



S. S. AGRAWAL INSTITUTE OF AYURVEDA

(MANAGED BY AGRAWAL EDUCATION FOUNDATION)

S.S. Agrawal College Campus, Devina Park Society, Gandevi Road, Navsari-396445, Gujarat.

Phone No : 02637-232667 / 232857

www.ssagrawal.org , Email: contact@agrawaleducation.net

DEPARTMENT OF SWASTH VRITTA & YOGA

INTRODUCTION:

Ayurveda is not only a system of medicine in the conventional sense of curing disease; it is a way of life which describes diet; behavior and rules and regulations that are beneficial for life. It gives a framework of ideal lifestyle. To achieve this Ayurveda has given first preference for maintenance of health.

Swasthavritta & Yoga department deals with the total health or complete fitness; harmony at each level i.e. physical, physiological, psychological and spiritual of a human being.

is to inform students about the a) Basic concepts of Kriya Sharir. b) Basic concepts of modern physiology. c) Development of the skills in students in practical aspects.

Vision

- ✚ To achieve total health comprising physical, mental, social and spiritual for the society.
- ✚ To promote the concepts of yoga and naturopathy for health enhancement and disease prevention in student of Ayurveda.
- ✚ To achieve harmony by uniting science of life and yogic science of self-realization.





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Mission

- ✚ To emphasize and to achieve positive health for the society.
- ✚ To protect the community by guiding them in preventive health practices like daily regimen, seasonal regimen, diet regimen, social conduct, ethical conduct, attainment of self-realization.
- ✚ Prepare the graduates and specialists to cater to the health needs of the society in promotion and preservation of health
- ✚ Training the scholars to teach preventive & promotive health principles of Ayurveda in academia

DETAILS OF TEACHING STAFF

SR. NO.	NAME OF FACULTY	EDUCATION	DESIGNATION
1	Dr. Johnson John	MD (Swasthavritta and Yoga)	Professor
2	Dr. Krunal Thakor	MD (Swasthavritta and Yoga)	Associate professor
3	Dr. Krishna Chaudhari	MD (Swasthavritta and Yoga)	Assistant professor





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ACADEMIC FACILITIES

- ✚ Counseling
- ✚ Mental wellness
- ✚ Lifestyle modification
- ✚ Health survey
- ✚ Epidemiological report

GALLERY:





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