

Congratulations to Sonali Sutar and Rakshita.P.S. Final year BAMS Students of S.S.Ayurvedic Medical College and Hospital,Haveri.For winning third prize in National level poster presentation on Behalf of World Mental Health Day-2024 organized by Department of Manasatoga, [Alva's](#)

[Ayurveda Medical College](#) Moodubidire 14.10.2024

ALVA'S AYURVEDA MEDICAL COLLEGE, MOODUBIDIRE

NATIONAL LEVEL POSTER PRESENTATION COMPETITION

Congratulation

TO THE WINNERS

1

RUSSELL SHREYAS SERRA AND VARSHA RAVICHANDRAN

2

SANJANA AND ANVITH B

3

SONALI SUTAR AND RAKSHITA. P.S.

DEPARTMENT OF MANOVIJNANA EVUM MANASAROGA
ALVA'S AYURVEDA MEDICAL COLLEGE

मनो वायुवत चालम्!

THE MIND IS AS RESTLESS AS THE WIND, CONSTANTLY MOVING AND CHANGING.

1 **Impairment of Health (Dushtahar)**
"मनो, वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

A healthy person is one whose doshas (Vata, Pitta, Kapha), digestive fire (Agni), tissues (Dhatu), and waste products (Mala) are balanced, and whose soul (Atma), senses (Indriya), and mind (Manas) are in a state of happiness (Ananda).

2 **Mind and the Three Doshas (Vata, Pitta, Kapha)**
"मनो वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

The mind and body are dependent on each other. The mind's qualities—Vata, Pitta, and Kapha—affect the body and vice versa.

3 **Dosha Imbalance and Mental Health**
"मनो वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

The three doshas (Vata, Pitta, Kapha) maintain the body, and their imbalance leads to disease, mental distress, instability, and loss of happiness.

4 **Mental Disorders (Manasika Rogas)**
"मनो वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

Due to dosha imbalance, a person loses their mental faculties (memory, intellect, emotion) and exhibits improper behavior.

5 **Stress, Diet, and Mental Clarity**
"मनो वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

When the food is pure (Sattvic), the mind becomes pure, and when the mind is pure, one attains steady memory and spiritual freedom.

Conclusion:
"मनो वायुवत चालम्! अस्वस्थतायाः कारणमस्ति।" (Mind, as restless as the wind, constantly moving and changing.)

"The mind is like a chameleon, taking the color of the situation it is in. When the mind is disciplined and balanced, it directs our actions with wisdom and clarity."



AYURGRAM 2.0 NATIONAL AWARD RECEIVED PRESENTATION IN COLLEGE Date:13.09.2024





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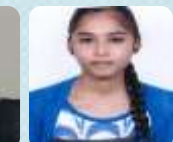
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