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, 8th international yoga week was celebrated by department of Swasthvritta & 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
M. A. M’s, Sumatibhai Shah Ayurved Mahavidyalaya,
Hadapsar, Pune- 411 028.
Yoga For Mental Health!

YOGA

Defined - आत्मसम्बन्धनसमझने साहित्यमें उपलब्धि !
सुख और दुःखको चक्षूसे प्रकट होतेको रूपमा दिखाई पड्दी।

terained ना उपलब्धि शक्तियों - योगात्मक

साधनेत्यूर शक्ति हल्का होमस्थिती निर्भरुः।

At Aatma, Toirdya, Man and it's Vishaya's due to combination of all these Sukha and dukha are produced. To free them and concentrate aatma at the place of man and to stabilize them is the work done by Yoga. It is the way to acquire Moksha.

एक्स, पौराणिकोपादृष्टिमें रोगोविज्ञान:

to unite jiv and aatma and combination of jivatma and parmatma is called as Yoga.

2) Importance of Yoga

स्वस्थ्यको आकर्षकतारहार्द् परे प्रयास सर्वस्वयं तथापि

Vihar like yoga or body moments of accurate type are important so these body activities performed intentionally for maintaining health comes under Yoga.

3) Description of Yoga in Ayurved

वैज्ञानिक शरीरस्थिति मिश्रणों योगियों आचित्व। – भुपेन्द्र आश्रमशाह