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NCISM College Code : AYU0153  
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, 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.)



### 8.1.3 Promotion of Seasonal Panchakarma Protocol

Department is practicing life style modification & seasonal Panchakarma for Public Health. From the establishment of department we have designed three step protocol to perform panchakarma for health and life style modification. Department has yearly assigned Vasantik Vamana in vasant Basti Panchakarma shibir in varsha rutu. Department also organized health awareness camp, educational tour, Medical Diagnostic Camps at various School institutes and villages. Panchakarma procedures were done at Institutional Panchakarma Unit.

#### The first step of protocol is

Publicity through rural and urban and through articles through handbills & posters

#### The second step of protocol is

Inauguration of camp with the help of competent authority of Institutional Chief Authority guest

To do health check-up throughout the day with registration

To perform the karma on the planned day

#### The third step of protocol is:

To give Patient prior Information regarding dietary regimen to follow pathyaapathya

To publish the conducted program through the newspaper for Public Information.

In winter season the department of panchkarma is doing all Panchakarma like life modification plans ie 'Snehana, Swedana (Abhyang / Steam Bath), each & every year. Life Health care. We are also doing Murdhanitailan, Pindsweadan, Udvartana type Pottali/pinda swedana, talpodichil, padabbyanga, netra tarpana.



*[Signature]*  
Principal

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