Time Limit 5

Those students interested in participating should give in their name to their respective cultural committee by 20th January 2019, by 12:00 Pm , Stating their Remedy.

