

# **Department of Swasthavritta & Yoga**

## **SRV Ayurvedic Medical College & Hospital, Lucknow**

### **1. Introduction**

The Department of Swasthavritta & Yoga at SRV Ayurvedic Medical College & Hospital, Lucknow is dedicated to the promotion of preventive healthcare and healthy lifestyle practices through Ayurvedic principles and Yoga. The department focuses on maintaining physical, mental, and social wellbeing by emphasizing Dinacharya (daily regimen), Ritucharya (seasonal regimen), balanced diet, Yoga, and lifestyle modification. The department also contributes to public health awareness and community healthcare activities through various educational and outreach programs.

### **2. Aims**

To promote preventive and promotive healthcare through Ayurveda and Yoga.

To develop awareness regarding healthy lifestyle practices among students and society.

To improve quality of life through holistic health management.

To encourage natural methods for disease prevention and health maintenance.

### **3. Objectives**

To educate BAMS students about Swasthavritta principles and Yoga therapy.

To provide knowledge regarding diet, hygiene, lifestyle, and preventive medicine.

To conduct Yoga training and lifestyle counseling for patients and the public.

To organize health awareness programs, community health camps, and research activities.

To promote physical, mental, and social wellbeing through Ayurvedic principles.

### **4. Cases Handled / Activities**

Yoga therapy sessions for obesity, diabetes, hypertension, stress, PCOD, back pain, and lifestyle disorders.

Diet and lifestyle counseling for OPD and IPD patients.

Conducting daily Yoga sessions for patients, students, and the public.

Organizing Food Festivals and Nutrition Awareness Programs for promoting balanced diet and healthy eating habits.

Community outreach activities and health awareness programs in nearby villages.

Demonstrations and awareness activities regarding food adulteration tests.

Training students in public health, preventive medicine, and healthy lifestyle practices.

Participation in academic, extracurricular, and public health-related activities.

### **Faculty**

Dr. Anupam Shukla (Assistant Professor)











