

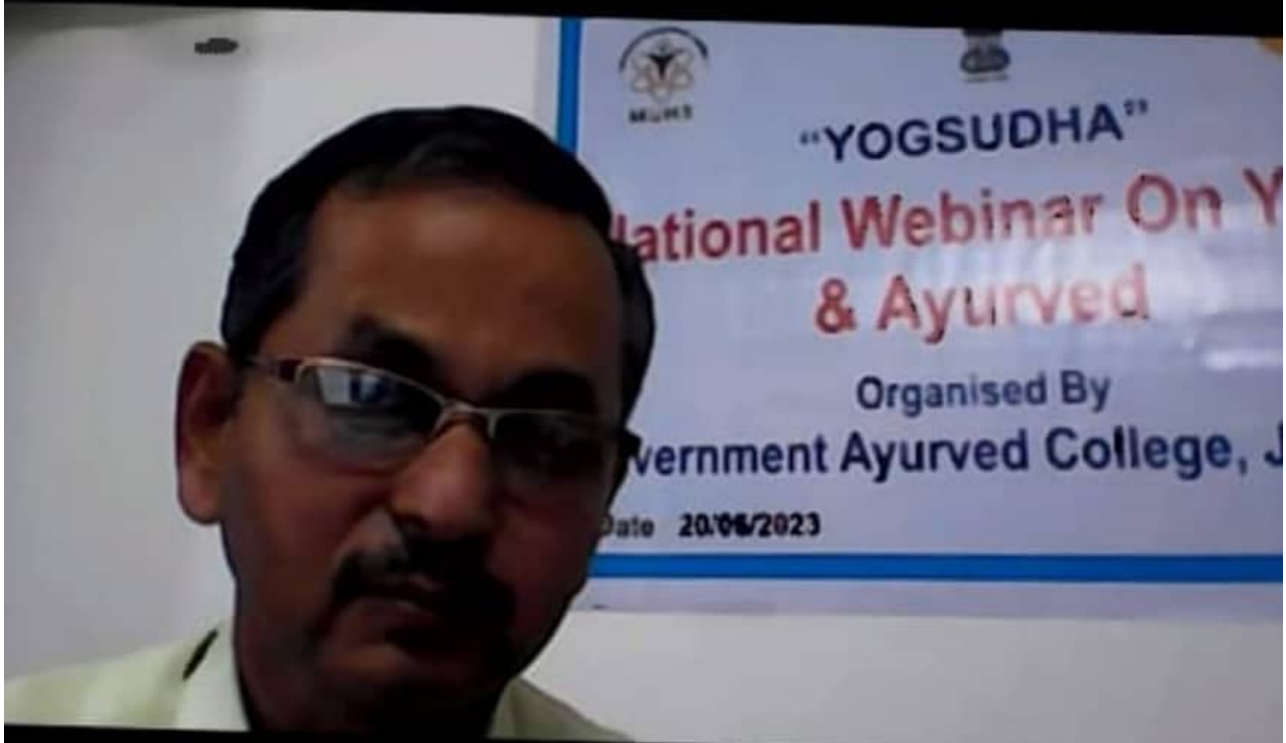


“YOGSUDHA”

National Webinar On Yoga & Ayurved


**Organised By
Government Ayurved College, Jalgaon**

Date : 20/06/2023



Dr Yunus Solanki





"YOGSUDHA"
National Webinar On
& Ayurved
Organised By
Government Ayurved College
Date 20/06/2023

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Anshwarya's iPhone



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Dr. Yashu Solanki

YOGMISHA
National Webinar On
& Ayurved
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Government Ayurved College
Mumbai



SVVdr prakash khaparde



Anita Patil- Maharashtra

Ashwarya's iPhone



Shrutika's iPhone



Dr. Ramani Ghangrao

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“YOGSUDHA”

**National Webinar on Yoga
& A**

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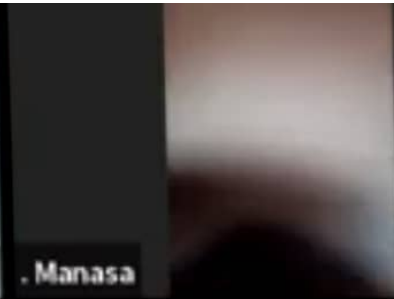
Date 20/06/2023



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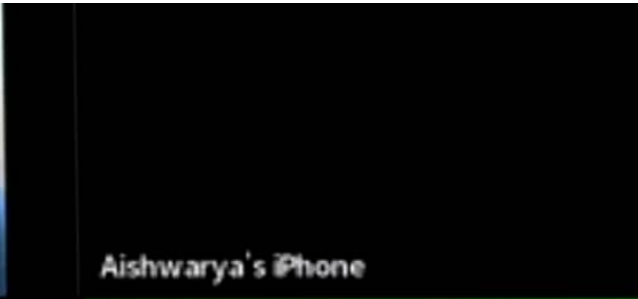
SVVdr prakash kha...



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Dr Bhalekar



Aishwarya's iPhone



Dr. Shrikant Haridas...



DrVarsha Bari

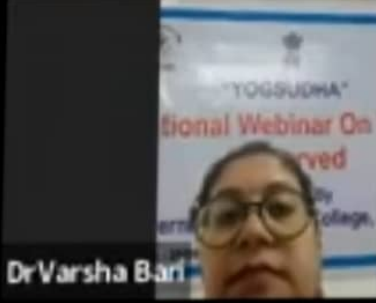
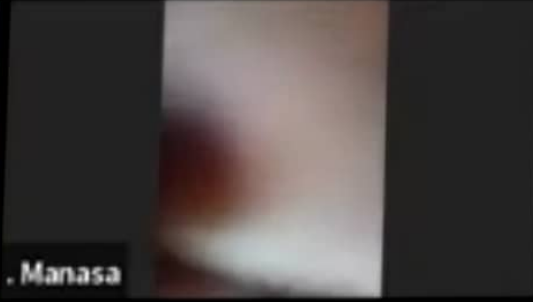


Dr Sumeeta Jain



DR Y R PATIL DEAN ...





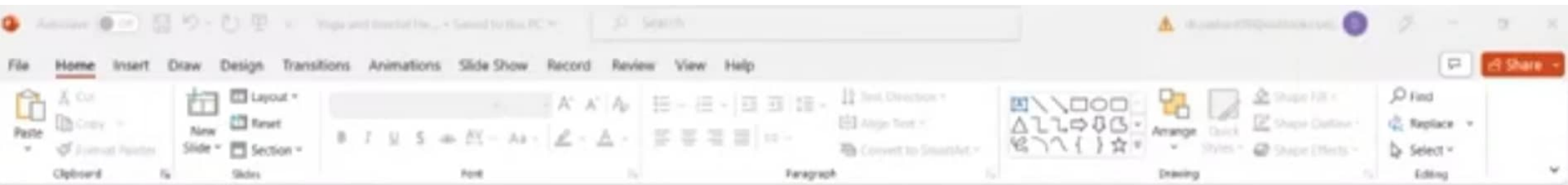
zoom

६) ग्रीष्म ऋतु- सर्वांना तापदायक, मध्य भारताला जास्त, विषुववृत्तांमुळे. जगात तापमान वाढत आहे आणि धृवावरील बर्फ वितळत आहे त्याचे परिणाम जगाला भोगावे लागतील, हीट वेव्ह च्या रुपाने.

अल्प बल, पाचकाग्नीचा बलानुसार आहार. सातु व मातिच्या माठातील थंड पाणी महत्वाचे होते. कैरीचे पन्हे, तकुर, जुना गहू, तांदूळ, मुंग/मसूर दाल, मधुर आहार द्रव्ये व सरबत, मधुर फळ (तरबुज, खरबुज, काकडी), लौकी, ढेमसे, पडवळ, पुदीना, चवळी ची पालेभाजी, आमरस, शीत प्रकृती च्या भाज्या असा आहार हवा.

नवीन पिढीला काय करावेसे वाटते?

ZO



Introduction- Yoga

- ❖ Yoga is an ancient art that connects the mind and body.
- ❖ It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax.
- ❖ The Yoga and yogic practices are relevant and effective today not only to treat physical and mental disorders. But also to maintain, preserve and promote a healthy, happy and successful life.



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Gajakarani

- ▶ Senastion of vomitting
- ▶ Opening of epiglotisse volve and cardiac sphinctor at same time.

अपान वायु गले तक लाना

Benefits –

Increases liver, spleen and pancreas activity



Shrikant Dighe



SVVdr prakash khaparde



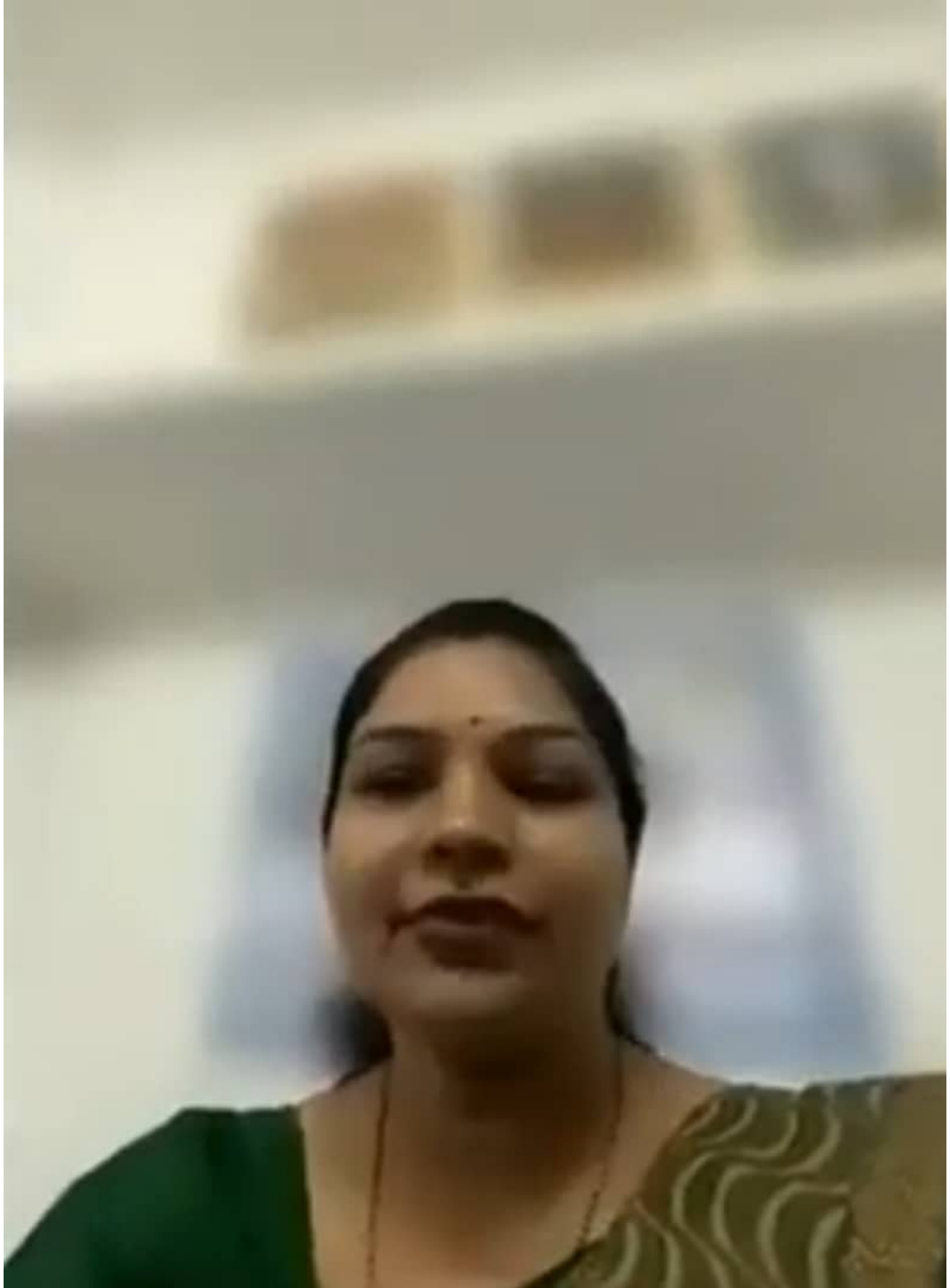
Anita Patil- Maharashtra



Acharya Charak



Hakke Chandrakant Subha...



Yoga & Mental Health



Dr. Bargale Sushant Sukumar

**MD (Swasthavritta), Ph.D (Swasthavritta),
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