

# **DEPARTMENT OF SWASTHAVRITTA AND YOGA**

## **SHREE RMD AYURVED COLLEGE AND HOSPITAL**

### **1. INTRODUCTION**

Swasthavritta and Yoga is a subject included in the curriculum of third professional B.A.M.S. The subject is dealt with by the Department of Swasthavritta and Yoga. At Shree RMD Ayurved College and Hospital, Department of Swasthavritta & Yoga has manpower of two qualified faculties namely Dr. Aditya Bhat, Associate Professor and Head of department and Dr. Prajakta Karale, Assistant Professor. Mr. Manish Shah is the Yoga expert in the department. Department has many models, charts and specimens adequate enough to impart quality teaching in the subject. Department is attached with a out-patient unit which provides services like diet and lifestyle advice, Prakruti Parikshan, advice on diurnal and season regimen and advice on Yoga. Out-patient unit also takes care of diet of in-patients of the hospital. Department conducts health awareness camps in the surrounding villages. Yoga classes are conducted for patients and their attendants daily in the institution by the department. Every year International day of Yoga is celebrated in the institution by the department which includes various activities like mass yoga practice. Department also imparts training to various trainees like those of Ayushman Bharat Program of Government of India.

**VISION:** To become a department par excellence in the field of education in Ayurveda and care of patients

**MISSION:** To impart quality education to the students in the subject Swasthavritta and Yoga and to provide holistic care to the patients through Ayurveda and Yoga.

### **2. STAFF AND DESIGNATION**

SR.NO	NAME OF THE STAFF	DESIGNATION	QUALIFICATION
1.	Dr. Aditya Bhat	Professor	M.D.(Ayurveda)
2.	Dr. Prajakta Karale	Associate Professor	M.D.(Ayurveda)

### **3. ACADEMIC FACILITIES:**

Department has many models, charts and specimens adequate enough to impart quality education to students in Swasthavritta and Yoga.

### **4. EXTRA TRAINING PROGRAMME**

Department indulges in training of various trainees like those of CCCH under Ayushman Bharat Program of Government of India.

## 5. FACILITIES FOR PUBLIC

Department conducts health awareness camps in the surrounding villages. Every year International Day of Yoga is celebrated in the institution by the department which includes various activities like mass yoga practice by the public.

## 6. PATIENT SERVICES(OPD/IPD/OT)

Department is attached with an out-patient unit which provides services like diet and lifestyle advice, Prakruti Parikshan, advice on diurnal and season regimen and advice on Yoga. Out-patient unit also takes care of diet of in-patients of the hospital. Yoga classes are conducted for patients and their attendants daily in the institution by the department.

## 7. GALLERY (PICTURES WITH HEADINGS AND DESCRIPTION)

Patient consultation



Maas Yoga practice



Yoga for school children



## Departmental models & charts





