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NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED
छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



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

There are so many steps adopted by the institution towards implementation of swasthavritha activities such as Sadvritha, Achar Rasayans, Dinacharya and Ritucharya etc. in the O.P.D. of Swasthavritha & yoga department.

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

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

Diet is also explained accordingly to the Prakruti of the patient and also disease wise. Meditation also explained for the fitness of mental health regularly in the OPD.

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

In June 2022- May 2023 total 628 students and patients were benefitted by therapeutic and Common yoga. In June 2022- May 2023 advance training of yoga was given to 78 students.

Students admitted to Ayurveda discipline are benefitted by regular Yoga practice sessions. Separate OPD register is available in OPD.



Beshmesh
Principal

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