

SWASTHAVRITTA DEPARTMENT

Introduction

Ayurveda is a science of the art of living. It is also a way of life that taught us how to maintain as well as protect mental & physical health in order to achieve longevity. It is based on both curative and preventive aspects of disease.

The department of Swasthavritta & Yoga mainly deals with preventive aspects of health & disease. It includes Personal health and Social health.

1) Preventive aspects of Personal health include Dincharya, Ritucharya, Ahara, Yoga, etc.

2) Preventive aspects of Social health contains Environmental health (i.e. Air, Water, Light, Noise, Land, Housing, Disposal of Corpse, Waste Material, Biomedical waste Management), Industrial health, School health, etc.

This department also deals with communicable disease i.e. disease spread by person to person. That gives very important knowledge to students while handling & treating patients of communicable disease. This department also taught knowledge about various National programs, Biostatistics, Health administration of India, International and national health organization.

By studying this, students are able to understand overall health administration & health related various schemes of India. Today's modern life-style is main reason of many diseases which called life-style related disease or non-communicable disease. This department will also be teaching students about non communicable diseases like hypertension, Diabetes, Obesity etc. including National programs as well as National Nutritional programs of Government.

Yoga should be the main part of life for living a healthy life. Everybody should know the correct technique of doing various Yogasanas. For this practical sessions are also conducted so as to enhance knowledge of students. Various Yoga Poses & techniques of Pranayam, Yogic Shuddhikriya, Bandhas and Mudra, Ida-pingala Naadibhyas will also be taught to students. If the treating doctor has healthy mind he can guide and can do proper counseling of the patient. This department will be conducting regular meditation and other activities which will create positivity in the students.

This department also deals with Naturopathy procedures such as Hydrotherapy, Steam bath, Mud-therapy, heliotherapy, Massage, fasting - Nature cure diet.

For better knowledge of subject we have

- A) Charts** (Various topics of theory point), Specimen, Instrument, Model, PowerPoint presentation on various points of syllabus.
- B) Departmental library:-** Many Ayurvedic books as well as modern books of swasthavritta are available. Many reference books of yoga are also available at the library.
- C) Practical session of yoga:-** For better concept of yoga, we have arrange practical sessions of yoga in the department.

D) Theory lecture:- For better understanding of theory syllabus we used power point presentation, photos, videos during theory lectures.

E) Student seminar & shlokas recitation:- we have arrange student seminars on various topics of syllabus for better understanding of the subject. Oral recitation of shlokas is done in every starts of lectures.

F) Educational visit:- To enhance practical knowledge of student we have arrange educational visits. They are listed as follows:-

1. Primary Health Centre/ RH:- For knowledge of actual implantation of National Health Programs including knowledge of Rural health.
2. Visit to Naturopathy Centre – To observe naturopathic treatment & modalities.
3. Visit to Milk Dairy:- To observe & learn various processes of milk pasteurization.
4. Water purification centre:- To learn method of purification of water.
5. Sewage disposal unit:- To see various treatments of sewage.
6. Industrial visit:- To observe facility of worker & Mechanism of Industry.
7. Leprosy Centre Visit:- To get practical knowledge of communicable disease, complication & treatment protocol.

G) Preventive Health Camps:- It Includes general examination, B.P. Checkup, Blood sugar checkup, BMI checkup, Hygiene guidance, Dinacharya and ritucharya guidance.

Organizing health checkup drive in nearby housing societies, schools, villages periodically. Students are also involved in these checkups so that they can get exposure in preventive medicine.

H) Celebration of International Yoga Day:- This department conducts various competitions on occasion of yoga day. This helps to increase interest of students in yoga. We distribute I, II, III prizes to students for practical yoga competition, Rangoli / Poster competition, Speech competition, essay writing competition.

I) Hospital (Swastha-Rakshan OPD):- Department also run Swastha-Rakshan OPD in Hospital, which guide patients as well as people about Yoga, Pranayam, Asana, Dinacharya, Ritucharya, diet, Rasayan treatment & over all lifestyle changes to live a healthy life without a disease.