



EVA COLLEGE OF AYURVED

ATTACHED WITH **DHRUV AYURVED HOSPITAL**

ZANZMER ROAD, SUPEDI.

TA – DHORAJI, DIST – RAJKOT 360 440

DEPARTMENT OF SWASTHVIRTA

As we know that Ayurved emphasizes on maintenance and promotion of health and prevention of disease through various dietary and life style regimens. Swasthvirta highlight the importance of maintain a healthy life by adopting principles of daily regimen, seasonal regimen and ethical regiment to combat the disease associated with lifestyle changes.

Vision :-

To be an excellence preventive and promote health care education and patient care for the benefit of student and humanity.

Mission:-

Be a role model for students and patients by educating them in yoga and life style and promote health care.

Objective:-

To educate and empower students and patients with information and resources for the benefit of yogic science and various life style disorder of humanity.

Activities:-

1. Celebration of world yoga day.
2. Yoga classes for students.
3. Demonstration of needful yoga for patient.
4. Different educational tour like water filter plant, Sewage Treatment, Dairy unit
5. Visit to leprosy center, Rural Ayurvedic dispensary, PHC, MCHC & FWC
6. Public health checkup camp and School health checkup camp.

Department :

We have well equipped department with library, Models, Charts of yogasan and pranayam as well as specious yoga hall, separate Swasthvirta OPD in the hospital.