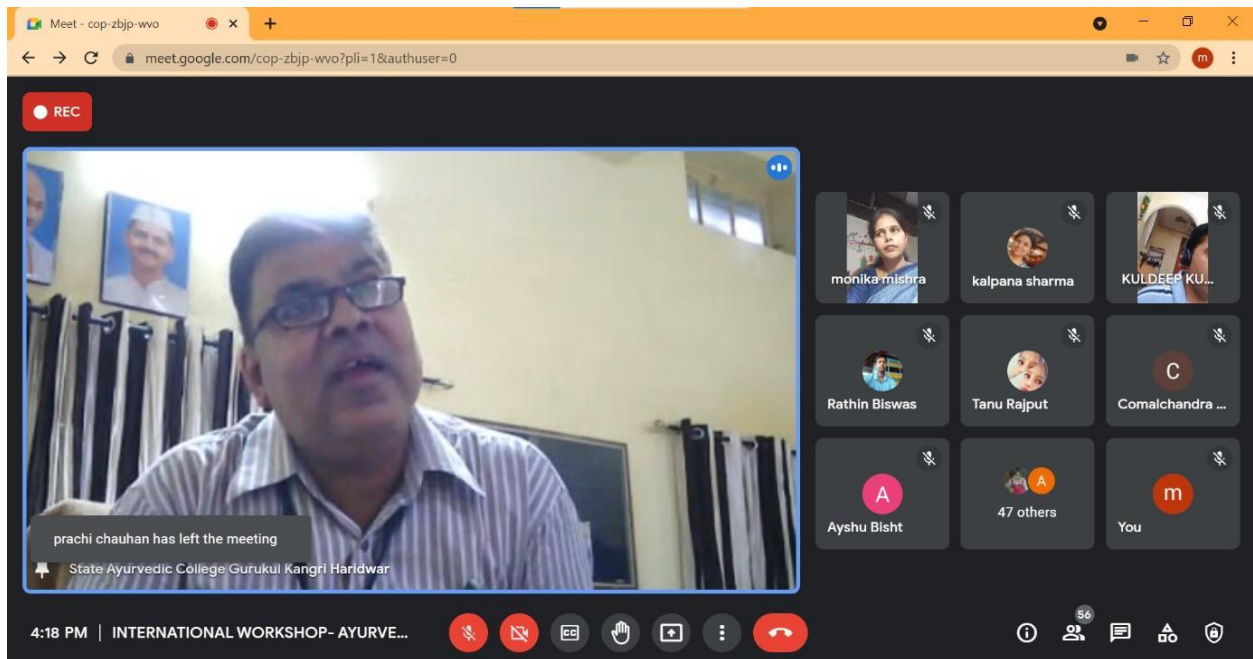


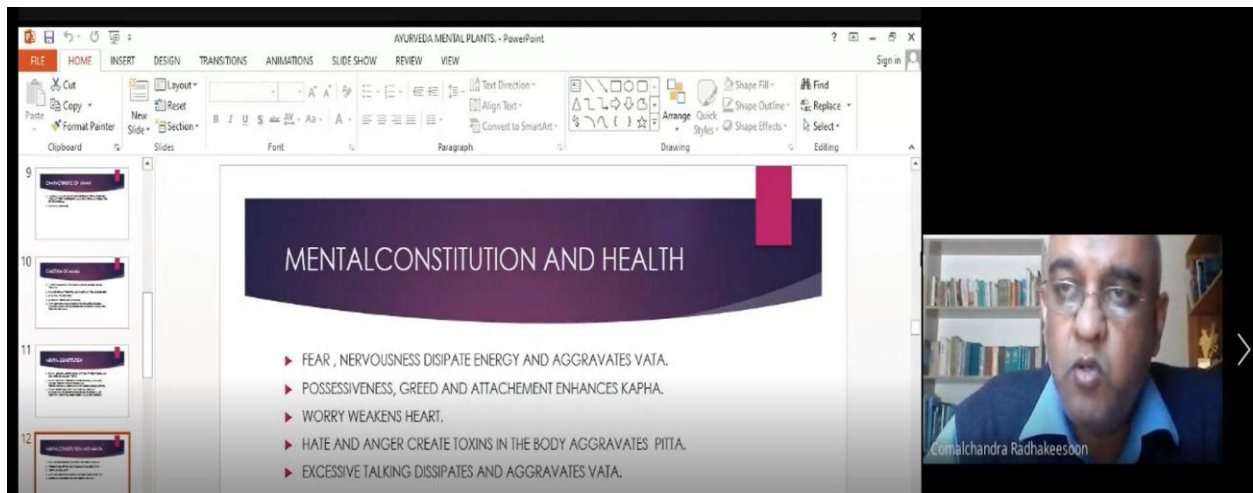
INTERNATIONAL WORKSHOP- AYURVEDA

An international e-workshop on the topic "Ayurveda and Mental Health" was organized by the Sanskrit-Department of Mata Sundri Mahavidyalaya on 25/9/2021. The program was started with an invocation by Dr. Kalpana Sharma, the teacher of the department. The principal of the college, Prof. Harpreet Kaur, said in the presidential address that health remains good only due to the interrelationship of body and mind. We will definitely benefit from this type of workshop. Welcoming the speakers, the Principal also explained the importance of sattvic diet. Head of the Department Dr. Asha Rani, while introducing the topic, put forth the importance of Ayurveda for the better health of body and mind, senses, intelligence, etc.



The speaker of the workshop, Prof. Komalchandra Radhakeesoon, started his speech with Manova Sukta by highlighting the mental facts related to physical health from powerpoint presentation. The workshop was conducted by the teacher of the department, Dr. Monika Mishra. He said that Vata, Pitta and Kapha are the nature of the body, they affect human beings in different ways. Excess of Vata in the body increases fear in the mind. He also highlighted the properties of medicinal plants like

Shankhpushi and their uses. At the end of his speech, the curiosity of the audience present was also satisfied.



The second speaker of the workshop was Prof. Arun Kumar Tripathi, Director, University of Ayurveda, Uttarakhand. In the beginning of his speech, he exposed the interrelationship of body and mind according to Ayurveda. Based on the Ashtanga branch of Ayurveda, it is told that the basic element of the body is fire. The peace of fire is the peace of the body. It also put forward the fact that 60% of the world's population is mentally unwell due to stress etc. Comparing it with the philosophical principle "Satkaryavada", it is said that a sattvic diet is the cause of sattvik feeling. The same type of emotion arises in the human mind due to the reasons existing in the environment. Waking up in Brahmamuhurta, Surya Namaskar, Dharana and Meditation can strengthen the mind. Questions from the audience present were answered. In the end, Dr. Kuldeep Kumar Sehgal, Senior Professor of the department, while thanking the speakers, presented an analytical discussion on the subject. In the workshop, professors and professors from other departments of other universities and colleges were also present in this workshop.