


**Name of the Department:-** Swasthavritta & Yoga

**About the Department :-** The Primary aim of ayurveda is to preserve and promote the health of healthy individuals along with the prevention and management of ailments. It is possible to remain healthy & lead a long life when person well attain the Status of absolute health.

Accepting the Principles of ayurveda and starts implementing the doctrine of Swasthavritta in his life, makes individual to lead a healthy life for a span of 100 yrs without any disease impediment. Principle in which the dietetics rules and regimen have been enumerated is the swasthavritta, the person who accepts it, will lead healthy long life.

Yoga being an ancient treasure of Indian History still it holds its own significance in present era because, yoga is boon for sick and it is solace for restless mind & body.

**Details of faculty :-**

S. No.	Name of Faculty	Qualification	Experience	Specialization	Book/ Journal	OPD No. & OPD Days	Photo
1.	Dr. Shilpa S. Walkikar	M.D	6 Year 7 Month 5 Day	Swasthavritta	1 Aritcle –National Journal 1 Article- International Journal	17  Tuesday	

**Departmental Activities :-**

1. Conduct International Yoga Day on 21<sup>st</sup> June on every Year to create awareness among people
2. Every year swasthavritta educational visits to
  - Water Treatment Plant
  - Sewage Treatment Plant
  - Naturopathy Centre
  - Milk Dairy Plant
  - PHC/CHC/Polyclinic
3. Teaching Theory & Practical Classes to UG students (IIIrd Yr)
4. Making Aahardravya Samples as Specimens for museum.
5. Conducting Yoga Classes for students and patients.
6. Making compilations & charts by students.

**Research Work undergoing in the Department:-** NIL

**Any other relevant detail regarding Department:-**

1 Male & 1 Female Yoga Guest Faculties are working in department.

Photographs of Department/Departmental Activity:-

