

SWASTHAVRITTA AND YOGA DEPARTMENT

INTRODUCTION –

The department of Swasthavritta and Yoga at Government Ayurveda College, Dharashiv is a well established center for both education and patient care service. We are dedicated for holistic health and wellbeing through Ayurveda. We focus on creating awareness about healthy lifestyle for maintenance of health and prevention of diseases.

Department overview –

Swasthavritta and Yoga Department focuses on maintenance of health and prevention of diseases through Ayurveda principles. We focus on overall wellbeing of an individual. We can achieve this aim through

- Healthy lifestyle including Daily Regime and Seasonal Regime.
- Dietary modification.
- Achara Rasayan (Code of conduct of Behavior)
- Rasayan (Rejuvenation Therapy)
- Vajikaran (Aphrodisiac therapy)
- Yoga practices

Swasthyarakshan OPD –

On Daily basis Swasthyarakshan OPD is available at Government Ayurved Hospital, Dharashiv. Here patients are given advice for Diet modification and Yoga consultation along with life style modification. We are providing consultation especially for Diabetes, Hypertension, Obesity and Skin diseases through diet modification and yoga therapy. We also use yoga therapy as a supportive therapy for the treatment of low backache, neck pain and other musculoskeletal problems.

Other highlights of Swasthyarakshan OPD are

- Pathya- apanya according to diseases.
- Pathya- apanya according to Prakruti.
- Advice on seasonal regime
- Health promotion for enhancing Immunity
- Yoga therapy for various diseases

Teaching Faculty –

Sr. No.	Name of Faculty	Designation	Degree
1	Dr Nivratti Swami	Professor and HOD	BAMS, MD
2	Dr Sheetal Bansode	Associate Professor	BAMS, MD
3	Dr Prafull Kotalwar	Assistant Professor	BAMS, MD

Non -Teaching Faculty –

Sr. No.	Name	Designation	Degree
1	Mr Ramesh Gutte	Lab Technician	BSC (Chemistry)
2	Mr Raju Kabir	Attendant	9 th pass

Departmental Regular Activities –

- International Yoga Day celebration
- World Meditation Day celebration
- Ayurveda Day celebration
- Departmental Educational Visits
- Guest Lectures arrangement
- Departmental Seminar
- Yoga practices for college student
- Internship training
- Arrangement of workshop on National Health Program

Photo Gallery -











