



Sanjeevani Multipurpose Foundation's

## Dr. Deepak Patil Ayurvedic Medical College & Research Center

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### 10th Ayurveda Day

### Yoga Demonstration and Meditation

**Theme: Ayurveda for People and Planet -आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए**

**Organizing Institute:** Dr. Deepak Patil Ayurvedic Medical College & Research Centre

**Place:** Swasthavritta Yoga Hall

**Participants:** Second Year BAMS Students

**Faculty In-Charge:** Swasthavritta Department Head & Faculty Members

**Supporting Staff:** Non-Teaching and Administrative Staff

**Day:** Thursday      **Date:** 18<sup>th</sup> September 2025

#### **Introduction:**

On the occasion of the 10th National Ayurveda Day, our institution organized special activities to highlight the role of Ayurveda and Yoga in promoting holistic health. The celebration aimed to spread awareness about the preventive and curative aspects of Ayurveda along with the importance of Yoga and Meditation for mental, physical, and spiritual well-being.

#### **Activities Conducted:**

##### **1. Yoga Demonstration:**

A practical yoga session was conducted by faculty and trained students.

Demonstrations included basic asanas (like Sinhasan, Padmasan, Pachimotanasan, Ardhamasendrasan, and Omkar pranayam) with explanations of their health benefits.

The focus was on improving flexibility, strengthening immunity, and reducing stress.

Students and staff actively participated, making the session interactive and experiential.

##### **2. Meditation Session:**

A guided meditation practice was held to promote inner peace and mental clarity.

Techniques such as Pranayama (breathing exercises) and mindfulness meditation were demonstrated.

Participants experienced relaxation, stress reduction, and enhanced concentration through the session.

#### **Educational Outcomes:**

Participants gained practical knowledge of integrating Ayurveda and Yoga into daily routine.

Improved awareness about the role of Yoga and Meditation in preventive health care.

Enhanced understanding of Ayurveda's holistic approach to balance body, mind, and spirit.

Encouraged students to adopt a healthy lifestyle in alignment with Ayurvedic principles.

## Conclusion:

The 10th Ayurveda Day celebration successfully combined the philosophy of Ayurveda with the practice of Yoga and Meditation. The event not only promoted traditional health sciences but also motivated students and faculty to embrace Ayurveda as a way of life for sustainable health and well-being.

