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Founder Chairman

Kalpitaru Samajseva Mitra Mandal's

## **DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL & RESEARCH CENTRE**

Recognised by – Govt. of Maharashtra & NCH, New Delhi  
Affiliated to – Maharashtra University of Health Sciences, Nashik  
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8.1.7 Describe the activities of specialized units like physiotherapy/yoga and naturopathy in the institution within 500 words

Response-

**“Yoga is not a religion, it is science, a science of well being, a science of youthfulness, a science of integrating Body, Mind & Soul” Amit Ray**

In today's world importance and relevance of Yoga cannot be emphasized more. India has played a pivotal Role in Establishing and Propagating Yoga in our day to day life in maintaining Health. Covid helped showed the world importance of yoga in maintain Immunity and fighting against Covid. At a time when Modern Medicine was struggling with Medicines & Vaccines, Yoga proved its worth and has thus become an Integral part of Health Care today. We at Dhanvantari HMC are committed to imbibe these practices in students, who will be Health Workers of tomorrow.

In Dhanvantari Homeopathic Medical College, we have yoga and physiotherapy department .As per MSR regulation of CCH 2013,we started practice yoga and physiotherapy from.....

Physiotherapy Is a way of curing masses affected by injury, ill health and disability, thereareundeniable benefits of it.

Patients are referred from IPD .First, patients are counseled about physiotherapy and yoga therapies on basis of their history and diagnosis,treatment is given according to the condition of their health.

Our ultimate aim is patient must be medically fit and fine. We have appointed physiotherapist to ensure patient health .Physiotherapy is conducted by.....

Instruments available for physiotherapy are

1. Electronic traction machine
2. S.W.D (diathermy)
3. Ultrasound
4. Interfractional machine (IFT)
5. MINI MST Stimulator
6. tens
7. Pulley

Yoga is conducted by.....After each session of treatment we take feedback of patients and their relatives.Daily Yoga activity is conducted in Yoga hallfor who are admitted. Yogaday is practiced every year in our campus.

The ultimate goal of yoga is, however, to help the individual to transcend the self and attain enlightenment. As the **Bhagavad-Gita** says, "*A person is said to have achieved yoga, the union with the Self, when the perfectly disciplined mind gets freedom from all desires, and becomes absorbed in the Self alone.*"

Record is maintained in the form of register on daily basis.

Yoga session starts with warm up exercises .Different yoga asans were performed. Different asanas such as vrikashan,padmasan, chakrasan,etc and various asans were performed.

During covid our institute arranged international yoga day, Online yoga session for patients .No of patients were around 45 who attend the session. Media has covered this news .

7 day yoga campaign has been held in our college ,which certificates has been provided to the students.



A handwritten signature in blue ink, appearing to read "A. S. Patil".

**PRINCIPAL**  
**PRINCIPAL**

Dhanvantari Homoeopathic Medical College  
and Hospital & Research Centre, Nashik