



NATIONAL INSTITUTE OF AYURVEDA, JAIPUR



PG Department of Swasthavritta and Yoga

Programme Name: DAN & P

Course Name: Swasthavritta (Hygiene)

Course Code: 3 (Practical)

Course Outcome

At the end of this program student will achieve:

1. The practical knowledge of Dinacharya
Dantadhavana, Anjana, Nasya, Kavala, Gandusha, Dhumapana,
Abhyanga, Udvartana
2. Methods of water purification,
3. Methods of disposal of waste products,
4. Epidemic controlling measures through social education,
5. Demonstration of various **Asanas**: Swastikasan, Gomukhasan, Sarpasan,
Kukuttasan, Uttankurmasan etc;
Pranayama: Nadishudhhi Anulom Vilom Pranayam,
Suryabhedani, Ujjayi, Bhasrika, Bhramari, Sheetali, Sitkari;
Mudra: Viparita karani,
Mudra: Maha Mudra etc;
Bandha: Jalandhara, uddiyana etc.
6. Demonstration of Yogi Shatakarmas