

REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 4/8/2025

Time: 9:00 AM to 5:00 PM

Name of Visit:- Family Planning Association of India (FPAI)

Place of Visit: FPAI Centre, Tilaknagar, Mumbai.

Total Present Students: 100.

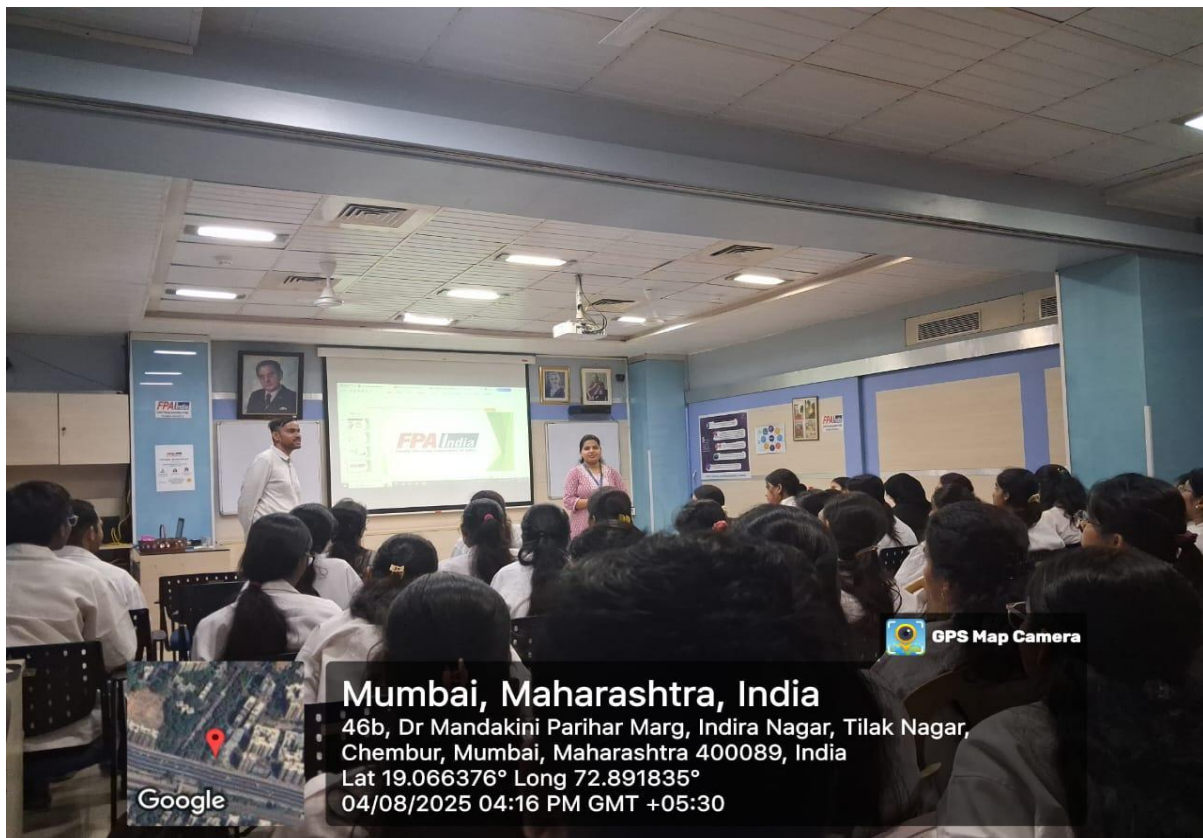
Faculty Accompanying the Students:- 1) Dr. Tejas More – Associate Professor

Objectives of Visit:-

- To comprehend the array of services offered at the FPAI facility.
- To study aspects of reproductive wellness, family planning, and clinical guidance.
- To observe the center's methodology in delivering health literacy and public awareness.
- To distinguish the contributions of medical experts in sexual health service delivery.
- To acquire hands-on exposure to community-centric medical care models.

Outcomes of Visit:-

- Enhanced understanding regarding the diverse health initiatives managed by the FPAI.
- Realized the significance of educational outreach in fostering wellness within families.
- Learned the mechanisms through which health practitioners navigate patients toward care.
- Bridged the gap between academic theories and real-world clinical applications.
- Cultivated a deeper appreciation for private and reachable community health resources.



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 1/1/2026 & 2/1/2026.

Time: 9:00 AM to 5:00 PM

Name of Visit:- Meteorological Centre

Place of Visit: Regional Meteorological Centre, Mumbai (RMC)

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Prachi Dalvi – Professor & HOD

Objectives of Visit:-

- To understand the functioning and importance of a Meteorological Centre.
- To learn about different instruments used for measuring weather parameters.
- To understand how weather data is collected, recorded, and analyzed.
- To gain knowledge about weather forecasting and its applications in daily life

Outcomes of Visit:-

- Gained knowledge about different meteorological instruments and their uses.
- Understood how weather data is collected and recorded.
- Learned about weather forecasting and the role of meteorological observations.
- Understood the importance of weather information in agriculture, aviation, disaster management, and daily life.
- Developed practical awareness of how meteorological services support society.



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 11/1/2026.

Time: 9:00 AM to 5:00 PM

Name of Visit:- Naturopathy Center.

Place of Visit: Prakrutik Chikitsalaya, Jaipur.

Total Present Students: 100.

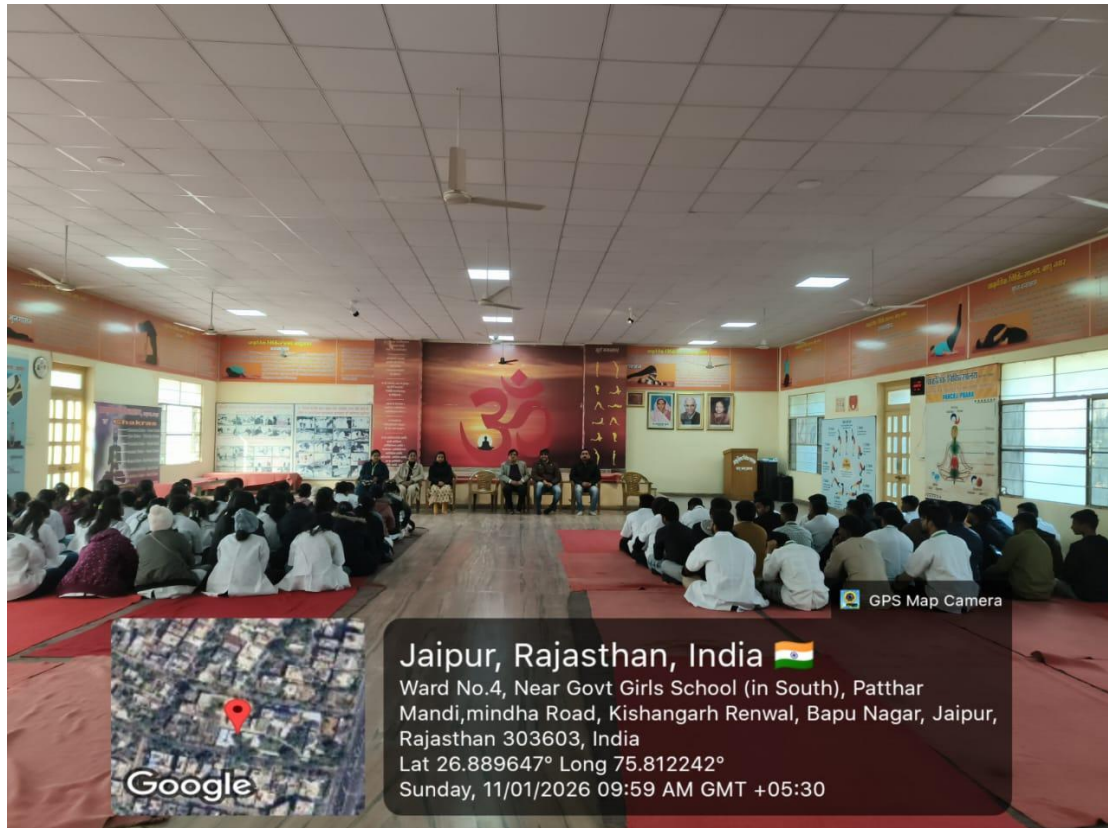
Faculty Accompanying the Students:- 1) Dr. Tejas More – Associate Professor

Objectives of Visit:-

- To assess the patient's overall health and lifestyle.
- To provide mud therapy for relaxation and general well-being.
- To provide water therapy (hydrotherapy) to promote relaxation and support circulation.
- To educate the patient about healthy diet, lifestyle, and natural wellness practices.

Outcomes of Visit:-

- The patient understands the purpose and basic benefits of mud therapy.
- The patient experiences relaxation and comfort after mud therapy.
- The patient understands the purpose and basic benefits of water therapy.
- The patient experiences relaxation and improved comfort following water therapy.



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 21/1/2026

Time: 9:00 AM to 5:00 PM

Name of Visit:- Sewage Treatment Plant Center.

Place of Visit: Sewage Treatment Plant, Nerul, Navi Mumbai.

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Tejas More – Associate Professor

Objectives of Visit:-

- To understand the working and operation of sewage pumping systems and associated equipment.
- To observe process safety measures (PSM) followed during sewage handling and pumping operations.
- To identify potential hazards and risks, such as toxic gases, electrical hazards, confined spaces, and chemical exposure.
- To study the safety procedures, emergency systems, PPE requirements, and maintenance practices used at the pump house.

Outcomes of Visit:-

- Gained practical knowledge of the operation and maintenance of sewage pumps and related systems.
- Understood the importance of PSM practices and hazard identification in sewage treatment operations.
- Learned about appropriate PPE, gas monitoring, ventilation, and emergency response procedures.
- Developed awareness of safe operating practices and preventive measures to reduce accidents and environmental risks



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 16/1/2026 & 19/1/2026

Time: 9:00 AM to 5:00 PM

Name of Visit:- Milk Paturisation Center.

Place of Visit: Mahananda Dairy, Goregaon, Mumbai.

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Prachi Dalvi – Professor & HOD

Objectives of Visit:-

- To understand the process of milk collection, pasteurization, processing, storage, and distribution.
- To observe the hygiene, sanitation, and quality-control measures followed in a dairy plant.
- To learn about the prevention of milk-borne diseases and the importance of safe milk handling.
- To understand the role of dairy industries in improving community nutrition and public health.

Outcomes of Visit:-

- Gained practical knowledge about milk processing and pasteurization.
- Understood the importance of personal hygiene, cleanliness, and sanitation in preventing contamination.
- Learned about quality testing and safety measures used to ensure safe milk for consumers.
- Understood the public-health importance of providing hygienic, nutritious, and safe milk to the community.



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 20/1/2026 & 27/1/2026

Time: 9:00 AM to 5:00 PM

Name of Visit:- Slaughter House Center.

Place of Visit: Slaughter House, Deonar, Mumbai.

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Prachi Dalvi – Professor & HOD

2)Dr. Ankita Chavhan – Assistant Professor

Objectives of Visit:-

- To ensure hygienic and safe slaughtering of animals for meat production.
- To prevent contamination and spread of food-borne diseases through proper meat inspection.
- To ensure proper disposal of animal waste and maintain environmental sanitation.
- To protect public health by monitoring the health of animals and the quality of meat supplied to the community.

Outcomes of Visit:-

- Production of safe, hygienic and wholesome meat for public consumption.
- Reduction in the risk of food-borne infections and zoonotic diseases.
- Improved sanitation through proper management and disposal of slaughterhouse waste.
- Better awareness and implementation of meat inspection and public-health measures.



REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 25/2/2026

Time: 9:00 AM to 5:00 PM

Name of Visit:- Water Purification Plant Center.

Place of Visit: Water Purification Plant, Bhandup, Mumbai.

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Ankita Chavhan – Assistant Professor

Objectives of Visit:-

- To understand the various stages of water treatment and purification at the Bhandup Water Treatment Plant.
- To observe the role of microorganisms, chemical processes, and physical methods in maintaining water quality.
- To study the principles of Public Health and Sanitation (PSM) in ensuring safe drinking water.
- To understand the importance of water treatment in preventing water-borne diseases and protecting community health.

Outcomes of Visit:-

- Acquired hands-on insights into the entire cycle of purification, from initial collection to final supply.
- Recognized the critical nature of quality assessment and sanitization for safeguarding communal wellness.
- Studied the mechanisms by which effective filtration mitigates the transmission of aquatic pathogens.
- Enhanced awareness regarding the contribution of treatment facilities to environmental health and public cleanliness.



मुख्य नियंत्रण केंद्र

GPS Map Camera

Mumbai, Maharashtra, India

5w8c+gm5, Bhandup Complex, Khindipada, Bhandup
West, Mumbai, Maharashtra 400082, India

Lat 19.166207° Long 72.921913°

Wednesday, 25/02/2026 02:01 PM GMT +05:30

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REPORT OF EDUCATIONAL VISIT ORGANISED BY DEPARTMENT OF SWASTHAVRITTA AND YOGA

Date: 20/9/2025 & 23/09/2025

Time: 9:00 AM to 5:00 PM

Name of Visit:- Primary Health Center.

Place of Visit: Primary Health Center, Vangani, Thane.

Total Present Students: 100.

Faculty Accompanying the Students:- 1) Dr. Tejas More – Associate Professor

Objectives of Visit:-

- To understand the organization, functioning, and services provided by the Primary Health Centre (PHC).
- To observe the implementation of national health programmes at the PHC.
- To assess the availability of preventive, promotive, curative, and rehabilitative health services.
- To understand the role of health workers in providing community-based healthcare.

Outcomes of Visit:-

- Gained knowledge about the structure and functioning of a PHC.
- Understood the various national health programmes and their implementation at the PHC.
- Learned about the different services provided to the community.
- Understood the roles and responsibilities of PHC staff in community health.