

8.1.4 Dinacharya, Ritucharya, Ratricharya, Sadvritta, Sadaachara, Achara Rasayana

According to Ayurveda, everyone can enjoy healthy life by following certain rules laid by the science. These various rules are divided into Dinacharya (daily regimen), Ratricharya (night regimen), Ritucharya (seasonal routine) and Sadvritta (code of good conduct for mental health and social behavior). These rules are very important in the prevention of disease and promotion of ideal health.

According to Ayurveda, to maintain a healthy and disease free life everyone should follow these rules. Acharya Charak has prescribed a list of good conduct which is very necessary to follow.

Dinacharya, Ritucharya, Ratricharya, Sadvritta, Sadaachara, Achara Rasayana

Advices regarding diurnal (daily), seasonal and night activities to be done (does and don'ts) and adaptations therein, Being in the circle of goodness, Adaptability to the community, Good behavior

Vyayama

Physical and mental exercises

Corrections in the errors related to Trayopasthambas (3 supporting pillars)

We advise in helping the people to correct the imbalances in Trayopasthambas (3 supporting pillars of human life) i.e. Aahara (Diet), Nidra (Sleep) and Brahmacharya (Celibacy)

Yoga and meditation

Yoga, Pranayama, Asanas, meditation etc are effective tools to eradicate many psycho-somatic disorders. They basically bring the mind and senses to balance and a balanced mind can take care of the body in a better way.

What we do?

These advices are provided to students, patients and common public.



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8.1.4 Steps adopted by the Institution towards implementation of Swasthavritta activities such as Sadvritta, Achara rasayana, Dinacharya and Ritucharya etc. in the last five years

Sadvritta (Code of Conduct) Achar Rasayana, Dinacharya (Daily Regimen) and Ritucharya (Seasonal Regimen) are the important topics of Swasthavritta, which are related to preservation and promotion of healthy lifestyle. The students are taught Sadvritta, Achararasayana, Dinacharya & Ritucharya as per their curriculum of NCISM so that they also will propagate within the society. Simultaneously patients are also make aware of the benefits of dinacharya & Ritucharya to maintain personal, social & spiritual health to build up an ideal society in our country. Institution has adopted the following steps for the implementation of above swasthavritta activities as follows:

- Swasthyarakshan OPD: The OPD aims to advice dietary as well as yogic practices for betterment of health status of an individual and to get rid of existing illness.
- Rallies & banners: Rallis with notifying banners are periodically conducted throughout the year especially during NSS camps and national days.
- Guest lectures: Guest lectures on various topics like life style changes and life style disorders, communicable disorders, yog procedures etc. are being organized on regular basis.
- Yoga day activity: On 21st June International yoga day is celebrated every year in campus involving the activities such as Health talks, essay competition, poster presentations etc. All teaching, on-teaching staff, students are involved in various Yog activity 15 days prior to International yoga day.
- Article and book writing: Faculties of the institute are involved in writing articles and delivering public talks regarding Sadvritta, Achararasayana, Dinacharya & Ritucharya at various levels.
- Training of trainers at Solapur Zilha Parishad: Faculties of the institute are involved in the training of AYUSH medical officers.
- Awareness about ayurved: Catch them young is an important activity followed during NSS camp. We catch all school children and explain them about healthy habits, importance of dietary aspects, adverse effects of incompatible food / fast food, importance of waking up early.

Dinacharya includes bramha muhutra , malamutra visarjan, ushahpan, jihva nirlekhan, abhyanga, vyayama kaval and gandusha, udvartan, anjan, snan, dhoompan, ahar sevan vidhan and dhyan. Ayurveda has given an excellent guidelines about all upakramas mentioned above which should be followed in our daily routine.

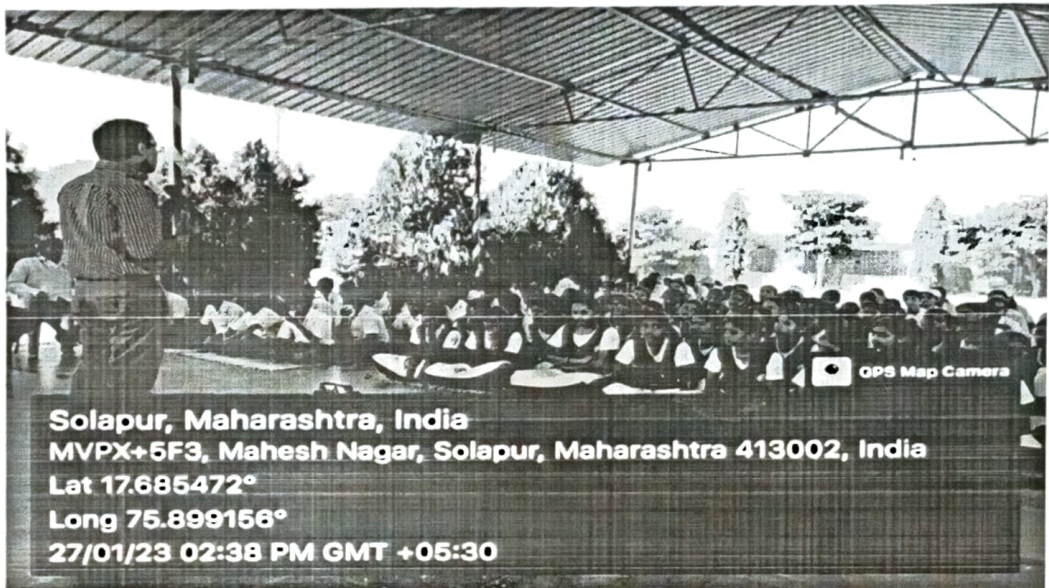
In India, whole year has been divided into six ritus which are Varsha, Sharad, Hemant, Shishir, Vasant, and Grishma seasons. We effectively provided guidelines about these seasonal changes (ritus), and advise to change food and lifestyle accordingly. Also we guide about the personal and social code of conduct under the topics – Sadvritta and Achara rasayana.

Ayurveda has mentioned Trayopastambha which include Aahara, nidra and bramhacharya. Aahara vinyana includes aahara vidhi vidhana, sevana kal, ahara matra, vishamashan, incompatible food and the adverse effects of this kind of food, pathy-apathya kalpana , etc. Nidra vinyana includes

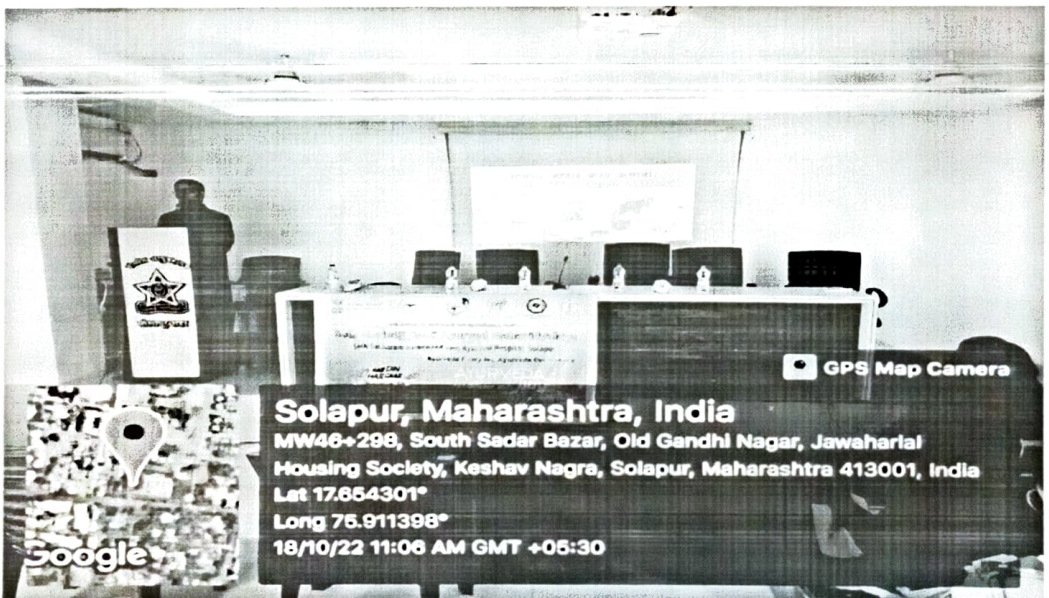


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benefits, prakritik samay, nidra viparyay, types of nidra, importance of timely sleep, sleep cycle etc. Faculties of the institute are involved in the training and teaching of common public.



NSS Camp Lecture



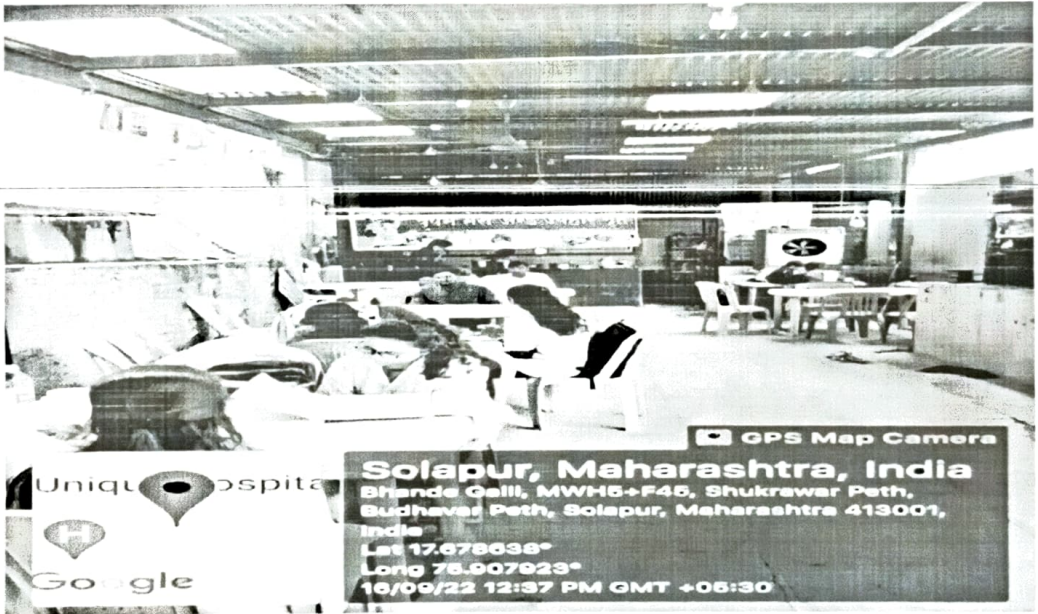
Commissioner of Police | Diet lecture | 18102022



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Importance of nutrition



Nutritional Awareness at Canteen for General Population



Yash
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उपक्रम • फॅमिली प्लॅनिंग असोसिएशन, संगमेश्वर, पिसिजन, सर्वकष लैंगिक शिक्षण प्रकल्पातर्फे आयोजन

लोकसंख्या दिनानिमित्त जनजागरण दिंडी

सोलापूर । प्रतिनिधी

फॅमिली प्लॅनिंग असोसिएशन ऑफ इंडिया सोलापूर शाखा संगमेश्वर महाविद्यालय व पिसिजन फाउंडेशन सर्वकष लैंगिक शिक्षण प्रकल्प यांच्या संयुक्त विद्यमाने ११ जुलै जागतिक लोकसंख्या दिनाचे अतिथीय माध्यम महाविद्यालयीन विद्यार्थ्यांच्या जनजागरण दिंडीचे उद्घाटन गेटरी करवचे माजी प्रांतपाल डॉ राजीव प्रधान यांच्या हस्ते करण्यात आले. संगमेश्वर महाविद्यालयाच्या प्राचार्य डॉ शोभा राजमान्य अध्यक्षस्थानी होत्या. कार्यक्रम आहूत.

यावेळी एक पी.ए.आय. सोलापूर शाखेचे मार्गदर्शक प्रा. डॉ श्रीकाल येळेगावकर, सोलापूर शाखेचे अध्यक्ष प्राचार्य के.एम.जमादार, पिसिजन फाउंडेशनचे जनसंघक अधिकारी माधव देशपांडे, अतिथीय जिल्हा आरोग्य अधिकारी आरोग्य विभाग, जिल्हा परिषद, डॉ. सोनिया खागडे, एक पी.ए. आय. सोलापूर शाखेचे कोषाध्यक्ष डॉ. एन. बी. तेली, संगमेश्वर महाविद्यालयाचे



लोकसंख्या दिनानिमित्त निघालेल्या जनजागरण दिंडीचा उद्घाटन प्राचार्य डॉ शोभा राजमान्य, माधव देशपांडे, डॉ. सोनिया खागडे, प्रा. डॉ. श्रीकाल येळेगावकर, प्राचार्य के.एम.जमादार, प्रा. डॉ. एन. बी. तेली, डॉ. आयेशा रणरंज आदी.

एन.एम.एम. विभाग प्रमुख अण्णासाहेब साखरे, सर्विस प्रा. डॉ. आयेशा रणरंज, शाखाधिकारी सुगतल गायकवाड, डॉ. दीपक नागवणकर आदी उपस्थित होते.

यावेळी डॉ. राजीव प्रधान, डॉ. येळेगावकर, डॉ. शोभा राजमान्य यांनी दिंडीत सहभागी विद्यार्थ्यांना मार्गदर्शन केले. प्रा. डॉ. फॅमिली प्लॅनिंग असोसिएशन ऑफ इंडिया, सोलापूर शाखेचे अध्यक्ष प्राचार्य के.एम.जमादार यांनी उपस्थित वाहण्यांचे वृत्तगुच्छ देऊन स्वागत केले. या दिंडीत २५ हायस्कूल, महाविद्यालय व सामाजिक

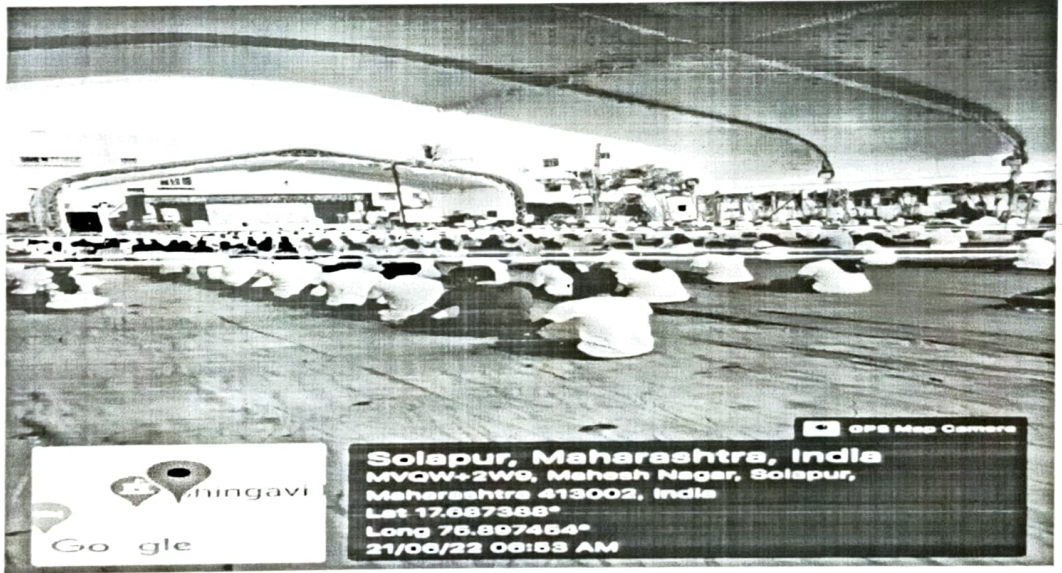
संस्थांचे पदाधिकारी व १२०० पेक्षा जास्त विद्यार्थी व प्राध्यापक सहभागी झाले होते.

ही दिंडी सात रस्त्यां येवून उरण मंगल कार्यालय, दक्षिणमूर्गा मारुती मंदिर, जाववीर चौक, केंद्रीय विद्यालय, मांदी, मर्मिठा चौक, अख्खलपूरकर मंगलकायलयमार्गे संगमेश्वर महाविद्यालय येथे दिंडीचा समावेश करण्यात आला. स्वागत व प्रारंभिक प्रा. डॉ. आयेशा रणरंज यांनी केले. सूत्रसंचालन सुगतल गायकवाड यांनी केले. आभार प्रा. डॉ. राजकुमार मोहोरकर यांनी मानले.

सहभागी शाळा, महाविद्यालय

श्री शंकरलिंग परशुराम, वळसरा, सेवासदन ज्युनिअर कॉलेज, संगमेश्वर महाविद्यालय, श्यामकोय आय टी आय मूलची, श्यामकोय आय टी आय मूलची विज्ञानपूर रोड, श्री. जी शिवदत्त कॉलेज ऑफ आर्ट्स मायन्स अँड कॉमर्स, श्री वसंतराव नाईक हायस्कूल, कन्नूरबाई अण्णापक विद्यालय, दयानंद कॉंग्रेस महाविद्यालय, छत्रपती शिवाजी नाट्य कॉलेज, सोशल कॉलेज ऑफ आर्ट्स अँड कॉमर्स, दयानंद शिक्षणशास्त्र महाविद्यालय, अश्विनी नॉयरी कॉलेज, शेट गोविंद राव जी आयुर्वेदिक महाविद्यालय, लक्ष्मीबाई भांडारवाणी महिला महाविद्यालय, उमाबाई श्रविका ज्यु कॉलेज, एम.बी.एम.एम. अण्णापक विद्यालय, लाल बहादूर शास्त्री हायस्कूल, बंधुपरा कला महाविद्यालय, एन.एम. अ.पी. परम विज्ञान प्रकल्प, जिल्हा सामाजिक कार्य मंिनी यांचे मायब्रद, टुकरा, चांदलू लाइन, सखी वनस्टॉप सेंटर प्रकल्प, सेवासाम ट्रस्ट, माखी वृष फाउंडेशन

Population Rally



IDY 2022



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Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.



Awareness Prog. On Ayurved Diet for Children, Youth and Geriatrics I



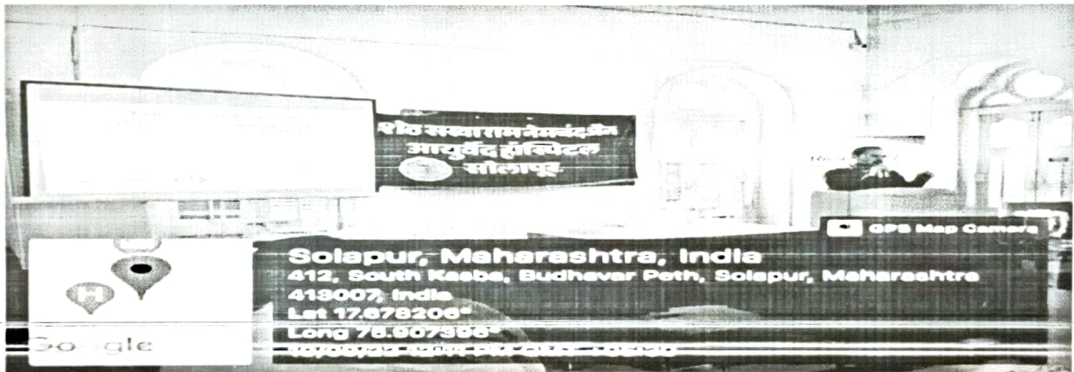
Nutritive Value



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Old Age Home Yog 07102022



Pregnancy and Nutrition 2



Swaccha 3 Bharat Plastic Garbage Collection 22102022



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Yog at College



Pranayam and Mudra



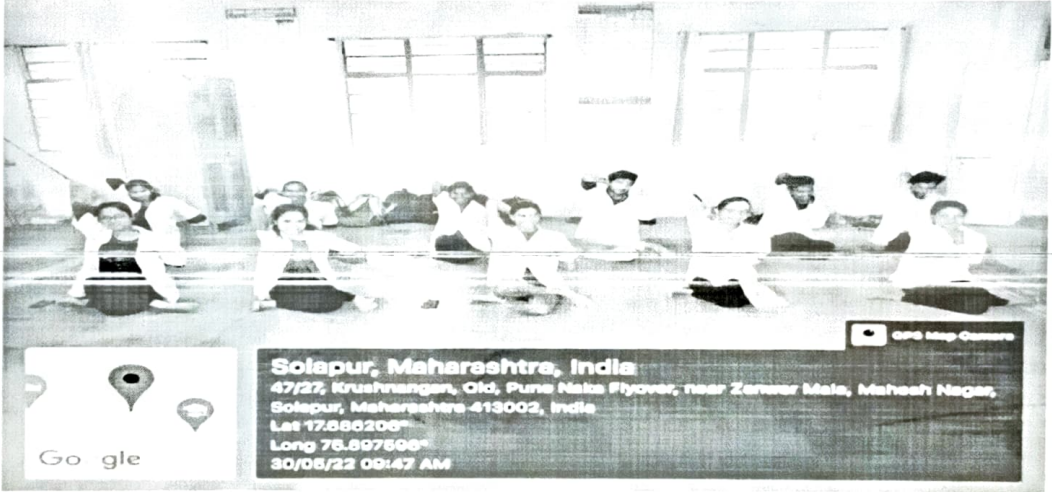
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आयुर्वेद महाविद्यालयातर्फे योगदिनानिमित्त दिंडी



सोलापूर । अठरावा आंतरराष्ट्रीय योग साजरा होत आहे. यानिमित्त शेट गोविंद रावजी आयुर्वेद महाविद्यालयाने योग दिंडी काढली. तिची सुरुवात महाविद्यालयापासून झाली. प्राचार्य डॉ. यशोदा जावळे, उपाध्याय्य डॉ. शालिदास बागवडाही प्रशासकीय अधिकारी अनूप दोशी, व्यवस्थापक व योग विभागाचे प्रमुख डॉ. अमोल पेंड्राळ, रा.से.ये कार्यक्रमालेखक डॉ. शिल्पा येरमे यांनी हिरवा झेंडा दाखवून दिंडीला सुरुवात झाली. योग दिंडीच्या माध्यमातून विद्यार्थ्यांनी योगाचे महत्त्व जनसामान्यांपर्यंत पोहोचविण्यासाठी, जनजागृती होण्यासाठी घोषणा दिल्या. तसेच येथील घोषणा फलके तयार करण्यात आली होती.

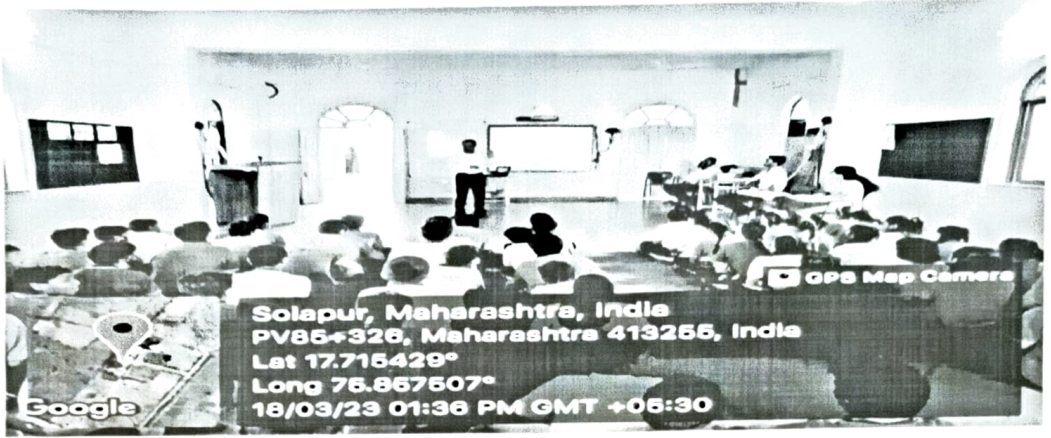
Yog Dindi



Yog Session



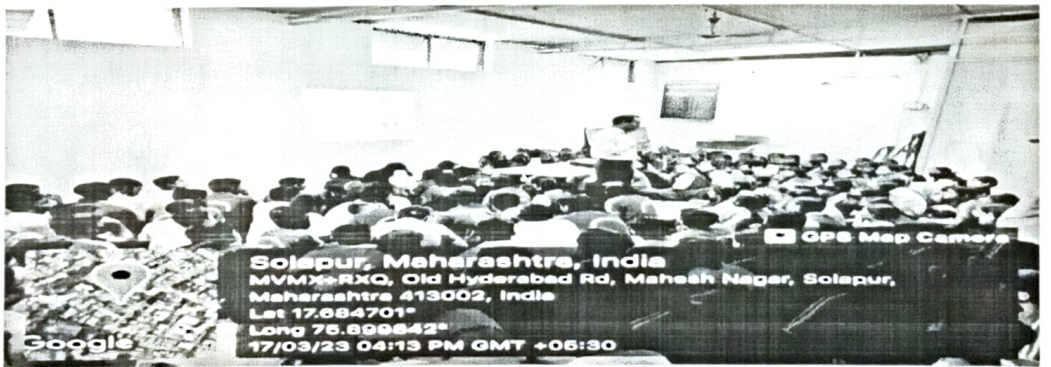
Jewels
W.C. Principal
Seth Govindji Raaji Ayurved
Mahavidyalaya, Solapur.



स्थूलता जनजागृती अभियान अंतर्गत विद्यार्थ्यांसाठी पथ्यकर आहार मार्गदर्शन MIT English School 180323



स्थूलता जनजागृती अभियान अंतर्गत विद्यार्थ्यांसाठी पथ्यकर आहार मार्गदर्शन Digambar Jain School 090323



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Incompatible food at Jain school for staff



Importance of Dincharya



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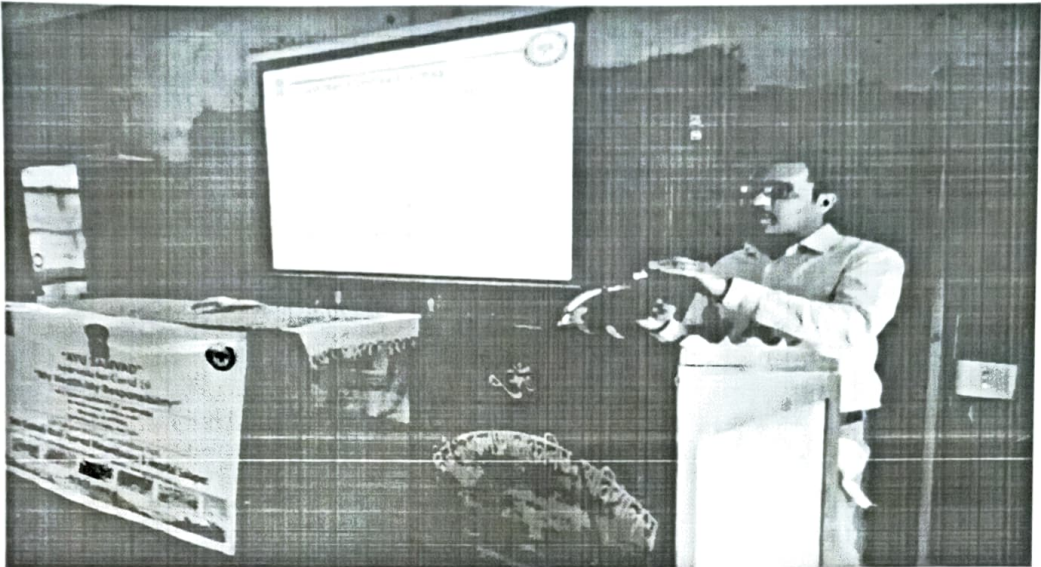
IMPORTANCE OF AYURVEDIC DIET



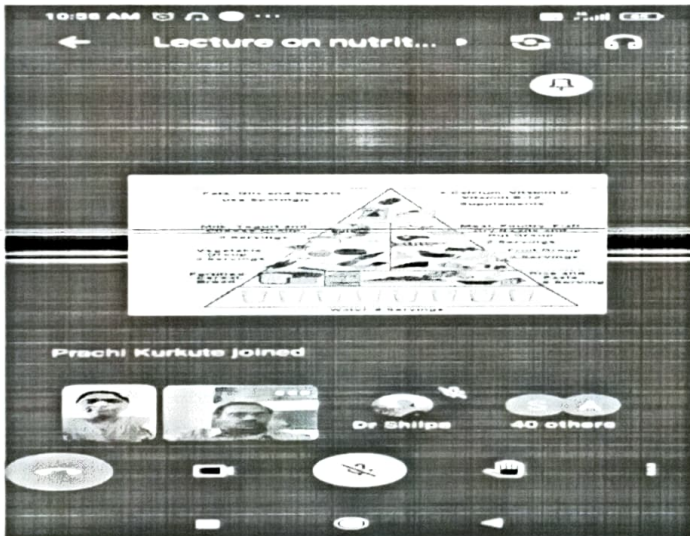
Ayurvedic Lifestyle at HDFC Bank



General
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Seth Govindji Raoji Ayurved
Mahavidyalaya, Solapur.



Lecture on diet Digambar Jain School



Online Nutrition Campaign



Seth
I/C. Principal
Seth Govindji Raoji Ayurved
Maha Vidyalaya, Solapur.



Yog for Public



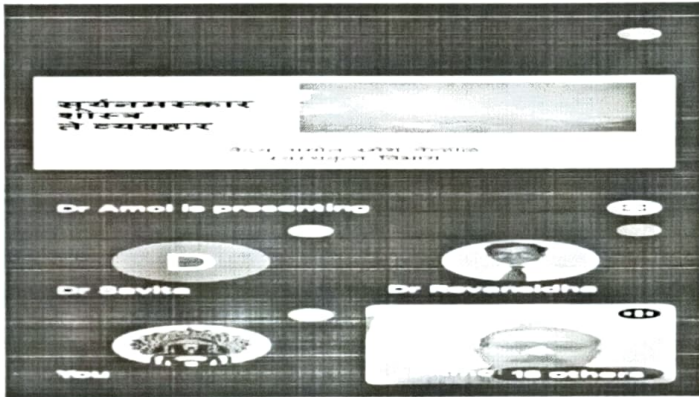
Yog for pregnant women



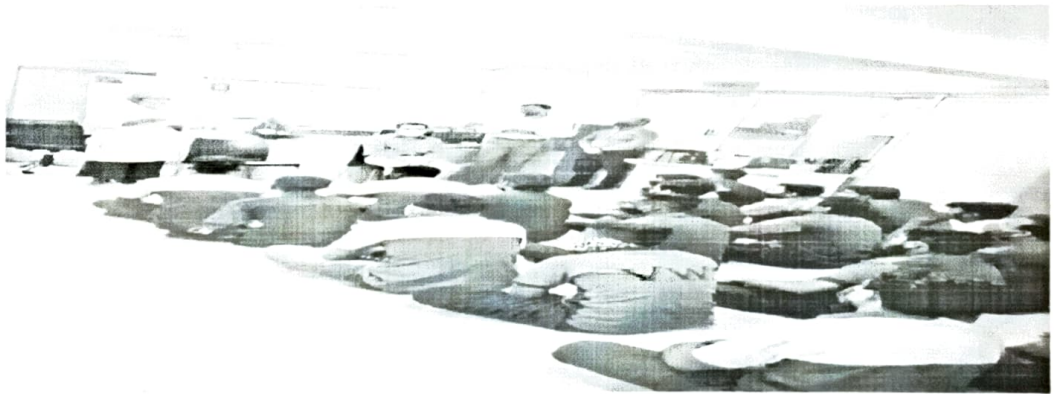
Jeeval
 I/C. Principal
 Sethi Govindji Rajji Ayurved
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PHC -Importance of Ayurved



Online yog session



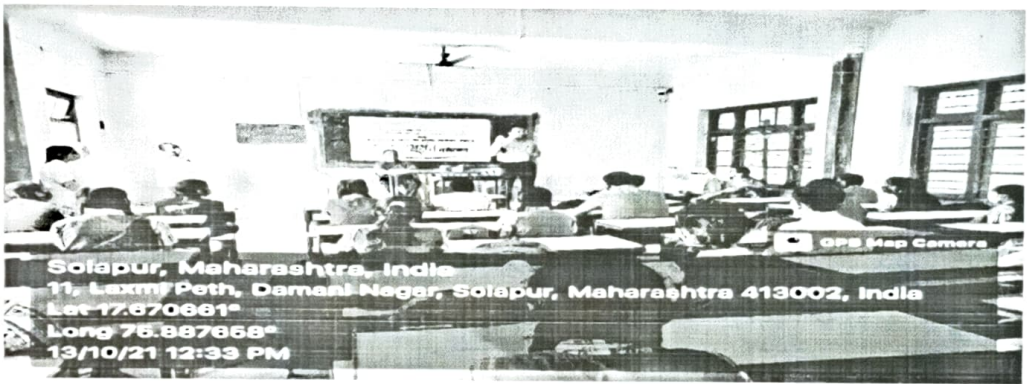
Ayurvedic Lifestyle at showroom



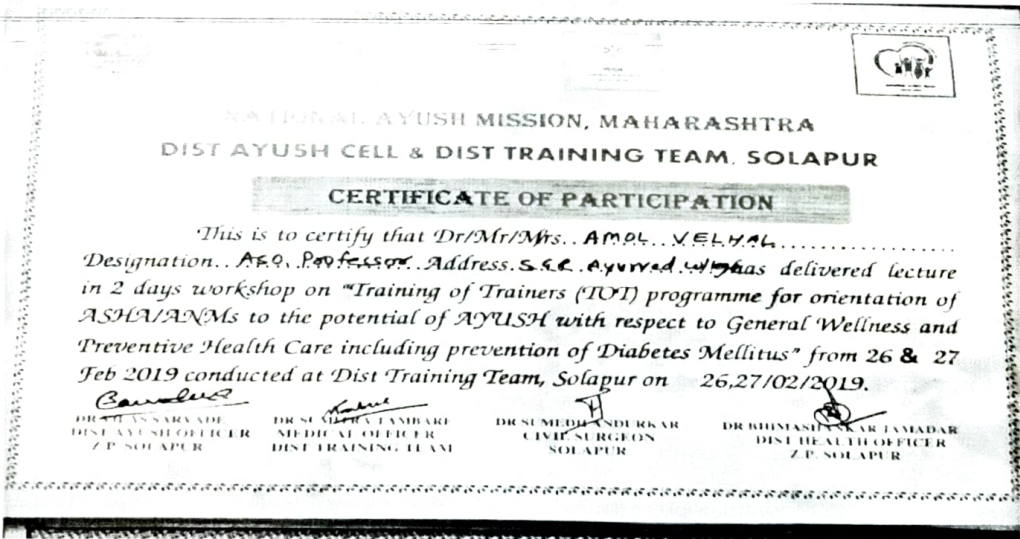
Genesh
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Ayush Nutrition Yog Camp



Dincharya for students Jain School



TOT



Yamela
I/C. Principal
Seth Govindji Raoji Ayurved
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