



Shri Dhaneshwari Manav Vikas Mandal's

Sau. Shantadevi Vedprakash Patil Ayurved College & Research Institute

(Recognised by AYUSH Ministry-New Delhi,
Govt. of Maharashtra & Affiliated by Maharashtra University of
Health Sciences, Nashik)

Dr. V. K. Patil
(President)



Dr. Manikrao Kulkarni
(Principal)

8.1.4: Steps adopted by the Institution towards implementation of Swasthavritta activities such as Sadvritta, Achararasayana, Dinacharya and Ritucharya etc. in the last five years

The institution has implemented several initiatives in the last five years to include swasthavritta activities, including sadvritta, Achar Rasayans, Dinacharya, and Ritucharya. Dinacharya is a principle in Ayurvedic medicine that aligns with the natural cycle and everyday routines, following the cycle accordingly. The practice of Dinacharya is a very effective Ayurvedic technique for enhancing general health and well-being, which includes cultivating awareness of dinacharya. We disseminated several forms of content in newspapers, magazines, and other publications. The significance of Dinacharya in enhancing the well-being of OPD patients via the modification of their everyday lifestyle is elucidated. Undergraduate students of Ayurveda are taught about it as a component of their curriculum and lifestyle. Ayurveda places significant emphasis on individual and societal conduct due to its impact on an individual's bodily and emotional well-being. Sadvritta promotes physical well-being and facilitates mental mastery. Sadvritta refers to the practice of maintaining both physical and mental discipline, which is expected to be observed by individuals on a daily basis. Achar Rasayan refers to the practice of behavioural conduct, also known as Sadvritta. It functions as a rejuvenator on our body and psyche. At our facility, we provide counselling to OPD patients to educate them about Sadvritta and Achar Rasayan. Additionally, we disseminate information to the general public via media articles. To do this, we keep distinct records of outpatient department (OPD) patients in a dedicated OPD register. Rutucharya refers to the modifications in food and behaviours made in reaction to variations in climatic circumstances such as cold, heat, rain, and so on. The state of one's health is contingent upon two key variables - nutrition and lifestyle. Nutrition impacts the body's internal functions, while lifestyle choices influence external factors. By adhering to suitable dietary choices and adopting a healthy lifestyle, individuals may effectively prevent the occurrence of diseases and continuously extend their lifespan. Every day, OPD patients are provided with an explanation of Rutucharya to enhance their health condition. Rutucharya publishes several sorts of articles according to the needs of the community. Data for OPD patients is kept separate.



PRINCIPAL
S.S.V.P. Ayurved College & R.I.
Hatta, Tq. Basmath Dist. Hingoli