



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

Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

(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 Swasthavritta activity

The Department of Swasthavritta evam Yoga at CSMSS Ayurved Mahavidyalaya and Rugnalaya actively promotes preventive and promotive health care through its "Swastha Rakshan OPD". Patients are regularly guided about diet, lifestyle modification, yogasana, and pranayama as per their health status to enhance well-being & overcome illness.

The institute conducted health awareness and yoga sessions for different groups including geriatric patients, pregnant women, ASHA workers, PHC staff, OPD patients, & students with a focus on stress-free and healthy living. A full-fledged Yoga Hall, expert yoga demonstrators and facilities for advanced yogic practices like Jalneti, Sutraneti were made available.

Guest lectures & extension activities were organized in CSMSS Engi, Agriculture, Polytechnic Colleges on the theme of "Stress Management through Yoga." Furthermore, the department adopted five villages—Manur, Bokuljalgaon, Pokhari, Chitegaon, Patoda, Lakhegaon where regular health checkups, health education, yoga camps were conducted.

Through these initiatives, the institution has effectively implemented Swasthavritta practices, promoting holistic health, disease prevention, and community wellness in alignment with the objectives of NCISM and NAAC criteria.

From January 2024 to June 2025 total 746 patients were benefitted by therapeutic yoga while 51 students received advanced yoga training & session.



Reshma

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar-431 011. (M.S.) | कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)

Tel: (0240) 2646201, 2646202, 2646464 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalcsmsayu@gmail.com, Website: www.csmsayurved.com