

## DEPARTMENT OF SWASTHAVRITTA & YOGA

### DEPARTMENTAL PROFILE:

Swasthavritta is the branch of Ayurveda which plays an important role in health promotion and prevention of the diseases, through holistic approach of Diet, Life style modification and Achar Rasayana (Ethical practices). Department also emphasizes practice of Yoga & Naturopathy.

The Department is well equipped with departmental library, museum, models, visual aids of Yogasana, Pranayama and charts for demonstration and a separate Spacious Yoga hall for practical training for students.

Department has Swasthrakshana OPD in Hospital with practical approach towards Yoga, Nisargopachara and *Pathyapathya Ahar* (Diet Consultancy).

Post Graduate course in Swasthavritta & Yoga started in 2004 and Ph.D. since 2012. Department also runs DNYS (Diploma in Naturopathy & Yogic sciences) course since 2008-09.

### FACULTY PROFILE:

Name	Qualification	Designation
Dr Bhalsing Vijay V.	B.A.M.S, M.D.	Vice Principal, Professor
Dr Patwardhan Ravindra P.	B.A.M.S, M.D.	Professor & HOD
Dr Mrs. Bhati Kirti R.	B.A.M.S, Diploma in Swasthavritta, PhD	Associate Professor
Dr Menon Sudeep S.	B.A.M.S, M.D. PhD (Sch)	Associate Professor
Dr Patil Dhananjay M.	B.A.M.S, M.D.	Assistant Professor
Dr Patil Amol M.	M.Sc.(Yoga), PhD	Yoga therapist
Dr Pawar Ajinkya	BNYS, PGDPPHC, FCR, PGDCEP(UK)	Naturopath

### **MUSEUM:**

Department possesses its own museum with all required charts, models and specimens. Composition and contents of all fruit, vegetables, cereals etc are kept on display boards. A separate Yoga Hall with an adequate space for Yogasana and all relevant charts related to Yoga are also available.

### **DEPARTMENTAL STRENGTH:**

- a) Well qualified and experienced faculty
- b) Department manages lifestyle disorders & occupational Health Hazards through Swasthyarakshan OPD.
- c) Well-equipped therapy center in hospital related to yoga and naturopathy for the patients and demonstration for the students.
- d) Concept of Pathyapathy (Dietary do's & don'ts) plays key role in prevention & cure of diseases. Department provides diet consultancy to all the patients of Ayurved hospital.

### **RESEARCH ACTIVITY:**

- 1) Ph.D.: Completed projects - 02
- 2) Ph.D.: Ongoing projects – 05
- 3) M.D.: Completed projects - 75
- 4) M.D.: Ongoing projects - 03

Number of Publications:

Dr Bhalsing Vijay V.: 12  
Dr Patwardhan Ravindra P.:19  
Dr Mrs. Bhati Kirti R.: 22  
Dr Menon Sudeep S: 05

### **TESTIMOMNIALS:**

Teaching staff is well experienced and co-operative. Department is spacious & well equipped in terms of museum, Yoga aids. Students get a good exposure & experience in departmental OPD & IPD.

### **AWARDS:**

Dr. Kirti Bhati received Best Teacher in Swathavritta Award by Ayurveda Teachers Association on 18<sup>th</sup> August 2019.

## PHOTO GALLERY:

### Departmental Infrastructure:











**Yoga activity:**













**International Yoga day:**



