



Ayurved Seva Sangh

Ayurved Mahavidyalaya & Arogyashala Rugnalaya, Nashik

Details of promotional measures undertaken for each Swasthavritta activity

Promotional measure activities in the form of detail information regarding the concept of Sadvritta and Achararasayana, benefits by adopting the same principles in our life is given to the OPD and IPD patients.

- 1) Swasthavritta Department have made templates of Sadvritta and Achararasayana. The templates are given to the patients in the Swasthyarakshan OPD and in the IPD, templates are given to the relatives of the Patients. In the Swasthyarakshan OPD, charts reflecting importance of daily regimen, Seasonal regimen, Pathyapathya, Achararasayana, Sadvritta are placed as a part of promotional measures of Swasthavritta principles.
- 2) The Department of NSS belong to the college conducted activities directed by MUHS Nashik, Every year a village camp has conducted and various Health promoting principles based on the subject, practical application of Sadvritta, Achararasayana, Dinacharya and Ritucharya promoted with special reference to Non violence, deaddiction from Tobacco, Alcohol, cigarette smoking, Dowry etc. demonstrated in the form of street play, one act play, Blood Donation camp, Organ donation awareness program and Swachha Bharat Abhiyan.
- 3) In the school health check up camps, Swasthavritta promoting measures focusing on Dental hygiene, nails cutting, hair combing and oiling daily, personal hygiene and what to do and not to do during taking lunch and dinner were well explained, which is a part of Dinacharya principles and Sadvritta.
- 4) Regular medical camps at tribal area at Ekdara of Peth Taluka is arranged and screening, counseling, consulting and advising the preventive aids in the form of Pathyapathya and Health promoting principles are given.
- 5) Garbhasanskar Varga is regularly conducted by the Department of Prasuti Tantra and Garbhini are given spiritual practices in the form of chanting Mantras, meditation and Yoganidra.
- 6) Under the able guidance of Ministry of Ayush and Directorate of Ayurveda Maharashtra state, MUHS Nashik, our Department is organizing every year successfully International Yoga day since from 2016. It is celebrated on 21st June and guest lectures during this Yoga week organized based on the theme important of Dinacharya, Ritucharya, Sadvritta and



Achararasayana practices. On the 21st June, common Yoga protocol is practically demonstrated by the Yoga teacher. All the teachers, non teaching staff, UG, PG Interns students are made compulsions to attend the programme.

- 7) Under this Yoga week, apart from Yogic activities, Yoga shibir, Jalneti practicals, Rangoli, essay, poster competitions are conducted based on the subject Sadvritta, Achararasayan, Dinacharya and Ritucharya.

H.O.D.

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I/C PRINCIPAL

Ayurved Mahavidyalaya, Nashik