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 Vijay Shahane	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 Tuesday	9:00 am to 4 :00 pm (Saturday upto 1 pm)

Yoga Consultants: Mr.Pirajee B.Narwade.