

SWASTHVIRITTA AND YOGA

It is a science which include protection of health of healthy individules and treatment of disease.

Subject gives us all information from ancient science Ayurveda which require for healthy living all the principals, laws which will be very much important for health of community. Detail information about Sadvritta, from brihatraii and Laghutraii.

Also include information communicable and non communicable disease with discussion on various aspects related to community health.

YOGA

Yoga Is very much important and Useful part of this subject. Yoga gives a new identity to our country

Yoga is a key to healthy life it include 'Asthang Yog' ,Yam, Niyam, Aasan,Pranayam, pratyahar Dharna, Dhyan, Samadhi. All of the above are principals stated in various ancient science like Patanjali yog Darshan ,Hatyogpradipika etc.

It also include Nisrgopchar and its detail, occupational health, medical statistics. Subject also include information about various programe, govt health policies, it also include nutrition, micro and macronutrient. Disease caused by Malnourishment.



Shot on vivo Z1Pro
vivo AI camera

2021.06.21 08:54



योगो मोक्षः

प्रवाचिः।