



Tilak Ayurved Mahavidyalaya, Pune

Tilak Ayurved Mahavidyalaya, Pune

Department of Swasthavritta & Yoga

Goals of Swasthavritta Studies

- Achieve the 'Health for All'
- Propagate healthy life style among the population
- Improve the quality of physical and mental health among the population
- Prevent the incidence of communicable and lifestyle diseases
- To prepare the students to function as community physicians.

Objective of the Swasthavritta Studies

At the end of the course the student shall be able to

- Explain the concept of health
- Describe an appropriate healthy regimen
- Discriminate various food articles and its usefulness
- Identify various conditions that can lead to the spread of communicable diseases and its preventive measures
- Identify various conditions that can lead to the spread of non - communicable diseases and its preventive measures
- Explain the principles and practice of Yoga in preventive medicine
- Explain the principles and practice of Naturopathy in preventive medicine
- Explain the principles and components of primary health care and the national health policies to achieve the goal of "Health for all".

Skills to be achieved at the end of Swasthavritta studies

At the end of the course, the student shall be able to make use of

- The principles & practice of daily & seasonal regimen in community settings
- Techniques like Nasya, anjana, Gandusha, Abhyanga and Udvartana in preventive practices.
- Diagnose and manage common nutritional problems at the individual and community level.
- The art of communication with patients including history taking and medico social work.
- Collect, analyze, interpret & present simple community & hospital base data.
- Diagnose and manage common health problems at community levels
- Plan, implement and evaluate a health education programme with skill to use simple audio-visual aids.
- Yoga to practice individually or at community level in prevention and management of selected non communicable diseases
- Interact with other members of the health care team & participate in the organization of health care services & implementation of national health programmes.

