



Institution's Innovation Council  
Saurashtra University

**“Maintenance of mental health through  
Ayurveda”**

27<sup>th</sup> October 2023

At

Maharshi Arvind Department of Psychology,  
Saurashtra University

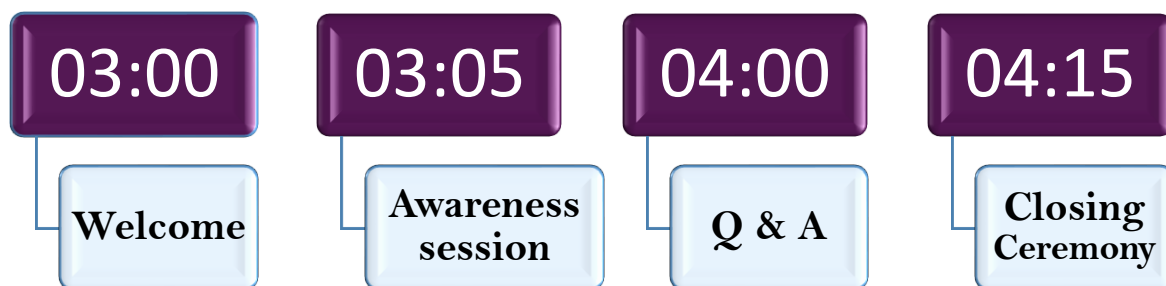
## Table of Contents

Saurashtra University – IIC.....	3
Event Schedule .....	3
Event Registration Link.....	3
Brief about Event.....	4
Key Points.....	5
Outcome.....	5
About the Speaker/Chief Guest .....	6
Connect Us: .....	7

## Saurashtra University – IIC

The university is dedicated to instruction, research, and extending knowledge to the public (public service). Ministry of Education (MoE), Govt. of India has established 'MoE's Innovation Cell (MIC)' to systematically foster the culture of Innovation among all Higher Education Institutions (HEIs). The primary mandate of MIC is to encourage, inspire and nurture young students by supporting them to work with new ideas and transform them into prototypes while they are informative years. Saurashtra University is one the Organization that have constituted the IIC to foster the vision of MoE and be a part for the promotion and development of innovation ecosystem.

## Event Schedule



## Event Registration Link

[bit.ly/SUSEC-RED](http://bit.ly/SUSEC-RED)

## Brief about Event

SU Start-up and Entrepreneurship Council, in collaboration with IIC Saurashtra University, organized a seminar on "Maintenance of mental health through Ayurveda" on 27<sup>th</sup> October 2023. The event was held at Seminar Hall, Maharshi Arvind Department of Psychology, Saurashtra University. Program was started with inauguration. The speaker was greeted with a token of appreciation.

Dr. Jaydeepsinh Jadeja informed the students about maintenance of mental health through ayurveda mind is a personal, subjective experience of "something" that is always changing from moment to moment. Ayurveda, the ancient Indian system of medicine, provides holistic approaches to maintain mental health. Key principles include understanding your dosha (Vata, Pitta, Kapha), following a balanced and mindful diet, incorporating Ayurvedic herbs like Ashwagandha, establishing a daily routine, practicing yoga and meditation, periodic detoxification, prioritizing sleep, fostering positive relationships, and promoting self-awareness. Individualized approaches, guided by an Ayurvedic practitioner, are recommended for optimal results. Integrating Ayurveda with conventional mental health care is advisable for a comprehensive approach. Anger increases pitta and increases work, hobbies, fears.

The concept of "mind" is elusive, and different languages conceptualize it differently. The Buddhist word for mind in Sanskrit is Chitta, and it has a wide range of meanings. It includes sensation, verbal and abstract thinking, emotions, feelings of happiness and sadness, attention, concentration, intelligence and more. When Buddhism speaks of mind, it refers to all kinds of mental activity. Meditation is not a physical basis - the brain, nervous system, hormones and so on - nor does it involve chemical or electrical activity. Mind does not refer to an immaterial "thing" that occupies the brain and produces its activity.

The mind is considered the launchpad between the senses and the soul. It is an extraordinary organ that controls both sense-related and functional activities of the body. It has unique characteristics to correlate with every emotion of life - happiness, fear, anger, shame, contempt, disgust, guilt, distress, interest, surprise, and joy. A person's mind depends on three qualities like sattva, rajas, and tamas in which one's character is modulated. An uncertain proportion of these qualities and a dynamic imbalance of doshas may upset the mental balance. Marma Training in Kerala finds a natural solution to fight negative elements and thereby relieves sleep deprivation, stomach-related issues, and mood swings, hence improving quality of life. Mental illness occurs due to any sort of brain damage, Stressful life situations, and chronic medical conditions that may lead to various forms of mental health disorders such as OCD, depression, mania, PTSD, and psychosis. Hence, mental illness comes under a vast category in which its unauthenticated behaviour affects emotion, thinking ability, and attitude.

## Key Points

During the session, below mentioned points were discussed:

- Ayurvedic tips for enhancing mental health
- Diet and lifestyle modifications for mental health
- Ayurveda therapies for enhancing mental health
- Why is ayurvedic prevention for mental disorders important?
- FAQs discussion of maintenance of mental health through ayurveda

## Outcome

As per the event, students understood to maintenance of mental health through Ayurveda. Vata, pitta, kapha all of them should be in perfect balance in the body. Health can be achieved, if all these physiological parameters are in equal balance with a healthy mind, intellect and all senses.

Also, around 450 million people currently suffer from various mental conditions, placing mental disorders among the leading causes of ill health and disability worldwide. Ayurvedic principles and treatment guidelines can be a strong answer to ever increasing problem of stress-related disorders and psychogenic illnesses. Ayurvedic literature has a detailed description about mana, mansika guna, karma, manas roga and then treatment. All this was explained to the students by the speaker.

## About the Speaker/Chief Guest



Dr. Jaydeepsinh  
Jadeja

Doctor

Red Stone Ayurveda Hospital, Rajkot

**Maintenance of mental health through Ayurveda**

Department of Psychology, Saurashtra University in collaboration with the IIC and SU Startup and Entrepreneurship Council, Saurashtra University will be hosting a seminar on **"Maintenance of mental health through Ayurveda"** on 27 October, 2023.

**03:00 pm** **October 27, 2023** **Maharshi Arvind**  
Department of Psychology,  
Saurashtra University

**Dr. Jaydeepsinh Jadeja**  
Red Stone  
Ayurveda Hospital

[Register Here](#)  
[bit.ly/SUSEC-RED](http://bit.ly/SUSEC-RED)

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