



PRAVARA INSTITUTE OF MEDICAL SCIENCES PRAVARA RURAL AYURVED COLLEGE



DEPARTMENT OF SWASTHavrUTTA AND YOGA

VISION

To promote a healthy lifestyle through preventive medicine in Ayurveda, emphasizing individual and community health to maintain wellness and prevent diseases.

In Future to establish Yoga and Wellness centre in Pravara Rural Ayurved institute.

To Promote Yoga (Disease wise Asanas) and Healthy diet in different clubs (knee club, spine care club) established in Pravara Rural Ayurved Hospital.

Mission

Focuses on holistic education in preventive healthcare by teaching Ayurvedic lifestyle practices (like Dinacharya, Ritucharya, and Sadvritta) and community-based health approaches. Yoga and naturopathy integration is encouraged for overall weing.

Educating college students to lead a healthy lifestyle through proper diet, yoga, asana, pranayama and dinacharya palan.

To Produce student from college level who will present yoga as a symbol of our culture internationally and enhance the reputation of college.

Conducting Yoga sessions for all teachers and students, office staff and other staff of Pravara Rural Ayurved College And Hospital.

To Guide Pregnant women who is working in different field regarding month wise ahar vihar dinchrya yoga and pranayama.

To guide lactating women in Pravara Rural Hospital Gynaecology and Obstetric deptment on diet asana and pranayama.

PHOTOS

Yoga sessions conducted in Swasthavrutta OPD Yoga hall



FACULTIES

Sr. No.	Name of Staff	Designation
1	Dr.Bhavana F. Gangurde	Professor
2	Dr.Prashant C. Sarade	Associate professor
3	Dr.Suraj A. Bangar	Assistant professor

FACILITIES IN THE DEPARTMENT

Sr. No.	Facility	Quantity
1	Equipment and Instrument	Adequate
2	Charts	55
3	Models	25
4	Books	100

ACTIVITIES-

Sr. no.	Name of Activity	Details
1	World Meditation Day Celebration	21 st December 2024
2	Desh Ka Prakruti Prikshan Cmpaign	From 3rd Dec till date
3	Transitional Curriculum Lectures taken	5 December 2024
4	Radio Health Talk on Health of school going Children Dincharya Rutuchrya	18 Dec 2024
5	Yoga session taken of PRAC teachers at Swasthavrutta OPD	13 Dec 2024