


Ayurved Seva Sangh

Ayurved Mahavidyalaya & Arogyashala Rugnalay, Nashik,

List of people who have undergone implementation of Swasthavritta activities

Year 2023- 24			
Sr. No.	Name of Person	Sr. No.	Name of Person
1.	Vishwnath R. Sonawane	18	Sanjay Ramdas Sonawane
2.	Nawaj Munir Shaikh	19	Ganesh Shankar Rajole
3.	Kajal Nilesh Dhongde	20	Dipak Avinash Munde
4.	Pravin Sanjay Pote	21	Vijay Devram Wagh
5.	Shantaram Govind AAlhate	22	Sanjay Vikram Sonavane
6.	Dipak Kashinath Suralkar	23	Ravindra Wagh
7.	Dnyaneshwar Maruti Ingale	24	Ajitsingh Azad
8.	Madan Ashok Sanap	25	Sandip Bansilal Pardeshi
9.	Chndrakant AAmori	26	Satish Bhagwan shimpi
10	Girish Anil Lokhande	27	Rakesh Ramesh Udawant
11	Rakesh Balu Jagtap	28	Vijay Chaudhari
12	Rajendra Sudam Kapate	29	Sandip Ashok Kale
13	Devendra Madhukar Bhilar	30	Mahesh Mansukhlal Chavhan
14	Paras Hansraj Saraf	31	Sachin Nadlal Ndwalkar
15	Kishor Arvind Hangekar	32	Raju Pagare
16	Vishwanath Nageshwar Thakur	33	Tushar Pradip Shelar
17	Prashant Arvind Wadile	34	Pravin Bhausahab Shirsath





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35	Ganesh Dhakshen Sahane	60	Handu Hiralal Patil
36	Shoaib Parvej Kaji	61	Nitin Ashok Dhangar
37	Komal Palave	62	Rahul Kailsh Dahake
38	Murad Yusuf Shaikh	63	Sanket Thorat
39	Musa Jumma Shah	64	Jaglal Mayafar Patel
40	Bhaskar Babulal Patil	65	Bhavna Jayraj Kolhe
41	Rajendra Somnath Chavhanke	66	Panjab Ambhore
42	Amol Sudam Shelar	67	Rajendra Rangnath Ahire
43	Somnath Pagare	68	Yogesh devram Nifade
44	Suresh Narayan Ahire	69	Sanjay Hari Sonarne
45	Akash dattatray Gaikwad	70	Subhash Ramray Garade
46	Sagar Krushna Jadhav		
47	Girish Arun Bendale		
48	Ajay Vinayak Gote		
49	Jayendra Kiran Belgaokar		
50	Vinod Wadnere		
51	Pramod Surat Dahite		
52	Harishchandra Ramlosh Chavhan		
53	Avinash Vilas Divekar		
54	Ganesh Rajaram Shinde		
55	Raju Jairam Pagare		
56	Samar Ganesh Mandal		
57	Mohan Gangurde		
58	Shubham Anil Nishad		
59	Sanjay Mishrilala Pawar		




 U.C. DESHPANDE
 Ayurved Mahavidyalaya, Kashi.

Outcomes :- Our institution has adopted Swasthviritta activities under the Department of Swasthviritta & Yoga. Following Dincharya Principles e.g. adopting Bramha Muhurta practice i.e. early wake up before sunrise is well explained and requested to follow the same. People who have followed and practiced Bramha Muhurta got positive results in the disturbed sleep pattern, mind concentration and increased positivity in their daily routine activities. Practice of Gandush and Kaval for oral hygiene, Practice of Padabhyanga for eye health as digital addiction causes Dry Eye Syndrome. People who have followed these activities got satisfied results. They reduced complaints of headache, stress, anxiety and also mental and physical fatigue.

By Promoting the Rutucharya principles in their routine, Do's & Don'ts according to seasons regarding Ahar & Vihar, by following body purification i.e. Ritu Shodhan (Panchakarma). Importance of Vaman for Kapha Vikara in Vasant, Virechan for Pittavikar in Sharad and Basti for Vatvikar in Varsha Rutucharya is very well explained and encouraged to everyone. Peoples Who followed this practices got good results in the physical complaints like constipation, hyperacidity, joints pain etc and also the seasonal recurrent of some disease conditions intensity reduced, ultimately the financial burden of the expenses on the medication decreased.

Peoples who practiced Medltation & Yoga Nidra, got benefitted in the concentration, disturbed sleep pattern and anxiety.

Peoples who practiced Yogic Shuddhikriya i.e. Tratak for eye strain and headache got benefitted by reducing eye strain and headache.




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