

Swasthavritta & Yoga

Ayurveda is a science of art of living. It deals with preventive and curative principles for the better health. This subject "Swasthavritta" is included in IInd year syllabus. It deals with personal and social hygiene not only at the physical level but also at the mental level. Mainly it stresses at the preventive aspect. It tells us how to keep one-self healthy. The syllabus is divided in two papers with practical sessions also.

First paper mainly includes basic principles of Ayurveda. Dincharya, Ratricharya and Rutucharya are the most important aspects for a person to be "Swastha." Environmental health, Industrial health, various types of ventilations, basic elements of life i.e. air, water, their purification processes, Milk processing, sewage disposal, School health, Maternal and child health etc. are included in this paper.

Second paper comprises of Yoga and Naturopathy. It emphasizes the basic principles of Yoga and its applied aspects in clinical practice. In respect to modern life style which itself is responsible for many kinds of diseases. In these circumstances, it is hard to promote healthy life style through Yoga, Healthy Nutrition Diet & Exercise. Keeping this in mind, "Swasthya Rakshan" OPD is run by this department in the hospital section, which guides the people as well as patients about the Diet, Yoga, (Pranayam, Asanas) and overall life style changes to live the life better and to fight against the diseases. "Life style disorders" such as hypertension, diabetes, cardiac diseases etc. can only be treated with the help of Ayurvedic and Yogic life style.

Department is well equipped with the Yoga hall, Departmental Library containing 100 books and Departmental museum containing 40 specimens, 50 Charts and 27 Models.