



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



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 'Dhyana' 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.



Beshmish

Principal

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



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Date: 21/06/2022

To,
The Director,
Directorate of AYUSH,
Maharashtra State,
Mumbai.

Sub: 21/06/2022-Regarding celebration of 8th International Yoga Day.

Ref: Letter from Hon. Director, Directorate of AYUSH Maharashtra State
Mumbai.

No-Out no-ASMU/International/yogdin/21June/2022/Ayu2/6822 21 June 2022

Respected Sir,

With reference from above letter dated 1/06/2022 here with submitting report of celebration of 8TH International Yoga Day conducted at C.S.M.S.S. Ayurved Mahavidyalaya, Aurangabad.

Sr. No.	Programme	Date	Details/	Participants/Winners
1	Video Competition	15/06/2022	-	15
2	Slogan Competition	16/06/2022	-	11
3	Essay Competition	16/06/2022	-	15
4	Yogasana For Pregnant Women	16/06/2022	Dr.Vanita N. Puri	25
5	Awariness Yoga Lecture	17/06/2022	Topic- Yoga For Common People. Speaker -Rupa Jadhav(yoga teacher)	30
6	Guest Lecture	18/06/2022	Speaker-Mr.Umesh Dharakh	100
7	Ellora Yoga Demonstration	19/06/2022	Rupa Jadhav(yoga teacher)	150
8	Kanchanwadi Yoga Dindi,	20/06/2022	-	140
9	8 TH IYD Event	21/06/2022	-	350



Umesh
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Vanita N. Puri
HOD

Dr.Vanita N. Puri
Swasthvirita & Yoga Depart.
H.O.D. & Professor
Dept. of Swasthvirita & Yoga



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Photos



Ellora Yoga Demonstration



Yoga Dindi

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajnagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmssayurved.com, principalcsmssayu@gmail.com, Website : www.csmssayurved.com



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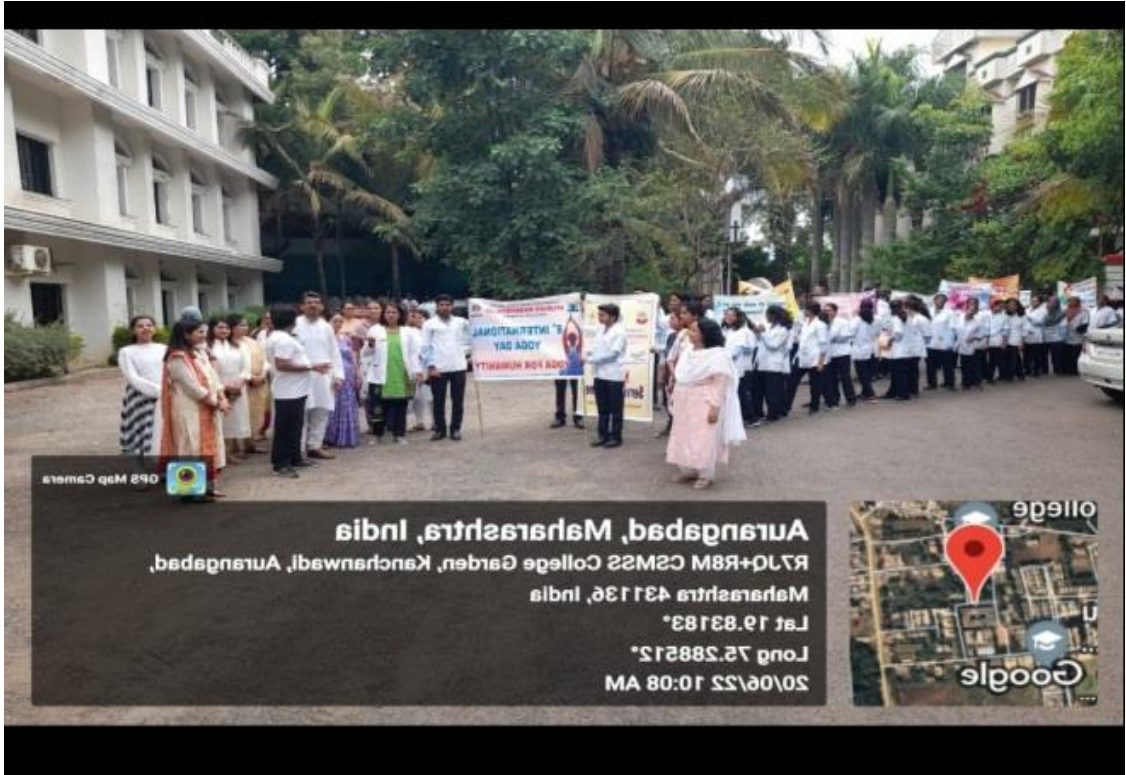
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8th IYD Event



8th IYD Event

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