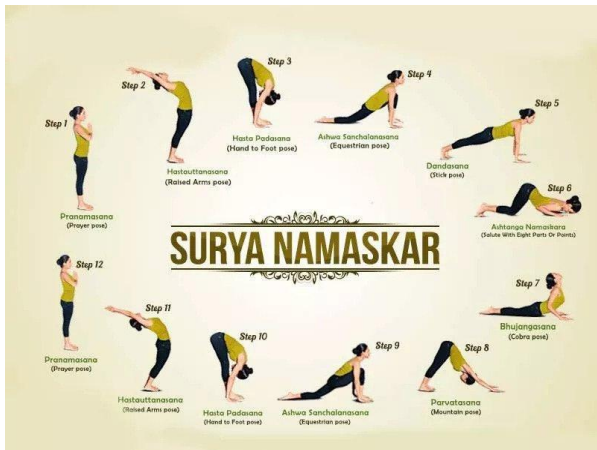


DEPARTMENT OF SWASTHAVRITTA

Swasthavritta is one among the branch of Ayurveda which deals with prevention of diseases through the lifestyle modification, diet counseling, following daily & seasonal regimens & behavior, yoga & naturopathy therapies. Educating & empowering individuals with the information to promote their health.



- Provide health management services to the community.
- Provide preventive services to the society in communicable & non-communicable diseases.
- Involvement in national health programmes.
- Yoga & naturopathy therapies for healthy individuals & diseased conditions.
- Promote practice of daily regimens and seasonal regimens.
- Rejuvenation of body and mind through Rasayana & Achara Rasayana.

Swasthavritta department is well equipped with various models, varieties of specimens, charts, vast departmental library and well designed yoga hall.