

BSDT's AYURVED MAHAVIDYALAYA, WAGHOLI, PUNE

DEPARTMENT OF SWASTHAVRITTA AND YOGA

INTRODUCTION

The mission of Dept of Swasthavritta is to maintain & enhance health of communities including all types of social classes through thorough knowledge of Samhitas & other classical books by means of education, research, serving to community.

Dept of Swasthavritta has 2 sections –

1. Academic section – UG teaching
2. OPD –Swasthyarakshan OPD

SUBJECT OUTCOME

- ✚ At the end of the course -
 - The student should be able to apply preventive principles like Dincharya, Rutucharya clinically.
 - Recognise the properties of Aahariyadravya & clinical application of 'Pathya & Apathya'
 - Recognise the clinical application of Yoga & naturopathy
 - Recognise community health problems & clinical application of Ayurveda on it

SPECIALITY OF THE DEPARTMENT

1) Herbal soap project

- ✚ Started in April 2020
- ✚ 6 types of herbal soaps
 - Chandan Keshar
 - Nimb – Haridra
 - Baby



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- Haridra soap
- Rose
- Ubtan

Till now more than 1000 soaps are produced in department.

2) Health awareness lectures for companies/ industries

*Online Lecture on awareness of heart health on occasion of 'world heart day ' in November 2021 for Valeo Industries.

*Yoga session at Hyva industries on occasion of '8th International Day of Yoga, 2022.

