



॥ स्वस्थस्य स्वास्थ्य रक्षणम् ॥

Banas Medical College & Research Institute, Palanpur

(UNDER HEALTH POLICY 2016, GOVT. OF GUJARAT)

General Hospital Campus, Simla Gate, Palanpur - 385001 (Gujarat)

Telephone: 02742-265780, Fax No: 02742-252723

Email: banasmcri@gmail.com, eoffice.bmcric@gmail.com | www.bmcric.co.in

GNPCT/BMCRI/ADMIN/2019/12/24/63

24/12/2019

To
The Registrar
Gujarat Medical Council
"Council House"
Old Nursing College Building,
Opp. M. P. Shah Cancer Hospital,
Civil Hospital Campus,
Asarva,
Ahmedabad - 380016

Subject: Accreditation of the Scientific Programme - CME on "Role of Vipassana in Health & Happiness"

Respected Sir,

We at Banas Medical College & Research Institute, Palanpur are planning to organize a half-day CME on "Role of Vipassana in Health & Happiness" on 17th January 2020.

We request you to please grant Credit points for the delegates and speakers/resource person for this CME.

Please appoint an Observer for the same.

The application in the prescribed format and details of the program are attached for your reference.

Thanking you

Yours sincerely,

24.12.2019
Dean
BMCRI
Palanpur
Dean
Banas Medical College
& Research Institute
Palanpur-385001



Managed by **Galbabbhai Nanjibhai Patel Charitable Trust, Palanpur**

Registration No.: Bombay Public Trust Act 1950: E/1530/Banaskantha

Ph.: 02742-255720, 253881-85, Fax : +912742-252723



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To
The Registrar
Gujarat Medical Council
"Council House"
Old Nursing College Building,
Opp. M.P. Shah Cancer Hospital,
Civil Hospital Campus, Asarva,
Ahmedabad - 380016

Sub. : Accreditation of the Scientific Program (CME)

Respected Sir,

Herewith we are applying for the accreditation of the scientific program to be organized by Medical Education Unit of Banas Medical College & Research Institute, Palanpur on "Role of Vipassana in Health and Happiness" on 17/01/2020. The details are as under:

Name of Association /College	Banas Medical College & Research Institute, Palanpur
President/ Hon. Secretary of the Association	Dr. A. J. Singh Dean BanasMedical College & Research Institute, Palanpur
GMC Permission No.	No. 4337 Dated: 25/10/2018
Organizing Chairman/Secretary of the program	Dr. SunitaDinkar Associate Professor, Dept. of Surgery BanasMedical College & Research Institute, Palanpur
Contact Person Name, Address Tel. No. & Mobile No.	Dr. RadhikaKhara MEU Coordinator Banas medical College & Research Institute, Palanpur M: 989778632, 902317000 rana_radhika@hotmail.com
Date of Program	17/01/2020
Venue of Program	Auditorium, BanasMedical College & Research Institute, Moriya, Palanpur
Scientific Program	Annexure 1
C.V. of faculty	Annexure 1

Kindly accredit the scientific program.

Thanking you,

Yours Sincerely

MEU Coordinator
BMCRI, Palanpur



DEAN
BMCRI, Palanpur

Dean
Banas Medical College
& Research Institute
Palanpur-385001

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ANNEXURE 1

MEDICAL EDUCATION UNIT

Banas Medical College & Research Institute, Palanpur

DETAILS OF CME PROGRAMME

Role of Vipassana in Health and Happiness – 17/01/2020		
Registration	08:30 AM to 09:00 AM	
Welcome	09:01 AM to 09:15 AM	
Lecture : 1 Topic : Theoretical basis , health potential and practical applications of Vipassana <ul style="list-style-type: none">Followed by inter- active session	09:16 AM to 10:15 AM (60 minutes)	<u>Speaker</u> Dr. Hamir Ganla, MD Pediatrics, Mumbai university, In practice for 32 Years, In Vipassana for 25 Years, Pune Region M: 9011057334 Email: drganla@gmail.com
Lecture : 2 Topic : Vipassana in social context and social upliftment <ul style="list-style-type: none">Followed by inter- active session	10:16 AM to 11:15 AM (60 minutes)	<u>Speakers</u> Shri Anil Mehta, CA (Mumbai) In Vipassana for 23 years, Jaipur M:995016589 Email: anilmehta.dhamma@gmail.com
Tea Break	11:16 AM to 11:30 AM	
Lecture : 3 Topic : Vipassana for Medical Practitioners <ul style="list-style-type: none">Followed by inter- active session	11:31 AM to 12:30 PM (60 minutes)	<u>Speaker</u> Dr. D.B. Wadhwani MD, Baroda Medical College ,1982 PG Diploma, Life style Diseases, 2000, Apollo Hospital PG Diploma in Yoga 2015, Somnath University M: 9898334455 Email: drwadhwani@yahoo.co.in



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Panel Discussion on : Integration of Science and Dhamma	12:31 PM to 01:30 PM (60 minutes)	<u>Moderator</u> Dr. Nirmala Ganla, MD (OBGY), Pune University, In practice for 32 Years In Vipassana for 25 Years, Pune Region M: 9011059394 Email: nirmalaganla@gmail.com
Feedback	01:31 PM to 01:45 PM	
Valedictory function	01:46 PM to 02:00 PM	
Lunch	02:00 PM onwards	

Date & Day: 17/01/2020 - Friday

Venue: Auditorium,
Banas Medical College & Research Institute,
At & post: Moriya,
Taluka: Palanpur,
District: Banaskantha, Gujarat
Pin: 385001

[Signature]

MEU coordinator
BMCRI, Palanpur



[Signature]
24.12.2019
DEAN

BMCRI, Palanpur
Dean
Banas Medical College
& Research Institute
Palanpur-385001

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Subject: Re: Application for Accreditation of CME
To: MEU BMCRI < bmcricri@meu.ac.in >

Gujarat Medical Council has granted 2 credit points for conference for the delegates CME/ Workshop/ Conference to be held at Palanpur on 17 January 2019. who will attend the

Faculty/ Chairperson/ Presenter will be accredited 1 Credit point for each presentation or chairing the session. (Maximum two credit points are allowed in one accredited programme.)

Gujarat Medical Council has deputed Dean or deputed by him as observer for the Workshop./ CME./ Conference/MEU.

Kindly contact the Observer and inform him regarding time and venue of the programme. The observer will be considered as invited guest faculty.

You are requested to contact the observer for the programme. You have to observe the rules & regulations formed for the Accreditation of Scientific Programme by Gujarat Medical Council. GMC Observer's signature is must on certificate and will sign in person and not as e-signature.

Please send the no. of participants within half an hour of starting the programme by e-mail or sms

Thanking you,

Yours Truly,

Mr. Pranav Patel / Dr. Chetan N. Patel

Deputy Registrar / Convener, Accreditation Committee

Together we will achieve.

Dr. Chetan N. Patel

Chairman, DVL Welfare Trust

President, IMA Gujarat State Branch, 2014-2015,

Vice President, Gujarat Medical Council

Chairman, IMA HQ Disaster Management Cell

Chairman, IMA Vadodara Bio Medical Waste Management Cell

Hon. Secretary, IMA Vadodara Co-Op. Cr. Soc. Ltd.

Vice President, IMA HQ, 2006-2007



On Tue, Dec 24, 2019 at 12:59 PM MEU BMCRI <meubmcri@gmail.com> wrote:

Sir,

Banas Medical College and Research Institute, Palanpur is planning to hold a half day **CME** on 17/01/2020 on "Role of Vipassana in Health & Happiness".
Please find attached the Covering Letter and the Application Letter in the prescribed GMC format.
Kindly accept our application for the same and do the needful.

Thank you,

With Regards,

Dr. Radhika Khara
Coordinator - MEU
BMCRI-Palanpur
Mobile No. 9898778632
Email: meubmcri@gmail.com

Thank you,

With Regards,

Dr. Radhika Khara
Coordinator - MEU
BMCRI-Palanpur
Mobile No. 9898778632
Email: meubmcri@gmail.com



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GNPCT/BMCRI/ADMIN/2020/01/10 273

Date: 10/01/2020

Date: 10/01/2020

To

Dr. Ajit Kumar Shrivastava

Associate Professor,

Department of Pediatrics,

BMCRI, Palanpur

Subject: Regarding Deputation as GMC observer

Sir,

The Medical Education unit (MEU) of Banas Medical College & Research Institute, Palanpur is holding a CME on 17th January 2020 on "Role of Vipassana in Health & Happiness" from 08:30 AM onwards at Auditorium, Banas Medical College & Research Institute, Moriya, Palanpur.

You are deputed as the GMC (Gujarat Medical Council) Observer for the above mentioned CME. Also you will be supposed to prepare a report and mail the same to the GMC after completing the CME.

Kindly take note of the same and comply.

ok



[Signature]
Dean
BMCRI, Palanpur
Dean
Banas Medical College
& Research Institute
Palanpur-385001

Managed by Galbabbhai Nanjibhai Patel Charitable Trust, Palanpur

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Email: banasmcri@gmail.com

www.bmcricol.co.in

Letter of Permission issued by Ministry of Health & Family Welfare, Govt. of India dated 31.05.2018

GNPCT/BMCRI/ADMIN//2020/01/10/271

DATE-10/01/2020

Invitation

All are cordially invited to the CME on "*Role of Vipassana in Health & Happiness*"

Date: 17/01/2020 (Friday)
Time: 08:30 AM onwards
Venue: Auditorium,
Banas Medical College & Research Institute,
Moriya, Palanpur

Please find the detailed program in the attachment.

Note: The Gujarat Medical Council has granted 2 credit points to the participants of this CME




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BMCRI, Palanpur
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GNPCT/BMCRI/ADMIN/2020/01/10 273

Date: 10/01/2020

Date: 10/01/2020

To

Dr. Ajit Kumar Shrivastava

Associate Professor,

Department of Pediatrics,

BMCRI, Palanpur

Subject: Regarding Deputation as GMC observer

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You are deputed as the GMC (Gujarat Medical Council) Observer for the above mentioned CME. Also you will be supposed to prepare a report and mail the same to the GMC after completing the CME.

Kindly take note of the same and comply.

ok



[Signature]
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BMCRI, Palanpur
Dean
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Ph.:02742-255720,253881-85,Fax : +912742-252723

Report submitted by the Organizing Secretary

Date: 18/01/2020

To
The Registrar
Gujarat Medical Council
"Council House"
Old Nursing College Building,
Opp. M.P. Shah Cancer Hospital,
Civil Hospital Campus,
Asarva,
Ahmedabad- 380016

Subject: Report of the scientific Program (CME)

Respected Sir,

Banas Medical College & Research Institute, Palanpur has organized the scientific Program (CME). Herewith I am sending the report of the program.

Name of the organization: Banas Medical College & Research Institute, Moriya, Palanpur

Organizing Secretary: Dr. Sunita Dinkar
Associate Professor, Department of General Surgery,
Banas Medical College & Research Institute, Palanpur

No. of doctors attended the CME registered with GMC: 39

No. of doctors attended the CME registered with other Medical Councils: 03

No. of staff members not registered with any Medical Council: 19

No. of Medical Students attended the CME: 307

Suggestions:

The CME was well organized; content was excellent, each speaker was exceptional. As per my knowledge this is the first Medical College which has organized CME on this important topic.

Thanking You.



for Dean
22/01/2020
Dean
Banas Medical College
& Research Institute
Palanpur-385001

Sunita
Yours Sincerely,
Dr. Sunita Dinkar
Associate Professor,
Department of General Surgery,
BMCRI, Palanpur

Enclosures:

1. Feedback forms of the delegates
2. Copy of Registration Sheet of Doctors with their signature & Medical Council Registration number
3. Copy of Registration Sheet of Medical Students with their signature
4. Specimen copy of the Certificates (Speaker, Observer & Participants)
5. Photographs of the Scientific Programme

Report submitted by the GMC Observer

Date: 18/01/2020

To,
The Registrar,
Gujarat Medical Council,
"Council House",
Old Nursing College Building,
Opp. M.P. Shah Cancer Hospital,
Civil Hospital Campus,
Asarva,
Ahmedabad- 380016

Sub.: Report of the scientific Program (CME)

Name of the organization: Banas Medical College & Research Institute, Moriya, Palanpur

Organizing Secretary: Dr. Sunita Dinkar
Associate Professor, Department of General Surgery,
Banas Medical College & Research Institute, Palanpur

Respected Sir,

I have attended the CME on "Role of Vipassana in Health & Happiness" on 17/01/2020. Herewith I am sending the report of the program.

It was a privilege for me to be the part of the CME on Vipassana held on 17th of January at Banas medical College & Research Institute, Moriya. Being an observer was a great experience for me. The programme was introduced by the Dean of Banas Medical College, Dr Adarshjit Singh sir. He gave a very nice and concise overview about Vipassana and it's correlation with anatomical (Prefrontal Cortex, Amygdla, cingulate gyrus) and hemodyanemical aspect of brain. The CME had three lectures and one panel discussion.

The first lecture was on theoretical basis, health potential and practical application of Vipassana. The speaker was Dr. Hamir Ganla who himself is in this practice since 25 years. Though he is a Pediatrician but as per his experience he feels more energetic, satisfied and calm since he started this art of life. He stated that during Vipassana you develop the habit of sitting cross-legged, there is no 'guru' and you are getting only what you are given. During the training you have to follow five things- No killing, No stealing, No sex, No lies and No intoxicants. Vipassana is based on the fact that everything is changing everything is impermanent. The practice of Vipassana is nothing to do with thinking it is just the observation of your own body in a special way. After this session all the participants did Anapana Meditation for ten minutes. All participants felt very good after practicing this.

The second lecture was Vipassana in social context and social upliftment. It was very nicely explained by Mr. Anil Mehta, CA by profession but in Vipassana since 23 years. He had a very unique way of presentation and all participants heard him spellbound. He emphasized that Vipassana can be helpful in training of our students to deal with their social problems. The "curious story of lost 10th man" was certainly an eye opener for all of us. The third and final lecture was taken by Dr. D. B. Wadhwani . He discussed Vipassana for medical practitioners. According to him we all practitioners lack spiritual component of health for ourselves and our patients. We are suffering from Burnout stress syndrome. Vipassana can deal with all these and we can improve our life expectancy which at present is 10 years less than the general population. He very nicely explained the theory of "reaction time" which after practicing Vipassana increases and helps us to develop thoughtful and positive response.

The last part of the CME was panel discussion on integration of science and dhamma which was moderated by Dr. Nirmala Ganla, an obstetrician by profession but in Vipassana practice since last 25 years. She shared her experiences with Vipassana. The panel satisfactorily answered the various questions asked by the audiences. Feedback from the participants were very good . Baring 5-6 participants all were very satisfied. The purpose of the seminar has been completely accomplished.

I congratulate the organizing secretary Dr Sunita Dinkar for arranging such a nice CME.I Congratulate the management of BMCRI too.

Thanking You.



for
22/04/2020
Dean
Banas Medical College
& Research Institute
Palanpur-385001

Ajit Kumar Shrivastava

Yours Sincerely,
Dr. Ajit Kumar Shrivastava
Associate Professor,
Department of Pediatrics,
BMCRI, Palanpur

BANAS MEDICAL COLLEGE & RESEARCH INSTITUTE, PALANPUR

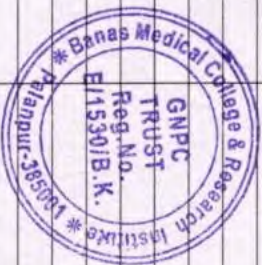
CME ON "ROLE OF VIPASSANA IN HEALTH & HAPPINESS"

No.	NAME	DESIGNATION	INSTITUTION	GMC REG. No.	SIGNATURE
1.	Dr. Vasudev Rawn	PROF & HOD, PSM	BMCRI	G-6338	Dr. Vasudev Rawn
2.	Mahesh Pandey	UDO	-	-	Mahesh Pandey
3.	Rashtrapal Rekha S	Angnwidya	Ganeshpura	-	Dr. Rashtrapal
4.	Satish Rashtrapal	Coordinator	Vipashyana Studio	Pulandran	Satish Rashtrapal
5.	Dilip V. Verid	Rtd. Session Judge	"	"	Dilip V. Verid
6.	M. S. Pande	Pres. & Secy	Ellis G. Cam	-	M. S. Pande
7.	M. J. Menda	Rekha clerk	RCC Cam	"	M. J. Menda
8.	Dr. Preeti Verdhani	Asst. Professor	BMCRI	G-47976	Dr. Preeti Verdhani
9.	Dr. Mohi. M. Chaudhary	Tutor	BMCRI	G-54822	Dr. Mohi. M. Chaudhary
10.	Shaketa Arora	Tutor	BMCRI	Palampur	Shaketa Arora
11.	Dr. Anish Chakraborty	Asst. Professor	BMCRI	G-47459	Dr. Anish Chakraborty
12.	Dr. Radhika Prava	Asst. Prof	BMCRI	NA	Dr. Radhika Prava
13.	Dr. Nishant Bhivarni	Asst. prof, PSM	BMCRI	G-47921	Dr. Nishant Bhivarni
14.	Dr. Tanya Singh	Asst. prof. PSM	"	G-20042	Dr. Tanya Singh
15.	Dr. Veerba Shudiyal	Tutor	JMCRT	G-24025	Dr. Veerba Shudiyal
16.	Dr. R. K. Bhatnagar	Asst. - Prof	BMCRI	G-54416	Dr. R. K. Bhatnagar
17.	Dr. Karam Khandelwal	Tutor	BMCRI	G-43378	Dr. Karam Khandelwal
18.	Dr. Kiran Patel	Asst. Prof	BMCRI	G-43365	Dr. Kiran Patel
19.	Dr. Divya Chaudhary	Tutor	BMCRI	G-55029	Dr. Divya Chaudhary
20.	Dr. Satish Pandey	Asst. Office	BMCRI	-	Dr. Satish Pandey
21.	Dr. Anish Patel	Admin. & Finance Officer	BMCRI	-	Dr. Anish Patel



No.	NAME	DESIGNATION	INSTITUTION	GMC REG. No.	SIGNATURE
22.	Dr. Chakrabarti Chandan	Alc. Officer	BMER-1	-	
23.	Dr. Harendra Persai	Office Asst. Professor	BMER-1	-	
24.	Dr. Gopal Nath	Librarian	BMER-1	-	
25.	Dr. Sanyal Deb	AP Pathology	BMER-1	G-498229	
26.	Dr. Sanyal Deb	SP Surgery	BMER-1	G-48251	
27.	Dr. Ravi Singh	AP Medicine	BMER-1	G-42345	
28.	Dr. Anil Kumar	AP Medicine	BMER-1	G-5188	
29.	Dr. Pradyumn Sengupta	AP Medicine	BMER-1	G-42445	
30.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
31.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
32.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
33.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
34.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
35.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
36.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
37.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
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39.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
40.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
41.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
42.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
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44.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
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47.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
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49.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
50.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
51.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	
52.	Dr. Harendra Persai	AP Medicine	BMER-1	G-42345	

No.	NAME	DESIGNATION	INSTITUTION	GMC REG. No.	SIGNATURE
53.	Dr Milon Modi	M.S. (CMT)	BMCRT	CG-13492	
54.	Dr Nirmal Kumar	Dr. Cemerthy	"	CG-42840	
55.	Dr Smil & Joshi	Medical Director	BMCRT	CG-12096	Dr. Joshi
56.	Dr. Heena Desai	Medical Director	BMCRT	CG-20835	Dr. Heena Desai
57.	Dr. Heena Desai	AP Pediatr	BMCRT	MP-144114	
58.	Dr. Neha Sharma	AP Paediatrics	BMCRT	CG-4025654	
59.	Dr. Anurag Khosla	AP Paediatrics	"	CG-9869	
60.	Dr. Mehla M.V.	Professor & Surgery	BMCRT	CG-57752	
61.	Dr. Prathana Sengupta	Professor Paediatrics	BMCRT	CG-2157	
62.	Dr. Anurag Khosla	Professor Paediatrics	BMCRT	CG-2157	
63.	Dr. Anurag Khosla	Professor Paediatrics	BMCRT	CG-2157	
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Banas Medical College
& Research Institute
Palanpur-385001

Dr. Anurag Khosla
Dean



BANAS MEDICAL COLLEGE & RESEARCH INSTITUTE, PALANPUR



॥ स्वस्थस्य स्वास्थ्यं रक्षणम् ॥

CONTINUING MEDICAL EDUCATION (CME)

This certificate is given to

Dr. Hamir Ganla

in appreciation of his academic presentation on

“Theoretical basis, health potential and practical applications of Vipassana”

in the CME on **“Role of Vipassana in Health & Happiness”**

held on 17th January, 2020 under aegis of Medical Education Unit,

Banas Medical College & Research Institute, Palanpur.

THE GUJARAT MEDICAL COUNCIL HAS GRANTED 2 (TWO) CREDIT POINT FOR DELIVERING THE LECTURE

Sunita

Dr. Sunita Dinkar
Organising Secretary
CME

Radhika

Dr. Radhika Khara
Coordinator, MEU
BMCRI, Palanpur

Adarshjit Singh

Dr. Adarshjit Singh
Dean
BMCRI, Palanpur

Ajit Kumar Shrivastava

Dr. Ajit Shrivastava
Observer
Gujarat Medical Council



BANAS MEDICAL COLLEGE & RESEARCH INSTITUTE, PALANPUR



॥ स्वस्थस्य स्वास्थ्यं रक्षणम् ॥

CONTINUING MEDICAL EDUCATION (CME)

This certificate is given to

Dr. D. B. Wadhwani

in appreciation of his academic presentation on

“Vipassana for Medical Practitioners”

in the CME on **“Role of Vipassana in Health & Happiness”**

held on 17th January, 2020 under aegis of Medical Education Unit,

Banas Medical College & Research Institute, Palanpur.

THE GUJARAT MEDICAL COUNCIL HAS GRANTED 2 (TWO) CREDIT POINT FOR DELIVERING THE LECTURE

Sunita

Dr. Sunita Dinkar
Organising Secretary
CME

Radhika

Dr. Radhika Khara
Coordinator, MEU
BMCRI, Palanpur

Adarshjit Singh

Dr. Adarshjit Singh
Dean
BMCRI, Palanpur

Ajit Kumar Shrivastava

Dr. Ajit Shrivastava
Observer
Gujarat Medical Council



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CONTINUING MEDICAL EDUCATION (CME)

This certificate is given to

Shri Anil Mehta

in appreciation of his academic presentation on

“Vipassana in Social Context and Social Upliftment”

in the CME on **“Role of Vipassana in Health & Happiness”**

held on 17th January, 2020 under aegis of Medical Education Unit,

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Dr. Ajit Shrivastava
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CONTINUING MEDICAL EDUCATION (CME)

This certificate is given to

Dr. Nirmala Ganla

in appreciation of presiding as moderator for panel discussion on

“Integration of Science & Dhamma”

in the CME on **“Role of Vipassana in Health & Happiness”**

held on 17th January, 2020 under aegis of Medical Education Unit,

Banas Medical College & Research Institute, Palanpur.

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CONTINUING MEDICAL EDUCATION (CME)

Certificate of Participation

This is to certify that **Dr. Ajit Kumar Shrivastava**, Associate Professor, Department of Pediatrics, Banas Medical College & Research Institute, Palanpur has participated as **GMC Observer** in the CME (Continuing Medical Education) on "**Role of Vipassana in Health & Happiness**" held on 17th January, 2020 under aegis of Medical Education Unit, Banas Medical College & Research Institute, Palanpur.

THE GUJARAT MEDICAL COUNCIL HAS GRANTED 2 (TWO) CREDIT POINTS.

Sunita

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Radhika

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CME ON “ROLE OF VIPASSANA IN HEALTH & HAPPINESS”

BANAS MEDICAL COLLEGE & RESEARCH INSTITUTE, MORIYA, PALANPUR

17TH JANUARY, 2020

































