



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



POLICY FOR LIFESTYLE COUNSELLING SERVICES IN ARSMH

This guideline provides details about the steps to be followed to promote Lifestyle counselling services in ARSMH in order to ensure effective and good quality services.

OBJECTIVES:

- To document the process for Lifestyle counselling in ARSMH.
- To promote the health through life style modification in the patients as well as healthy persons in ARSMH

Service is provided to all patients coming to Swasthyarakshan opd for lifestyle disorders as well as healthy individuals for Diet & Yoga consultation at ARSMH. Also IPD patients referred for Diet & Yoga consultation by other departments.

METHODOLOGY:

- Ayurveda, apart from providing various therapeutic measures for diseases, emphasizes on maintenance, promotion of health and prevention of diseases through diet and lifestyle regimens.
- Based on this principal we provide Lifestyle Counselling services for patients coming to Swasthyarakshan OPD & also for Indoor patients.
- We provide Lifestyle consultation for healthy people and patients as Daily routine (Dinacharya) & Seasonal regimens (Ritucharya). We also promote practices of Sadvritta, Achara Rasayan among patients & their relatives through counselling.
- We suggest Lifestyle modification for lifestyle disorders through Diet & Yoga consultation according to diseases. Detailed diet chart is provided to patient as per his disease condition.
- Diet & Yoga consultation is also provided to IPD patients referred to Swasthyarakshan department by other departments.




Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



College of Ayurved & Research Centre

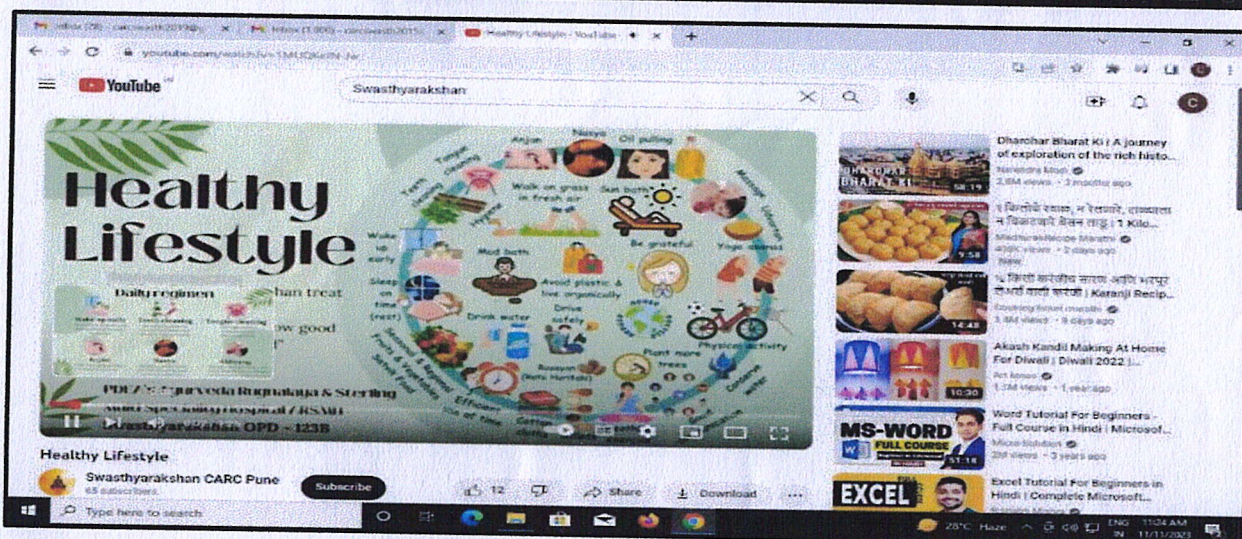
Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org

Lifestyle Awareness Video Published on Swasthyarakshan YOU Tube channel of Swasthavritta department on the occasion National Ayurved Day 2023.

Language: Marathi & English

YOU Tube Link: <https://www.youtube.com/watch?v=71zUxKYn7NA&t=16s>
<https://www.youtube.com/watch?v=1MUQKeJN-Jw>
<https://youtu.be/jSzZHf-iQeM>
<https://youtu.be/NKgVqA6FkiI>

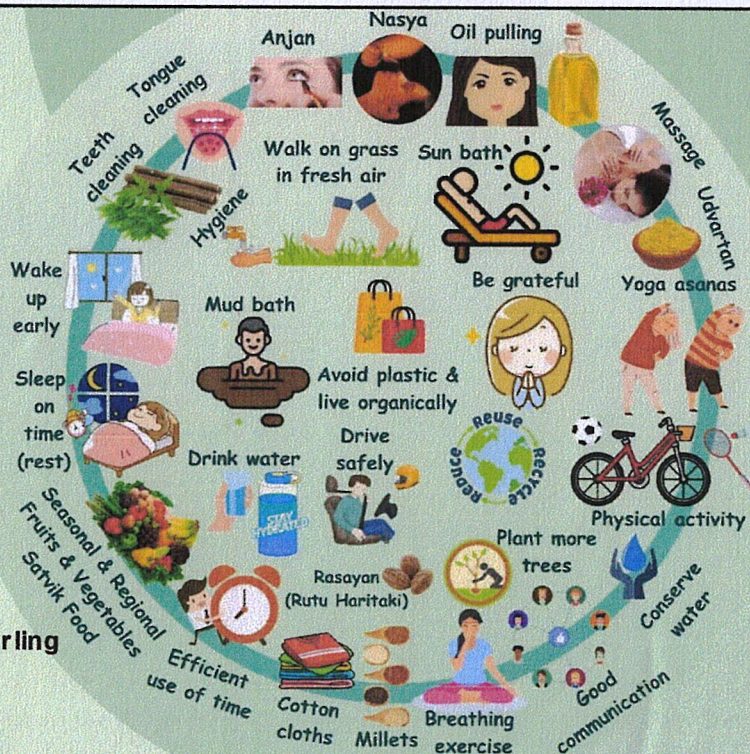


Healthy Lifestyle

"Let's build wellness rather than treat disease"

"Most people have no idea how good their body is designed to feel"

PDEA's Ayurveda Rugnalaya & Sterling
Multi Speciality Hospital ARSMH
Swasthyarakshan OPD - 123B



Daily regimen

Wake up early

Wake up early in the morning (Brahma Muhurta) to ensure healthy life.



Anjan

Use Collyrium (kajal) daily to enhance eye health.

Teeth cleaning

Use herbal toothpaste or neem sticks or dantamanjan powder to clean your teeth.



Nasya

Put daily 2-2 drops of oil in your nose to enhance health of sensory organs, hair.

Tongue cleaning

Use tongue cleaner (copper/steel) to improve oral health.



Abhyang

Massage your whole body with oil for maintaining your youthfulness and to reduce vaat dosha, tiredness.

Daily regimen



Oil pulling

Do oil pulling daily or 2,3 times a week to enhance oral health.



Udvartan

Use udvartan or herbal soap instead of chemical soap.



Yoga/ Exercise

Do exercise daily.

- Improves digestive fire.
- Lightness in body.
- Improves immunity.
- Increases body strength.

Seasonal regimen

Eat **seasonal & regional** - fruits & vegetables.

Hemant Rutu

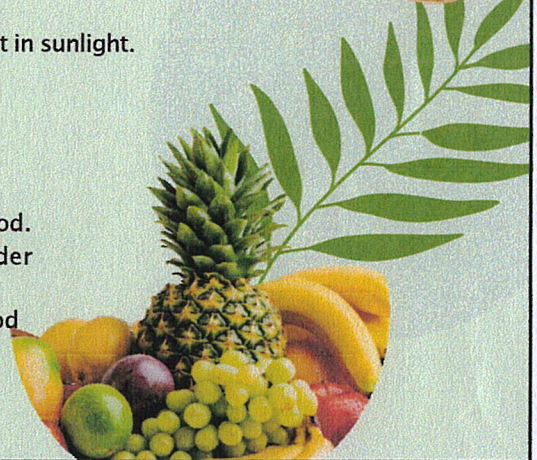
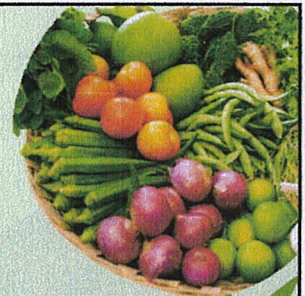
Eat sweet, sour, salty, greasy, hot food.
Drink hot water, exercise, use udvartan, sit in sunlight.
Avoid fasting and afternoon sleep.

Shishir Rutu

Same regimen as Hemant rutu.

Vasant Rutu

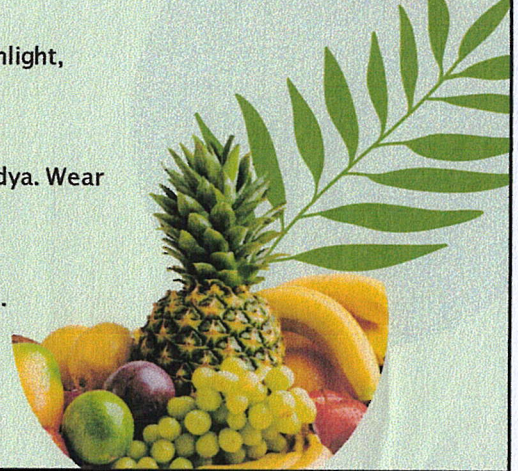
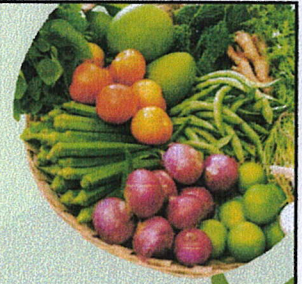
Eat pungent, astringent, dry, light, hot food.
Have **honey**. Take **Nasya**. Take **Vaman** under the guidance of expert vaidya.
Avoid sweet, sour, salty, greasy, heavy food and afternoon sleep.



Seasonal regimen

Eat seasonal & regional - fruits & vegetables.

- Grishma Rutu** Eat sweet, light, greasy, cold, liquid food.
Drink sweet cold juice, coconut water.
Avoid alcohol, pungent, sour, salty food, sunlight, exercise.
- Varsha Rutu** Eat sour, salty, greasy, light food.
Take **Basti** under the guidance of expert vaidya. Wear light dry cloths.
Avoid afternoon sleep and exercise.
- Sharad Rutu** Eat bitter, sweet, astringent, cold, light food.
Have **Amla**. Take **Virechan** under the guidance of expert vaidya, sit in moonlight.
Avoid pungent, hot food and afternoon sleep.



Ahara vidhi vidhan

- 1 Eat hot food.
- 2 Eat greasy food.
- 3 Eat proper quantity of food.
- 4 New food should be consumed only after the digestion of previous food .
- 5 Eat food with no contradictory potencies.
Eg : Milk+ Fruits (Milkshake, Fruit salad)
- 6 Consume food in auspicious place and with all equipments.
- 7 Do not consume food in haste or too much slow.
- 8 Do not consume food while chatting.
- 9 Do not laugh while eating.
- 10 Eating mindfully.



10

Eating mindfully.



Natural healing

"Healthy self = Heal thy self"



Mud bath

Once or twice a month.

- Draw out impurities from the skin.
- Exfoliate dead skin cells.
- Relax sore muscles and joints.



Sun bath

Sit in sunlight for 30-40 min a day.

- Increases vitamin D.
- Restores skin health.
- Prevents cancer.
- Boosts immunity.
- Improves cognitive function.



Walk on grass in fresh air

30-40 min a day.

- Helps reduce stress.
- Improves eyesight.
- Regulates sleep cycle.
- Reduces pain & inflammation.
- Improves heart health.

Sadvritta



Daily water bath

Take bath daily to ensure good health.



Respect elders

Respect your parents, teachers, doctors, pandit, saints, guests etc.



Good communication

Always speak the truth, never criticize anyone, have a healthy conversation with everyone.



Drive safely

Always wear your helmet or seatbelt while driving. Ensure your vehicle is functioning properly before driving.



Animal compassion, non-violence

Be compassionate towards every living creature. Practice non-violence physically, mentally, and verbally.



Hygiene

Maintain proper hygiene while coughing and sneezing, maintain hand hygiene.



Be grateful

Be grateful for everything that you have.



Efficient use of time

Use time wisely. In your free time learn something new, help others.



Sadvritta



No spitting on the road

Don't spit on the road to ensure clean and healthy environment.



Stay away from addiction

To live a healthy, happy and long life stay away from addiction.



Eat Satvik food

Eat satvik food such as fresh fruits and vegetables.



Don't throw garbage on the road

Don't throw garbage on the road to ensure clean and healthy environment.



Don't waste food

Don't waste food.



Give leftover food to animals

Give leftover food to needy people or stray animals.



Be helpful

Always help needy people.

6 Small Acts

With Big Impacts to Save Our Earth



Reduce, Reuse, Recycle

Cut down on what you throw away. Follow The Three Rs to conserve natural resources and landfill space.



Avoid plastic

Avoid use of plastics and bring reusable cloth bags. Use reusable straws, spoons, container etc.



Conserve Water

The less water you use, the less runoff and wastewater that eventually end up in the ocean. So, save as much water as you can.



Plant More Trees

Trees provide food and oxygen. They prevent soil erosion, clean the air, soil, and help combat climate change.



Don't Throw Chemicals Into Waterways

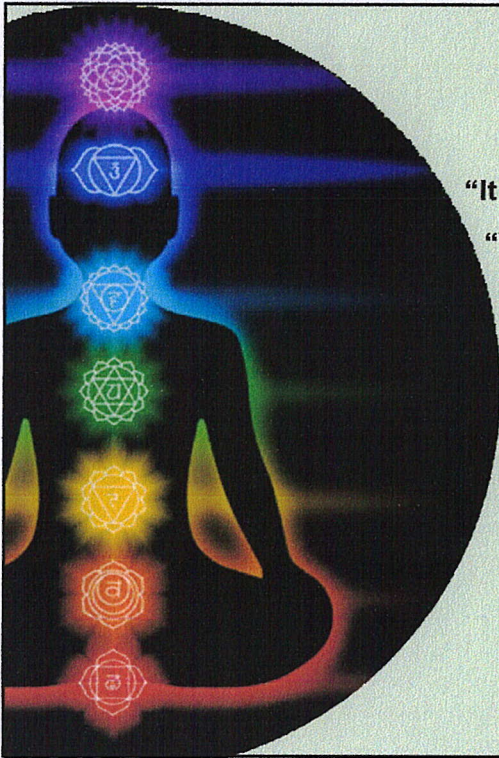
Choose non-toxic chemicals in home and office. Use biodegradable chemicals for daily needs.



Live organically

Use organic products as much as possible. Such as naturally dyed cotton cloths, natural house cleaning products, natural perfume, cotton/bamboo/ banana fibre sanitary pads, natural soaps, shampoo.





"It is health that is real wealth and not pieces of gold and silver."

"When diet and lifestyle is wrong medicine is of no use, when diet and lifestyle is correct medicine is of no need."

"A healthy outside starts from the inside."

**Department of
Swasthavritta**

College of Ayurved &
Research Centre, Nigdi, Pune.



Therapeutic Yoga Stamps in Swasthyarakshan OPD

१) उच्चरक्तदाह

आसन - शवासन कोणासन
अर्धहलासन वज्रासन
भुजंगासन वक्रासन
प्राणायाम - चंद्रभेदन, भ्रामरी, शीतली, उज्जायी, ऊँकार

२) अम्लपित्त

शुद्धिक्रिया - कुंजल
आसन - वज्रासन अर्धमत्स्येन्द्रासन
भुजंगासन पश्चिमोत्तानासन
शलभासन शवासन
प्राणायाम - शीतली, भ्रामरी, सीत्कारी, अनुलोम-विलोम

३) कटिशूल / पृष्ठशूल

आसन - पर्वतासन धनुरासन
ताडासन भुजंगासन
कटिचक्रासन शशांकासन
सेतुबंधासन मार्जारासन
प्राणायाम - भ्रामरी, उज्जायी, अनुलोम-विलोम

४) स्त्रीरज

शुद्धिक्रिया - कपालभाती
आसन - त्रिकोणासन भुजंगासन
उत्तानपादासन पश्चिमोत्तानासन
सूर्यनमस्कार अधःशलभासन
पवनमुक्तासन धनुरासन

५) श्वेतवात

आसन - कटिचक्रासन उत्तानपादासन
कोणासन भुजंगासन
पवनमुक्तासन भद्रासन
प्राणायाम - अनुलोम-विलोम, भ्रामरी, भस्त्रिका

६) पचनसंस्थेचे विकार

आसन - वज्रासन उष्ट्रासन
भुजंगासन वक्रासन
धनुरासन पश्चिमोत्तानासन

७) प्राणायाम - भ्रामरी, भस्त्रिका, अनुलोम-विलोम

वार्धक्यजन्य विकार

शुद्धिक्रिया - कपालभाती, त्राटक
आसन - पर्वतासन जानुशिरासन
भुजंगासन योगमुद्रा
निरलंबासन शवासन
प्राणायाम - भ्रामरी, अनुलोम-विलोम

८) शिखायु विकार

शुद्धिक्रिया - कपालभाती, नेति
आसन - उष्ट्रासन पश्चिमोत्तानासन
मत्स्यासन शशांकासन
भुजंगासन शवासन
प्राणायाम - उज्जायी, भ्रामरी, अनुलोम-विलोम

९) हृदयविकार

आसन - ताडासन शवासन
कटिचक्रासन शशांकासन
भुजंगासन गोमुखासन
प्राणायाम - चंद्रभेदन, अनुलोम-विलोम

१०) उंचीवर्धनाथ

शुद्धिक्रिया - कपालभाती, नेति
आसन - सर्वांगासन त्रिकोणासन
ताडासन नटशिरासन
वृक्षासन सूर्यनमस्कार
प्राणायाम - उज्जायी, भ्रामरी, भस्त्रिका, अनुलोम-विलोम

११) स्वसनसंस्थेचे विकार

शुद्धिक्रिया - कपालभाती, नेति
आसन - सर्वांगासन वृक्षासन
मत्स्यासन गोमुखासन
भुजंगासन वक्रासन
प्राणायाम - भ्रामरी, भस्त्रिका, उज्जायी, अनुलोम-विलोम

१२) श्वेतजन्य विकार

शुद्धिक्रिया - कपालभाती, नेति
आसन - ताडासन पश्चिमोत्तानासन
सर्वांगासन शशांकासन
मकरासन शवासन
प्राणायाम - उज्जायी, भ्रामरी, अनुलोम-विलोम, ऊँकार

१३) मधुमेह

शुद्धिक्रिया - कपालभाती, नेति
आसन - पवनमुक्तासन अर्धमत्स्येन्द्रासन
भुजंगासन पश्चिमोत्तानासन
शलभासन गोमुखासन
प्राणायाम - भ्रामरी, भस्त्रिका, अनुलोम-विलोम



PDEA'S College of Ayurved and Research Centre, Nigdi, Pune

Department of Swasthavritta

Metric No 8.1.4 QLM Implementation of Swasthavritta Activities

Index of All Swasthavritta Activities

Sr. No.	Date	Name of Activity	No of Participants
1.		Lifestyle counseling services available for patients in Swasthyarakshan OPD and IPD through Dinacharya, Rutucharya & Achar-rasayan	
Aug 2022- July 2023			
2.	25/05/2023	Dinacharya Survey activity	36
3.	03/01/2023	Lecture delivered on diet in senior citizens for Jeshtha Nagarik Sangha, Pradhikaran, Nigdi, Pune.	110
Aug 2021- July 2022			
4.	15/10/2022	Online lecture delivered on role of Ayurveda diet and lifestyle in health for central reserved police force at CRPF , Talegaon on occasion of Ayurveda Day	100
Aug 2021- July 2021			
5.	28/09/2021	Sadvritta Talk for Anath Ashram Children	18
Aug 2020- July 2021			
6.	10/05/2021	Sadvritta Acharan Survey activity	55
7.	05/10/2020	Dinacharya Survey activity	36
8.	05/09/2020	Rutucharya I- Varsha Rutucharya- Survey activity	57
Aug 2019- July 2020			
9.	25/07/2020	Sadvritta Acharan Survey activity	39
10.	22-24/02/2020	Lifestyle Awareness Programme About Dinacharya and Rutucharya in PCMC Plant Exhibition	1000
Aug 2018- July 2019			
11.	20/12/2019	Guest lecture on Dinacharya at Kirti vidyalaya	100





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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date- 05/06/2023

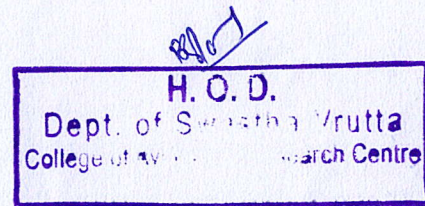
Metric no- 8.1.4

A survey of Dinacharya in BAMS third year students of CARC Nigdi

- **Name_of_activity-** A survey of Dinacharya in BAMS third year students of CARC Nigdi
- **Date-** 25/05/2023
- **Organizing Department-** Swasthavritta Department
- **Students Participated in activity-** 36 (2023 Arude batch)
- **Activity conducted by –** Dr Manjusha Potdar
- **Link of Responses-**
[https://docs.google.com/spreadsheets/d/1rzWKhDMfwIV4HUW8Ks5Z1UYoAa6BPutMOmB0NxmHDNU/edit?usp=drive link](https://docs.google.com/spreadsheets/d/1rzWKhDMfwIV4HUW8Ks5Z1UYoAa6BPutMOmB0NxmHDNU/edit?usp=drive_link)

• Summary of Event-

A Google form was made for students of III rd year BAMS of CARC Nigdi having questions regarding Dinacharya they follow. Students told to fill up the form and submit it. Received 36 responses in response format. Received outcome report from google form in the form of pie chart.





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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date- 03/01/2023

Report of Guest Lecture for senior citizens

Name of the event- Lecture delivered on Diet in senior citizens for Jeshtha nagrik sangha, Pradhikaran, Nigdi, Pune.

Date – 03 January 2023

Time – 10 am – 12 pm

Name of Guest Lecturer- Dr Arti Firke

Location of the event- Vitthal Rukmini Mandir, Pradhikaran, Nigdi, Pune

Number of persons attending the event- 110

Drive Link for Photos- <https://photos.google.com/album/AF1QipOf34DGis-LW4CIHuOn9Mb00AXcN-qf9IPSZ37>

Summary of the event-

Lecture delivered on Diet in senior citizens for Jeshtha nagrik sangha, Pradhikaran, Nigdi, Pune by Dr Arti Firke on 03/01/23. Dr Arti Firke explained the concept of health, ayurvedic lifestyle i.e., Daily & Seasonal regimen, Importance of Aahar concepts in Ayurveda, Importance of Sleep as per Ayurveda in details. Also explained diet as per diseases in old age.

Also given information regarding hospital and Swasthyarakshan OPD.

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र ५११२१८-२०२२-२३
दिनांक - ३१/१/२०२३
लेखनिक *Arti* (३) प्राचार्य



AS
Dr. Arti Firke
Associate Professor
Swasthmitra Dept.



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E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



Date- 03/01/2023

**Lecture delivered on Diet in senior citizens for Jeshtha nagrik sangh,
Pradhikaran, Nigdi, Pune.**

Date – 03 January 2023



317, Sector 25, Pradhikaran, Nigdi, Pimpri-Chinchwad,
Maharashtra 411044, India

Latitude
18.66148498°

Longitude
73.76974496°

Local 10:58:52 AM
GMT 05:28:52 AM

Altitude 14.26 meters
Tuesday, 03.01.2023



317, Sector 25, Pradhikaran, Nigdi, Pimpri-Chinchwad,
Maharashtra 411044, India

Latitude
18.66155879°

Longitude
73.76979085°

Local 11:09:45 AM
GMT 05:39:45 AM

Altitude 14.26 meters
Tuesday, 03.01.2023



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P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



Pune District Education Association's
College of Ayurved & Research Centre

Activity conducted on occasion of Ayurveda Day 2022

“Har Din, Har Ghar Ayurveda”

Post event summary report

Date- 15/10/2022

Name of the event- Online Lecture delivered on Role of Ayurveda Diet and Lifestyle in health for central reserved police force at CRPF, Talegaon on occasion of Ayurveda Day 2022.

Date – 15 Oct 2022

Time – 11 am – 12 pm

Organising department- Swasthavritta

Name of Guest Lecturer- Dr Arti Firke

Location of the event- Online

Number of persons attending the event- 100

Drive Link for Photos-

<https://photos.google.com/album/AF1QipNa4rsjUZYCKXGCMtHGuO05yLI9ppWkZsTsQjNO>

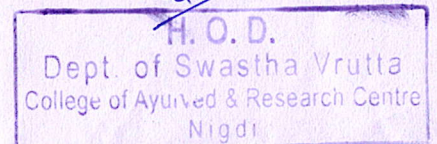
Summary of the event- Online Lecture delivered on Role of Ayurveda Diet and Lifestyle in health for central reserved police force at CRPF, Talegaon on occasion of Ayurveda Day 2022 by Dr Arti Firke on 15/10/22. Dr Arti Firke explained the concept of health, ayurvedic lifestyle i.e., Daily & Seasonal regimen, Importance of Aahar concepts in Ayurveda, Importance of Sleep as per Ayurveda in details. Also given information regarding hospital and Swasthyarakshan OPD.

Name of the department-Swasthavritta



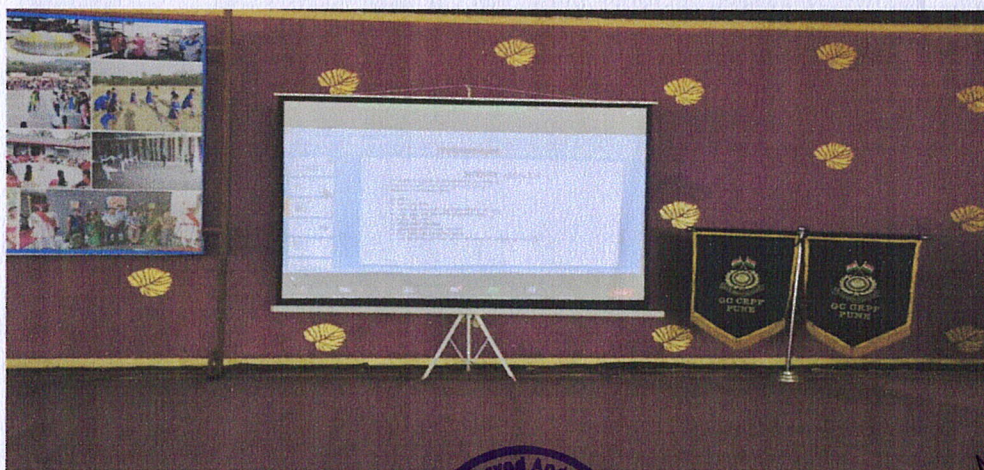
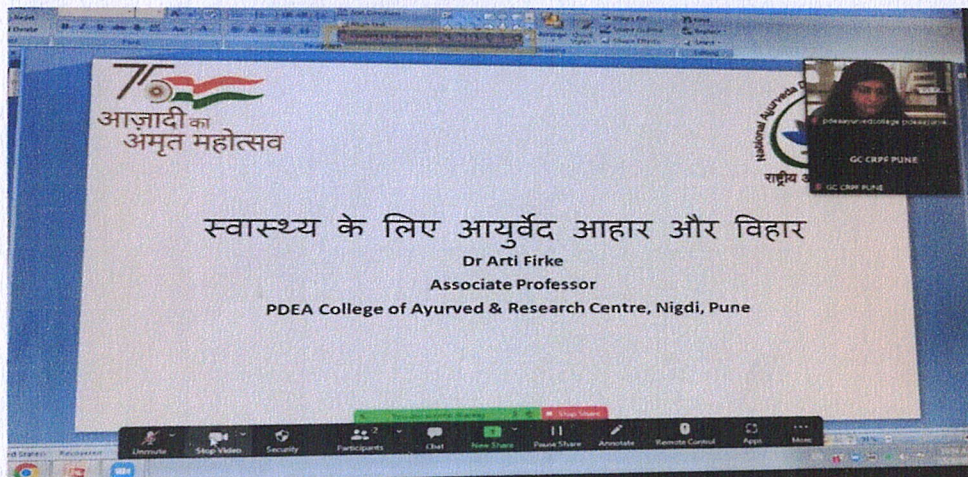
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Principal
P.D.E.A'S

College of Ayurved And Research Centre
Nigdi, Pune - 411 044.



NAAC metric no.-7.1.10

Online lecture delivered on role of Ayurveda diet and lifestyle in health for central reserved police force at CRPF, Talegaon on the occasion of Ayurveda Day 2022
Date- 15/10/2022




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PDEA'S COLLEGE OF AYURVED & RESEARCH CENTER

Sector no. 25 Pradhikaran Nigdi Pune 44

Post event summary report

Date - 28/ 09/ 2021

Sadvritta talk for Anath ashram children

पु. जि. शि. म. चे
आयुर्वेद महाविद्यालय
व संशोधन केंद्र निगडी, पुणे-४११०४४.

आवक क्र. 2775/21 दिनांक 11/10/21
टेबल क्र. (3)

- Date of the event- 28/09/2021
- Organising department –
Swasthavritta Evam Yoga Department
- Location of the event-
Vikas Anath Ashram, Sonavane vasti , Chikhali , Pune
- Number of persons attending the event- Teacher- Dr Manjusha Potdar,
Yoga teacher Mrs Archana Patil
Pg Students- Dr Smita Makasare,
Dr Radhika Kharad
- Link for PhotosAlbum-
<https://photos.app.goo.gl/RbXchzktTAC6pQaZ8>
- The guardian of the children Mr Mauli Harkal
Total 18 students.
- Brief summary of the event-
 - Dr Potdar gave talk on
 - Personal hygiene and good habits for healthy lifestyle,
 - Dinacharya
 - Personal hygiene,
 - Explained importance of sadvritta and sadachar
 - Explained value of prarthana and sadachar,
 - Mrs Archana Patil Explained Asanas , Pranayam
 - Pg Students took Omkar chanting of all the Children
 - Children performed asanas, Anulom vilom, Omkar.

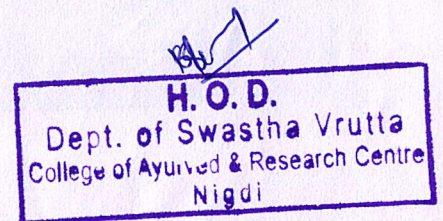
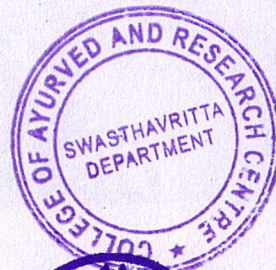
from,

JSR

Dr. Manjusha Potdar

Assist prof

Swasthavritta Dept.



Sadvritta talk for Anath ashram children

Date of the event- 28/09/2021

Photos of the Event




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Sector no. 25 Pradhikaran Nigdi Pune 44

Sadvritta Achran Prashnavali

Name of the event- - A Survey of Sadvritta acharan in BAMS III year students of CARC, Nigdi, Pune

Date of the event- 10/05/2021

Organising department - Department of Swasthavritta, PDEA's CARC, Nigdi

Name of Teacher – Dr. Manjusha Potdar

Students Participated – 2020-21 batch (Aglave & Patil-Laddha batch) - 55 Students

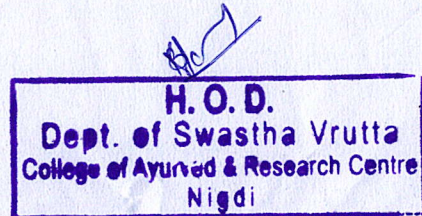
Mode of event- Online

Link of Google form –
https://drive.google.com/drive/folders/1nK9UYRugClfueRBog3f8cAlb3pIKB5PA?usp=drive_link

Drive Link of Response sheet –
https://docs.google.com/spreadsheets/d/1iclqDzYApJMb8mYDYEAsqimYtgWoGdBBtix8I15knPM/edit?usp=drive_link

Brief summary of the event-

Google form was sent to students on whats app group and collected the responses. After collecting response students were guided about Sadvritta acharan.

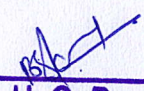


**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE NIGDI, PUNE.
SWASTHAVRITTA DEPARTMENT**

**A SURVEY OF DINACHARYA IN BAMS THIRD YEAR STUDENTS OF
CARC NIGDI**

- **Name_of_activity-** A survey of Dinacharya in BAMS IIIrd year students of CARC, Nigdi
- **Date of Activity-** 05/10/2020
- **Organizing Department-** Swasthavritta Department
- **Platform-** Online with Google form
- **students Participated in activity-** 36 students
- **Activity conducted by –** Dr Manjusha Potdar
- **Link of Google form-** <https://forms.gle/z7ciwVSePhu3z4C86>
- **Brief summary of activity-**

A Google form made having questions regarding student's day to day activities. Students told to fill up the form and submit it. Received 36 responses get saved in Google form response format. After receiving responses, students were guided about Dinacharya.


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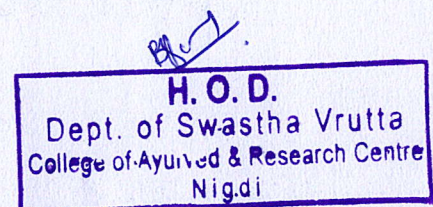
**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE NIGDI, PUNE.
SWASTHAVRITTA DEPARTMENT**

**Varsha Rutucharya: a Survey and Promotional Activity for BAMS IIIrd
Year Students of CARC Nigdi**

- **Name_of_activity-** Varsha Rutucharya: A Survey and promotional activity for BAMS IIIrd Year Students of CARC Nigdi
- **Date of Activity-** 05/09/2020
- **Organizing Department-** Swasthavritta Department
- **Platform-** Online with Google form
- **students Participated in activity-** 57 students
- **Activity conducted by –** Dr Manjusha Potdar
- **Link of Google form-** <https://forms.gle/K8QDeLgjCmk2EDRV6>
- **Link of Response sheet-**
https://docs.google.com/spreadsheets/d/1WBhKbs8Y2IoHMAEk1Dx3t3UKU2OJBbmLQtKR4HL2jq4/edit?usp=drive_link

- **Brief summary of activity-**

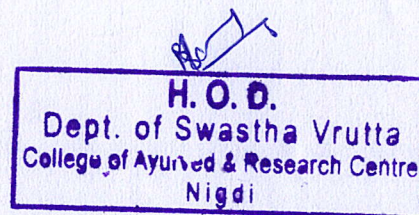
A promotional activity was taken for BAMS III rd year students. A Google form was made and send to all BAMS III rd year students for survey to find out, how many students know Ritu kal, how many students follow varsha Rutucharya in Varsha ritu. And how many of them find any ill effects due to not following Rutucharya. After receiving responses from students, a session was arranged to guide about how to follow Varsha Rutucharya to maintain health during Varsha Rutu.



**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE NIGDI, PUNE.
SWASTHAVRITTA DEPARTMENT**

Outcome of Sadvritta Acharan Prashnavali Activity

- **Name_of_activity-** A survey of Sadvritta Acharan in BAMS third year students of CARC Nigdi
- **Date-** 25/07/2020
- **Organizing Department-** Swasthavritta Department
- **Students Participated in activity-** 39
- **Activity conducted by –** Dr Manjusha Potdar
- **Activity format –** A Google form made having questions regarding Sadvritta Acharan
- **Responses -** Received 39 responses. Get saved in Google form response format.
- **Details about activity-** A Google form made having questions regarding behavioral pattern is made and send to of students in CARC,Nigdi. . two types of questions were asked about vaiyaktic Sadvritta and about Samajik sadvritta. Students told to fill up the form and submit it.
- **Link of Responses-**
https://docs.google.com/spreadsheets/d/15T0LEI5zsBhxHZNtii05zlm7ADQsuw8a/edit?usp=drive_link&oid=117043919907621047527&rtpof=true&sd=true



PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE NIGDI, PUNE.
SWASTHAVRITTA DEPARTMENT

Sadvritta Achran Prashnavali Activity 2020 Outcome Report

- **Name_of_activity-** A survey of Sadvritta Acharan in BAMS third year students of CARC Nigdi.
- **Date of Activity-** 25/07/2020

- **Outcome of the Activity-**

1. *Tumhi roj snan karata ka*

About daily bath 37(94.9 %) students take daily bath but 2 students (5.1%) students responded no for daily bath.

2. *Tumhi nakhe vadhavali aahet ka?*

While asking about do the grow their nails 37 students (94.9%) says no but 2 students (5.1%) students responded yes, they grow nails or don't cut them regularly.

3. for boys- *Dokyavar kes 1 inchapeksha jast thevata ka?*

While asking boys whether they keep their hair less than 1 inch 10 students (58.8%) responded yes and 7 (41.2%) students replied no.

4. for boys- *Tumhi roj shaving karata ka?*

Asked boys about frequency of shaving only one (5.9%) responded daily, 6 (35.3%) responded once a week, 3 (17.6%) students responded one day alternate, and more students 6 students (35.3%) replied once a week, and 7 students (41.2%) students responded once in 15 days.

5. *Tumhi roj vyayaam karata ka?*

Asked students do they follow exercise daily?

28 students (71.8%) students says yes but 11 (28.2%) students responded no.



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SWASTHAVRITTA DEPARTMENT

6. *Jevan karat astana t.v. pagat asta ka*

Do you watch TV while having dinner or lunch?

25(64.1%) students don't watch tv while dinner or lunch. And 14(35.9%) students watch tv while eating

7. *Kalache banavalele anna aaj aani sakali banavalele anna ratri ase padarth tumachya jevanat astat ka?*

Asking about stale food 8 (20.5%) students responded yes and 31(79.5%) students says no

8. *Ratri jagaran hote ka?*

Out of 39 students asking about late nigh sleeping, 26(66.7%) students responded yes, 11(28.2%) students replied no and 2 (5.1%) students responded sometimes they sleep very late at night.

9. *Tumhi madyapan kiva itar konate vyasan karata ka?*

Asked about addiction like alcohole, all 39(100%) students replied no.

10. *Tumhi tumachya dinacharyeche kahi timetable banavale aahe ka?*

About Daily activity or routine 21(53.8%) students follow a fixed timetable but 18 (46.2 %) students don't follow any timetable.

11. *Dinacharaya banavaleli palali jate ka?*

While asked that does it become possible to follow routine activity timetable, 22 (59.5%) students responded yes and 15(40.5%) students replied no.

12. *Tumhi tumache kahi dheya tharavile aahe ka?*

About 37 (94.9 %) students have decided their aim in life and only 2(5.1%) students responded yet to decide.

13. *Tharavalelya dhyeyakade vatachal karanyasaathi prayatna karata ka?*



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Maximum students 36(94.7%) work towards the aim of life to achieve, but only 2(5.3%) students yet to decide aim in life and work towards it.

14. *Tumhala tumacha ravivar kasa ghalavayala aavadel?*

When asked how would you spend Sunday time, maximum 22(56.4%) students replied will like to spend for something new work with joy, 9 students replied as will like to spend for completing planned work and study, 4 (10.3%) students replied they would like to get up late and spend the day in relax or lazy mood.

15. *Itarana tumachyamule kahitras zala tar?*

If someone get hurt or get any problem because of you, maximum 37(94.9%) students will feel bad about it but two (5.1%) students will neglect towards it.

16. *Rastyat kuthala prani jakhami disala tar tumhi tyala madat karayala jata ka?*

When asked that if you look an injured animal on road will you help him, maximum 36(92.3%) students replied they will help the animal while only 3 (7.7%) students will not go to help it.

17. Covid positive *rugna tumachya shejari rahat astil tar tumhi kay karal?*

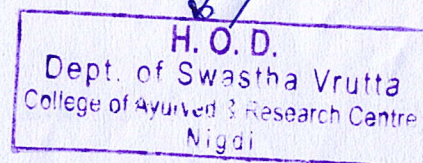
When asked that if a Covid positive patient is your neighbor what will you do, maximum 33(84.6 %) students responded they will ask him whether he need any help, 1 (2.6 %) student says he will go away from him, while 5 (12.8%) students choose other option.

18. *Tumhai gharabaheer jatana niyमित mask vaparata ka?*

While going out all 39(100%) students use mask.

19. Lockdown *madhye tumhi sahaj baher ferafataka marayala jata ka?*

Out of 39 students 33 (84.6 %) students stay at home following the rule during lockdown while 6 (15.4 %) students wish to go out for just walk.



PDEA's College of Ayurved and Research Centre, Nigdi, Pune.

DEPARTMENT OF SWASTHAVRITTA

दिनांक 27/2/20
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लेखनिक

**Lifestyle awareness programme about Dinacharya and Rutucharya
in PCMC Plant exhibition**

- **Venue-** Sector -27, Ground near Sant Tukaram Garden, Pradhikaran, Nigdi, Pune 411044
- **Date-** 22,23,24 February 2020
- **Time-** 8am - 8pm
- **Participated students-** UG- Day 1- 20, Day 2- 10, Day 3- 20
PG - 07
- **Participating teachers-** Dept. of Swasthavritta, Dr Arti Firke, Dr Deepali Manore, Dr Manjusha Potdar

• **Event Details-**

Lifestyle counselling and awareness programme about Dinacharya and Rutucharya by Swasthavritta department on the occasion of exhibition of plants held at PCMC ground near city pride school, Nigdi by Pimpri Chinchwad Municipal Corporation on 22,23,24 of February 2020.

• **Aim-**

The main purpose of Swasthavritta department was to educate the people about lifestyle and importance of ideal Dinacharya with the help of charts, a street play and plants used in Dinacharya activities.

• **Preparation-**

- 6 batches of UG and PG students were made to work on place 2 batches each day,
- Following charts were prepared by PG students
 1. Importance of Bramha muhurt and its role on sharir and manaswasthya,
 2. Ideal Dinacharya and things to be followed in it,
 3. Abhyang and its importance,
 4. Nasya with procedure and importance,
 5. Rutucharya and changes in Dinacharya according to ritu,
 6. Vyayam and its importance in our lifestyle.

• **Population visited-**

People visiting to exhibition were from Pune and Pimpri-Chinchwad area. About 1000 people were visited to the exhibition.



- **Method of working in activity -**

Two batches of UG and PG students in rotation were working from 8 am to 2pm and 2 pm to 8 pm. Students were educating people by explaining lifestyle management and importance of Dinacharya points with the help of charts and showing them plants used in our daily lifestyle.

Many of the people were curious about ideal Dinacharya, lifestyle modification, following Rutucharya, using herbs in our day to day activities, etc. People also impressed seeing importance of Bramhamuhurt, Abhyang, Nasya, and changes according to ritu in Rutucharya which people generally ignore and do not follow them.

Many people appreciated all work, took photographs of charts and plants to show their near ones. Our students explained all charts to all kids about importance of Bramhamuhurt, Abhyang, Vyayam, Dantdhavan to which kids generally oppose or don't listen to their parents and parents too appreciated this. A street play was also played in front of our exhibition area by UG students. Which liked the people very much.

- **Event Output –**

This was a good opportunity to participate in social welfare and awareness about maintenance of health through adopting Ayurveda lifestyle & problems and its solution from Ayurved point of view through this display of charts, models, medicinal plants display with their information in the exhibition. students got opportunity for their creativity, confidence building in practical application of Ayurveda principles in society. Students get hands on practical training of lifestyle counselling.


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Nigdi



Lifestyle awareness programme about Dinacharya and Rutucharya in PCMC Plant exhibition

22,23,24 February 2020




Principal
P.D.E.A'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

Department of Swasthavritta

Date: 20 December 2019

Guest Lecture Report

Venue- Kirti Vidyalaya, Nigdi, Pune

Date- 20 December 2019

Time- 10 am to 11 am

Teachers Present- Dr. Deepali Manore

पु.जि.शि.मं.चे
आयुर्वेद महाविद्यालय व संशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र 214212019-20
दिनांक - 22/12/2019
लेखनिक CR
प्राचार्य

Lecture on Dincharya & Balanced diet was delivered by Dr. Deepali Manore for high school children of kirti Vidyalaya under Swasthyarakshan programme . Importance of Dincharya & balanced diet for maintenance of health was explained to them with examples of healthy food. Diet essential for their growth & development was elaborated to them with examples.
Total 100 no. of students present for lecture.



Dr. Manore D. J.

Pune District Education Association's
COLLEGE OF AYURVED AND RESEARCH CENTRE
Nigdi, Pune – 411044

EVENT: GUEST LECTURE

VENUE: KIRTI VIDYALAYA, SECTOR 25, NIGDI, PUNE

DATE: 20/12/2019



[Signature]
Principal
P.D.E.A'S
College of Ayurved And Research Centre
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