



Mahagujarat Medical Society Managed
J. S. AYURVEDA MAHAVIDYALAYA
P. D. PATEL AYURVEDA HOSPITAL

College Road, Nadiad.



DEPARTMENT OF SWASTHAVRTTA

Program Name: BAMS

Course Name : SWASTHAVRTTA

COURSE OUTCOME

At the end of this course, the student will be able to:

CO1 Understand applied aspect and clinical approach of Swasthavritta (Preventive and Social Medicine).

CO2 Know Vaiyaktika Swasthavritta (Personal Hygiene), Samajika Swasthavritta (Social Hygiene), Yoga and Nisargopachra (Nature Cure), Epidemiology, Concept of Non-Communicable disease epidemiology, Health Statistics, National Health Programmes, National Nutritional Programme.

CO3 Understand the concept of Life Style Management.

CO4 Counsel about diet and nutrition (pathya, apathya) in healthy and diseased.

CO5 Perform and demonstrate the dinacharya procedures like kavala, gandusha, nasya, anjana, etc, and yogasana, shatkarma, and pranayama.