



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 21<sup>st</sup> 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 8<sup>th</sup> 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.



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आमऔं/

Date Re22.06.2023

To,  
Director,  
Ayush Dept.,  
Maharashtra Mumbai.

Subject: Report on International Yoga Day celebrated on 21 June 2023.

Reference: Letter of Director, Dept. of Ayush Maharashtra Mumbai. Letter No. जा.क्र.आसंमुं/

आंतरराष्ट्रीय/योगदिन/21 जून/2022/आयु 2/6060-65 दिनांक 01 जून 2022.

Respected Sir,

According to above letter, Chhatrapati Shahu Maharaj Shikshan Sansthas Ayurved Mahavidyalaya has celebrated International Yoga Day on 21 June 2023. Here presenting the report of it.  
**Name of the college :** Chhatrapati Shahu Maharaj Shikshan Sansthas Ayurved Mahavidyalaya & Rugnalaya Kanchanwadi, Chha. Sambhaji Nagar.

Sr.No.	Program	Date	Details	No. of photograph
1.	Class of Yoga Practice	13 June to 20 June 2023	Yoga teacher Rupa Jadhav, Dr. Lata Rathod Average Participants- 50-60 /day	01
2.	Essay competition	14 June 2023	No. of participants: 20-22 Name of winners: 1. Manasi Achwale 2. Vaishnavi Bhawar	02
3.	Video competition	15 June 2023	No. of participants: 15 Name of winners: 1. Radha Rakshe 2. Shivraj Deshmukh	03
4.	Guest lecture	16 June 2023	Speaker: Dr. Rojekar Subject: Yoga for Students Average Participants- 200	04



*Deep Kumar*  
Principal  
Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
Kanchanwadi, Chhatrapati Sambhaji Nagar.





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5.	Celebration of 'Yoga Gram'Program.Patoda	17 June 2023	Speakers: Dr.Vanita Puri & Dr.Pratibha Kale Yoga teacher Rupa Jadhav Subject: Yoga for common No.of Participants : 40-50 average	05
6.	Celebration of 'Yoga Gram'Program.Manoor	18 June 2023	Speaker: Dr.Pratibha Kale No.of Participants : 30-40 average	06
7	Poster presentation competition of Yogasanas	19 June 2023	Name of winners: Dhanashree Bhalerao No.of Participants : 55-60	07
8	Yoga dindi at Kanchanwadi	20 June 2023	No.of Participants: 300	08
9	International Yoga Day,Group Yoga Practice.Kanchanwadi.	21 June 2023	No.of Participants- 700	09 & 10

Yours Faithfully



*Principals*  
Principal  
Chhatrapati Shahu Maharaj Shikshan Sanstha's  
Ayurved Mahavidyalaya & Rugnalaya,  
Kanchanwadi, Chhatrapati Sambhajinagar.  
C. S. M. S. Ayurved College  
Kanchanwadi, Chha. Sambhaji Nagar

Copy: Vd..P.V. Kotalwar, Aurangabad Divisional coordinator,  
Government Ayurved College, Dharashiv.





























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Yoga for common people



Therapeutic yoga



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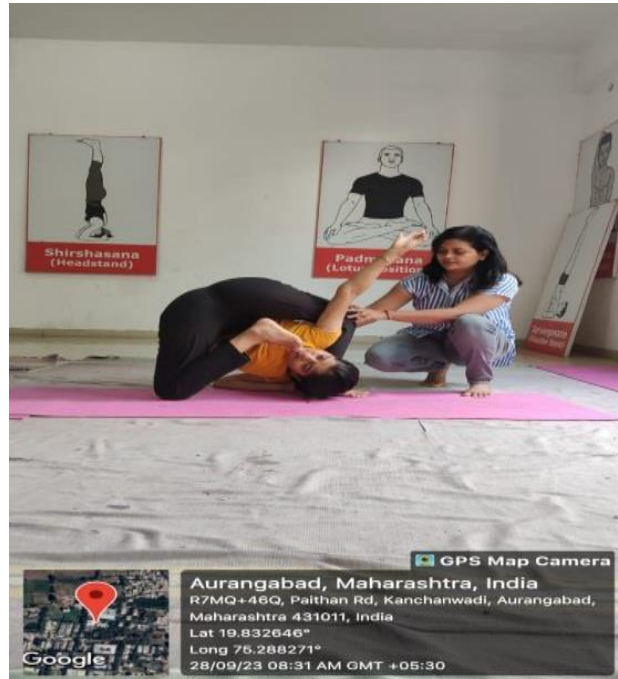
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### Therapeutic yoga



### Advanced yoga students

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

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### Advanced Yoga



### Therapeutic yoga female patients

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