

Department of Swasthavritta

Faculty Members

1) **Vd. Gite Suresh Ramchandra : H.O.D. & Professor**

Reg. No. : I – 11778
Date of Birth : 29/8/1953
Qualification : B.A.M.S. MD., (Swasthavritta), D.Y.A.
Experience : 32.10 years



2) **Vd. Mahajan Kamlesh Shivrama : Associate Professor**

Reg. No. : I-45313-A
Date of Birth : 1/5/1981
Qualification : B.A.M.S. MD. (Swasthavritta), D.Y.A., B.A. (Sanskrit)
Diploma in Sanskrit Ayurved
Experience : 6.3 years



3) **Vd. Diwakar Amit Shyam : Assistant Professor**

Reg. No. : I - 41099-A1
Date of Birth : 18/8/1978
Qualification : B.A.M.S. MD. (Kayachikitsa)
Experience : 1.3 years



Departmental Facilities :

Museum
Lecture Hall
Charts (Regarding Syllabus)
Photographs of various sanitary and national Programmes.
Models - Covering yoga and Community medicine and Nisarga Upachar.
OPD

Ayurveda is a science of art of living. It deals with preventive and curative principles for the better health.

This subject 'Swasthavritta' is included in II year syllabus. It deals with personal and social hygiene not only at the physical level but also at the mental level. Mainly it stresses at the preventive aspect. In short, it tells us how to keep oneself healthy. The syllabus is divided in two papers, with practical sessions also.

First paper mainly includes basic principles of Ayurveda, Dincharya Ratricharya and Rutucharya are the most important aspects for a person to be 'Swastha' Environmental health, Industrial health, various types of ventilation, basic elements of life i.e. air, water, their purification processes, Milk processing sewage disposal, school health, Maternal and child health etc. are included in thiep paper.

Second paper comprises of Yog and Naturopathy. It emphasizes the basic principles of Yoga and its applied aspect in clinical practice.

Dept. of Swasthavritta also runs its 'Swasthya Raksha' OPD. in the hospital which guides the people as well as patients about the diet, Yog, Pranayam, asanas and overall life style changes to live the life better and to fight the diseases. 'Life style disorders' such as hypertension, diabetes, cardiac diseases etc. can only be treated with the help of Ayurvedic and Yogic life style.

Dept is well equipped with the Yog hall, museum, models, instruments, CD's and charts, OHP, Power Point Presentation.

Dept. has eminent teaching staff of professor, associate professor, lecturers etc.

