



Maharashtra Arogya Mandal's  
**SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA,**  
Malwadi, Hadapsar, Pune - 411 028.  
Phone : (020) 29522505, 29522502  
Web : www.ssayurved.org, E-mail : ssayu@rediffmail.com, ssayucollege@mam.org.in

## Essay Competition - Yoga for Humanity - 17.06.2022

**Programme : - Essay Competition - Yoga for Humanity**

**Venue : - MAM's Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Dist. Pune.**

**Date : - 17.06.2022**

As per direction from directorate of AYUSH, 8<sup>th</sup> international yoga week was celebrated by department of Swasthviritta & Yoga from 14/06/2022 to 21/06/2022.

Essay competition was arranged on topics - Yoga for Humanity, Yoga in daily life and Yoga for mental health. Total 18 students participated in the competition. Dr. Ramesh Ujwale, Dr. Nitesh Joshi & Dr. Roma Gangawane were appointed as Judges in this competition.

The Winners for competition are as follows -

**First Prize** - Ms. Ashwini Pathrikar

**Second Prize** - Dr. Vaishnavi Kulkarni

**Third Prize** - Ms. Anushka Jagtap



(Dr. Nilesh M. Phule)

Principal

**Principal**

M. A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune- 411 028.

## Yoga For Mental Health!

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### YOGA

Def<sup>n</sup> - आत्मेन्द्रियमनोरथानां सान्निध्यवत् प्रवर्तते।  
सुखदुःखमनारम्भादात्मस्य मनसि स्थिते स्थिरे ॥  
निर्वर्तते तदुभयं वशित्वं चोपजायते।  
सशरीरस्य योगजस्तं योगसूत्रयो विदुः ॥ - चरकशरीर 9.93/13.85.

At Atma, Indriya, Man and it's vishaya's due to combination of all these Sukha and dukha are produced. to free them and concentrate atma at the place of man and to stabilize them is the work done by yog. it is the way to acquire moksha.

एकस्य जीवात्मनोरादुर्योगं योगविशारदाः  
संयोगे योग इत्युक्तो जीवात्मपरमात्मनोः ॥ वसिष्ठसंहिता

to unite jiv and atma and combination of jivatma and paramatma is called as yog.

### 2) Importance of Yoga

स्वस्थाधिकारे आहारआचरचेष्टासु परं प्रयत्नं अतिष्ठेत् तथापि  
वक्ष्यमाणचेष्टाचारयोः। च अ 4/2

for maintainance of healthy life just like diet type of Vihar like yoga OR body moments of accurate type are important So these body activities performed intentionally for maintaing health comes under Yoga.

### 3) description of yoga in Ayurved

विज्ञानार्थं शरीरस्य मिषजां योगिनां अपि। - भुक्तुत आरीरग्यान