

Shree Saptashrungi Ayurved Hospital

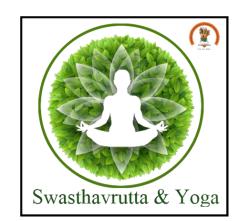
Kamal Nagar Hirawadi Nashik

Department of SWASTHAVRUTTA & YOGA

Swasth-rakshan OPD

OPD for

- 1. Dinacharya (Life style Modification)
- 2. Ritucharya (Seasonal Modication)
- 3. Sadvrutta Palan(Ethical Practices)
- 4. Swastharakshanarth Yoga(Yoga for Health)
- 5. Vyadhinirharnarth Vishesh yoga (Yoga for Various Disease)
- 6. Therapeutic meditation
- 7. Yogic shatkarma guidance for lifestyle disorder
- 8. Ahar Margadarshan (Diet Advice)



Sr. No	Consultant	Designation	OPD Day	OPD Time
1	Dr Avinash Jadhav	HOD & Professor	Wednesday to Saturday	9:00 am to 4 :00 pm (Saturday upto 1 pm)
2	Dr. Rachana Aware	Associate Professor	Monday to Thursday	9:00 am to 4:00 pm
3	Dr Poonam Gosavi	Assistant Professor	Saturday to Wednesday	9:00 am to 4:00 pm (Saturday upto 1 pm)
4	Dr. Dnyaneshwar Thorat	Assistant Professor	Monday to Thursday	9:00 am to 4:00 pm

Yoga Consultants: Mr.Pirajee B.Narwade.