



Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rngnalaya
Kanchanwadi, Aurangabad



Steps adopted by the Institution towards implementation of Swasthavritta activities such as Sadvritta, Achararasayana, Dinacharya and Ritucharya etc.

There are so many steps adopted by the institution towards implementation of swasthavritta activities such as sadvritta, Achar Rasayans, Dinacharya and Ritucharya etc. in the last five years.

Dinacharya is a concept in Ayurvedic medicine that synchronizes with the cycle of nature and daily activities.

Achar Rasayan is behavioral conduct i.e. Sadvritta. It acts as a Rasayan on our body and mind. We explain the Sadvritta and Achar Rasayan for the OPD patients. For that we maintain separate data of OPD patients in separate OPD register.

Rutucharya is explained to OPD patients daily for the improvement of their health status. Separate data of OPD patient is maintained.

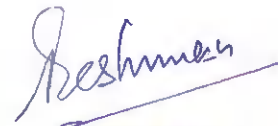
In 2021 total 525 students and patients were benefitted by therapeutic and

Common yoga whereas till May 2022, 457 students and patients were benefitted.]

In 2021 advance training of yoga was given to 55 students and 60 students received the same in 2022 till May.

Students admitted to Ayurveda discipline are benefited by regular Yoga practice sessions. Data is maintained since 2013 onwards.

Separate OPD register is available in OPD.



PRINCIPAL

Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
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