

A short Note

Explaining why I would like to join the University

An Analytical Study of Psychosomatic Health and Spiritual Health Excellence through Yoga

Respected Sir

As a mental health specialist, I am Dr. Surendra Singh Virhe most suitable for this research faculty assignment. Because I have obtained a doctorate degree in this subject as well as my mental health recovery work, as a psychosomatic health specialist spiritual yoga therapist. Sulong has 12 years of experience. Mental health, that is, mental health, has been a necessary condition in spiritual practice. Spiritual cultivation is not possible without achieving this. The seekers who move forward in the path of spiritual practice should first of all attain psychosomatic health. Indian thinkers, thinkers have an important contribution in this direction. The ideas of Indian psychologists in the field of psychosomatic health and medicine are based on long cultural traditions and thousands of years of experience. In the Upanishad texts, the states of human consciousness have been discussed in detail. Maharishi Patanjali has shed extensive light in his Yoga Sutras on the nature of the mind and the states of mind, cessation of mind etc. Many ancient traditional yoga scriptures, yoga texts describe the glory and usefulness of yoga. Many scholars, hatha yogis, sages, sages have made remarkable contributions from time to time in the context of psychosomatic health and spiritual health flourishing through yoga. Finding eternal values and new alternatives by offering new research and solutions, new ideas while acknowledging the challenges of the 21st century in line with the protection of social values and historical cultural heritage or relevance while promoting philosophical knowledge in the Indian context globally. The goal of this research will be main objective. Guidance Preamble towards fulfilling the concept of "Vasudhaiva Kutumbakam" and the responsible role of Spiritual Cultural Coordinator of "Vishwa Guru Bharat" to provide knowledge philosophy of global national research scholars, scholars, students to meet the current global ideological challenges at the time. Providing inspiration to flourish will be the commitment and uniqueness of this research.

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