

Maharashtra Arogya Mandal's

# Sumatibhai Shah Ayurved Mahavidyalaya

\* An ISO 9001:2015 Certified Mahavidyalaya  
\* NABH Accredited & ISO 9001:2015 Certified Hospital

Malwadi, Hadapsar, Pune - 411028

**Recognized by :** Government of India, Ministry of Health & Family Welfare,  
(Department of AYUSH) N.C.I.S.M, Ministry of AYUSH, Government of India New Delhi &  
Government of Maharashtra. Affiliated to Maharashtra University of Health Sciences, Nashik.



॥ अभ्यासात् प्राप्यते दृष्टिः  
कर्म्मसिद्धिप्रकाशिनो ॥

## Details of Activities undertaken by Swasthawritta Department

2019

Sr. No.	Details of Activity	No. of people benefitted	Outcome
1	Morning Yoga Demo	100	Yoga Practice
2	Essay competition	15	Knowledge of Yoga
3	Asana competition	20	Practice of Yoga
4	Yoga Awareness lecture	25	YogaAwareness
5	Yoga Awareness Rally	60	Yoga Awareess to community

2020

Sr. No.	Details of Activity	No. of people benefitted	Outcome
1	Essay competition	11	Knowledge of Yoga
2	Asana competition	27	Practice of Yoga
3	Yoga Awareness lecture	57	YogaAwareness
4	Poster/Drawing	11	Yoga Awareness
5	Rangoli Competition	06	Knnowledge of Yoga

2021

Sr. No.	Details of Activity	No. of people benefitted	Outcome
1	Essay competition	05	Knowledge of Yoga
2	Asana competition	12	Practice of Yoga
3	Yoga Awareness lecture	50	Yoga Awareness
4	Poster competition	11	yoga Awareness
5	Rangoli Competition	04	Knnowledge of Yoga
6	Slogan competition	10	Knowledge of Yoga
7	Shloka recitation competition	07	Knoweldge of Yoga
8	Workshop Art of living	50	Awareness of Yoga and Meditation



*M.A.M.'s.*  
**Principal**  
M.A. M's. Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-28.

Web.: [www.ssayurved.org](http://www.ssayurved.org)

✉ [ssayu@rediffmail.com](mailto:ssayu@rediffmail.com), [ssayucollege@mam.org.in](mailto:ssayucollege@mam.org.in)

☎ College No.: 020-29522505, 29522506 ☎ Hospital No.: 020 - 29522502

2022

Sr. No.	Details of Activity	No. of people benefited	Outcome
1	Essay competition	18	Knowledge of Yoga
2	Yogasana competition	08	Practice of Yoga
3	Yoga Awareness lecture	90	Yoga Awareness
4	Poster competition	08	Yoga Awareness
5	Rangoli Competition	06	Knowledge of Yoga
6	Slogan competition	23	Knowledge of Yoga
7	Yoga Demo	40	Practicing Yoga
8	Yoga awareness Rally	50	Awareness of Yoga

2023

Sr. No.	Details of Activity	No. of people benefited	Outcome
1	Essay competition	11	Knowledge of Yoga
2	Yogasana competition	21	Practice of Yoga
3	Yoga Awareness lecture	13	Yoga Awareness
4	Poster competition	07	Yoga Awareness
5	Videography competition	04	Knowledge of Yoga
6	Slogan competition	15	Knowledge of Yoga
7	Yoga Demo	100	Practicing Yoga
8	Yoga awareness Rally	130	Awareness of Yoga
9	Photography Competition	11	Knowledge of Yoga
10	Shatkarma Demo	30	Practice of Yoga
11	Rhythum Yoga Session	09	Practice of Yoga

2021

Sr. No.	Details of Activity	No. of people benefited	Outcome
1	Essay competition	05	Knowledge of Yoga
2	Yogasana competition	12	Practice of Yoga
3	Yoga Awareness lecture	50	Yoga Awareness
4	Poster competition	04	Yoga Awareness
5	Rangoli Competition	04	Knowledge of Yoga
6	Slogan competition	10	Knowledge of Yoga
7	Shatkarma competition	07	Knowledge of Yoga
8	Workshop Art of living	50	Awareness of Yoga and Meditation



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