



SHREE SAPTASHRUNGHI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548
Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

PHOTO GALLERY 8.1.4



CELEBRATION OF WORLD OBESITY DAY 04.03.2023





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VILLAGE ADOPTION ACTIVITY (HEALTH CHECK UP) –ODHA VILLAGE 2022



SWASTHYA RAKSHAN PROGRAMME PRAMOD NAGAR NASHIK 2021



SWASTHYARAKSHAN PROGRAMME FOR GITANJALI COLONY-HEALTH CHECK UP OF TEACHERS LOCAL NMC SCHOOL NEAR GITANJALI COLONY 2020



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HEALTH CHECK UP CAMP ODHA VILLAGE NASHIK 2019



PLANTATION 2018



CLEANLINESS, HYGEINE AWARENESS



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SWASTHYA RAKSHAN PROGRAMME FOR GIRNARE VILLAGE 2018-YOGA AND MEDITATION SESSION



SWASTHYA RAKSHAN PROGRAMME FOR GIRNARE VILLAGE 2018-SCHOOL CHECK UP



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Nashik, Maharashtra, India
2R98+78X, Hirawadi, Nashik, Maharashtra 422207, India
Lat 20.018333°
Long 73.815866°
18/06/22 10:45 AM



CME ON CAREER GUIDANCE IN YOGA THERAPY 18.06.2022



Nashik, Maharashtra, India
2R98+78X, Hirawadi, Nashik, Maharashtra 422207, India
Lat 20.018294°
Long 73.815892°
12/04/22 12:28 PM



CME STRESS MANAGEMENT THROUGH BHRAMARY PRANAYAM 12.04.2022



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**CME ON NATIONAL VECTOR BORNE DISEASE CONTROL PROGRAMME
27.10.2019**



CME ON YOGA AND MEDITATION 05.06.2018



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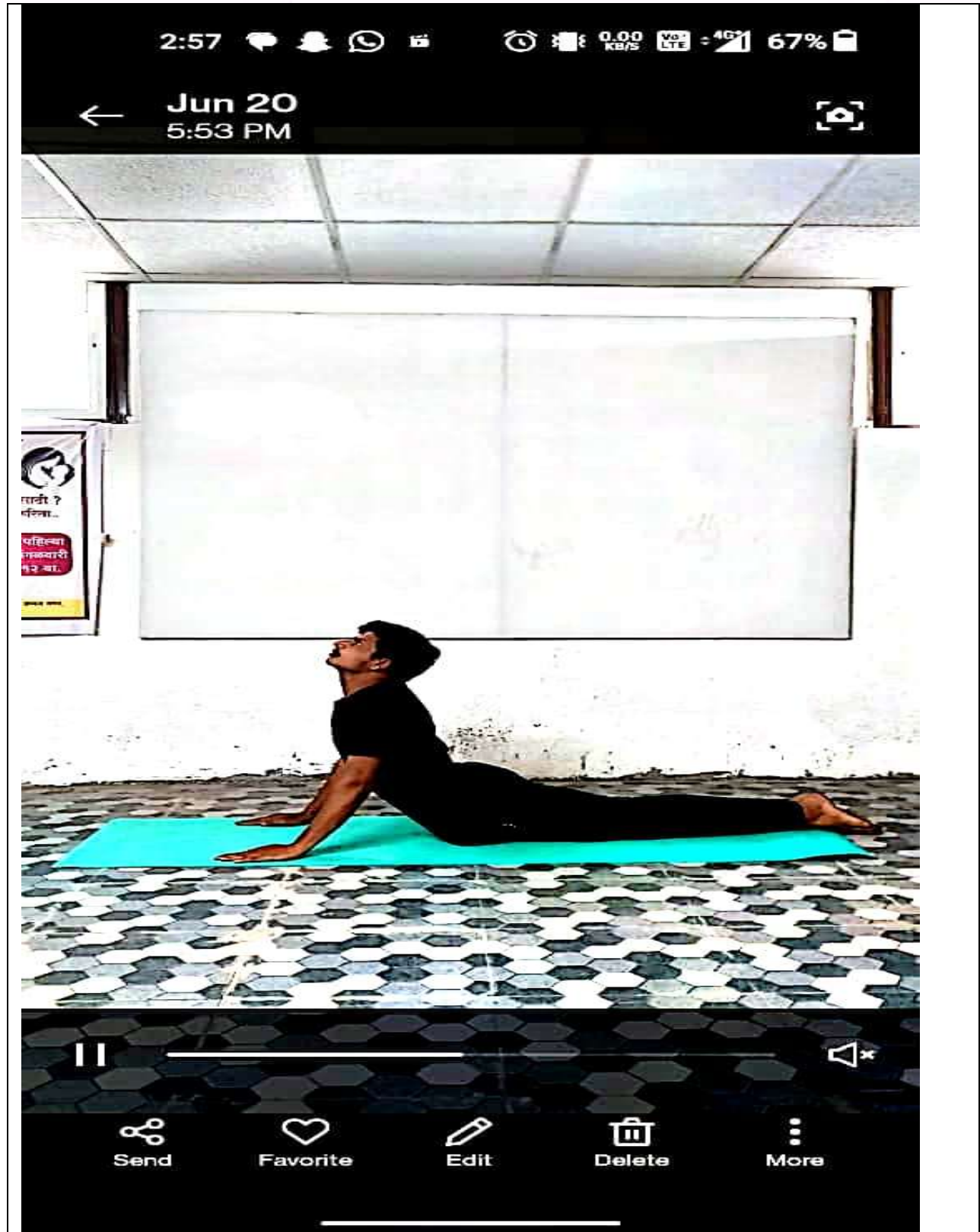


HEALTH AWARENESS FOR SOCIETY AT COLLEGE CAMPUS 20.06.2023



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VIDEO MAKING COMPETITION 2023



POSTER COMPETITION 17.06.2023



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GPS Map Camera

Nashik, Maharashtra, India
 2R96+78X, Hirawadi, Nashik, Maharashtra 422207, India
 Lat 20.018356°
 Long 73.815868°
 16/06/23 02:12 PM GMT +05:30

Date: 16-6-23

30% Prize **YOGA for holistic health**

Name - Khaivnor Akshay Ravindra (1st Year Bams)

आत्म विज्ञानात् परमं ज्ञानं
 अन्तः प्रविष्टव्यं च शरीरम् ।
 शरीरानुष्ठानं सर्वं ज्ञानम् ।
 अस्माकम् आरोग्यसिद्धये ॥

Yoga is a holistic science that embodies basic and complex science of principles of one's mind and body and also the interconnectedness of one's phases of life. Contrary to popular belief, it is not just a mere bunch of movements and The true meaning of yoga lies way beyond physical exercise, its connecting one's body with one's thought process.

When we speak about Holistic development it has not one but various aspects being physical, emotional, social, intellectual and spiritual. In order to make steady advances across all dimension of one holistic development, one needs to make a lifestyle choice.

“ Yoga Enhance
 Eternal Happiness
 And strength ”

The embolances and inadequacy of the aforementioned dimensions is what leads to the whole spectrum of lifestyle disease and shortcomings we see. Holistic wellness is key as it closes the gap between physical and mental well being. This leads to not just the physical health being addressed, but also the mental health uplifted from where it stands always, reiterating the fact that one can't exist without the other.

ESSAY WRITING COMPETITION 16.06.2023



GPS Map Camera

Nashik, Maharashtra, India
 Shree saptshrungi ayurved college and hospital, kamal nager, Hirawadi Panchavati, Nashik, Maharashtra 420003, India
 Lat 20.018617°
 Long 73.815668°
 20/06/23 11:03 AM GMT +05:30

GPS Map Camera

Nashik, Maharashtra, India
 Shree saptshrungi ayurved college and hospital, kamal nager, Hirawadi Panchavati, Nashik, Maharashtra 420003, India
 Lat 20.018617°
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YOGA AWARENESS –YOG RALLY NEAR COLLEGE CAMPUS AREA NASHIK 20.06.2023



"YOGA IS THE DANCE OF EVERY CELL WITH THE
MUSIC OF EVERY BREATH THAT CREATES INNER
SERENITY AND HARMONY..."

SHARLE WAGNER
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POSTER COMPETITION FOR YOGA AWARENESS 2023