GS AYURVEDA MEDICAL COLLEGE & HOSPITAL

N.H-24, Near Railway Station Pilkhuwa,
District: - Hapur (U.P.) -245304

DEPARTMENT OF SWASTHVRITTA

Introduction :
A real strength of Ayurveda is preventive measures and maintaining good health which is included in subject Swasthavritta. So this subject is very much important in faculty of Ayurveda.
According to CCIM, Swasthavritta syllabus also contains preventive measures of Modern science, Yogshastra and Naturopathy. The content of subject is very useful to create such students, who are able to bring about welfare of the society with the help of science of Ayurveda along with Yogshastra and Naturopathy.

Objectives :
At the end of the course the students shall be able to explain the concept of health; they should advice an appropriate healthy regimen to patients. They should discriminate various food articles and its usefulness as a diet consultant to the community.
While serving the community they should identify various conditions that can lead to the spread of communicable diseases and non - communicable diseases and its preventive measures according to Ayurveda and modern medicine with the help of Yoga therapy and Naturopathy. They should understand the principles and components of primary health care and the national health policies to achieve the goal of "Health for all".

DEPARTMENTAL ACTIVITIES :-
1] N.S.S. activity - Departmental teachers participate as a guest lecturer in various NSS camps.
2] Community health work - Teachers of the department actively participate in community health programmes like health survey, school health check up, Pulse Polio Programme, Swasrnaprashan Shibir are organized by our institute.

S.N.	Name	Department	Designation	D.O.J	Photo
1.	Dr. Gaurav Sharma	Swasthavritt & Yoga	Professor	01-04-2021	
2.	Dr. Atul Shankar Sharokte	Swasthavritt & Yoga	Reader	23-05-2018	
3.	Dr. Ghanshayam	Swasthavritt & Yoga	Lecturer/Consultant	06-12-2016	
4.	Mr. Arun Kumar Pandey	Swasthavritt & Yoga	Yoga Teacher	15-11-2016	