



Title

Yoga Practice for physical, mental, emotional and spiritual wellbeing.

Objectives

1. To promote sensitization and awareness of physical and mental health.
2. To prepare students for National and International yoga Competition and encourage them for rank achievement.

The Context

Since the year 2015, June 21st is celebrated as the International Yoga Day all over the world.

At the physical level, Yoga comprise yogasan that keep the body healthy. The breathing exercise or 'Pranayam' Meditation that is 'Dhyna' at mental level to discipline the body.

Yoga practice maintained fitness, Flexibility, weight loss.

Yoga asanas build strength and confidence. Regular practices of yoga can help to relive stress, improve immunity, maintain a healthier lifestyle.

The Practice

Daily regular yoga practice for student & other clinical , non clinical staff of college.

Every year, student's participate in yoga competition nationally, Inter-nationally. Institute does provide expenses and sponsorship to attain yoga competition.

Evidence of Success

Celebration of 8th International Yoga Day was done in 2022.

College students received medals & certificate in national & international level of yoga competition.

Yoga is like shield against many diseases & health disorders.

Problems encountered

Lack of attendance of students.



Aashman
PRINCIPAL

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Aurangabad.



BEST PRACTICES 2021-2022

1) Yoga Practice for physical, mental, emotional and spiritual wellbeing.

After an unexpected catastrophe of COVID-19 was cause significant destruction. This loss was continued up to Dec.2021. Yoga is an invaluable gift of India's ancient tradition since last 5000 years. Since the year 2015, June 21st is celebrated as the International Yoga Day all over the world. Under this program ,7th Yoga day was celebrated online. As expected, as assume lot of people were joined. As every year we sent students for different competition and they got success in it. This year 2021-22 too, they achieved the goal. Under AYUSH department SURYANAMKAR for all the people in INDIA is a huge activity arranged on 14th January2022. Chatrapati shahu Maharaj shikshan samsthan also arranged this program neatly. Response was amazing for this.

2) Regnlar practiee of Suvarnabindu prashan prepared in Ayurvedic Rasashala and annual schednle is provided to beneficial .

Swarnaprashan camps were badly hampered on 2019 and in 2020 still scheduled cards were prepared in2021& 2022 with little bit of change. Now the camp will be arranged on every month, looking after pushya nakshatra. Compared to the response of parents to this camp previously, the response is little less on the background of COVID.

It was 249 children from Jan.2021 and 60 children fromJan2022 to March 2022Who received suvarna bindu.This practice is continues up till now.



Reshmita

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CSMSS
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Aurangabad
Dept. of Swasthvritta & Yoga



Report

Azadi ka Amrutmahotsav /Sooryanamaskar Day Celebration

Objectives of Programme- Propagations of yoga through mass practice

Date- 14 Jan 2022

On occasion of Makarsankraman/Soorynamaskar Day & Azadi ka Amrutmahotsav ,Programme was organized by Dept. of Swasthvritta & yoga at CSMSS Ayurved College & Rugnalaya, Aurangabad as per the directions of NCISM & Ayush Ministry.

On line link was created as per Covid appropriate behavior.500 yoga sadhak performed online. Off line programme started at 8 am at CSMSS college premises. After adressal speech of honorable principal Dr.Shrikant Deshmukh approx. 50 yoga aspirants performed sooryanamaskar.

Programme was coordinated by Dr Sonal Antapurkar assisted by Rupa Jadhav & Sonam Tandale.

Programme was smoothly conducted and was uneventful with appropriate Covid precautionary measures.

Link for online programme

<https://youtu.be/QbAE5PvG-70>



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Dental College & Hospital
College of Agriculture
College of Polytechnic
Chh. Shahu College of Engineering
Principal Shahu
(Secretary)



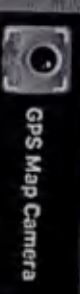
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Ashmita





Aurangabad, Maharashtra, India
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Maharashtra 431136, India
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Long 75.290275°
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