

Evaluative Report of the Department

1. Name of the Department : **Department of Swasthavritta and Yoga**
2. Year of establishment: **as a section in 1989 and as an independent Dept. in 2006**
3. Is the Department part of a School/Faculty of the university?:
Part of Faculty of Ayurveda, Institute of Medical Sciences, BHU
4. Names of Programmes / Courses offered (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., etc.)
UG- Ayurvedacharya-BAMS (Bachelor of Ayurvedic Medicine & Surgery)
PG-Ayurveda Vachaspati [MD (Ayurveda)] in Swasthavritta and Yoga
5. Interdisciplinary courses and departments involved: **Nil**
6. Courses in collaboration with other universities, industries, foreign institutions, etc.:
Nil
7. Details of programmes / courses discontinued, if any, with reasons: **Nil**
8. Annual/ Semester/Choice Based Credit System: **Annual System**
9. Participation of the department in the courses offered by other departments:

1. **1. DNYT/BNYS at RGSC, Barkachha**

10. Number of teaching posts sanctioned, filled and actual (Professors/Associate Professors/Asst. Professors/Others)

	Sanctioned	Filled	Actual (including CAS/MPS)
Professor	Nil	Nil	Nil
Associate Professors	01	Nil	Nil
Assistant Professors	02	02	02
Others	Nil	Nil	Nil

11. Faculty profile with name, qualification, designation, area of specialisation , experience and research under guidance

Name	Qualification	Designation	Specialization	No. of Years of Experience	No. of M.D. students guided for the last 4 years
Dr. Neeru Nathani	MD (Ay.),	Assistant Professor	Swasthavritta and Yoga	11 years	04

Name	Qualification	Designation	Specialization	No. of Years of Experience	No. of M.D. students guided for the last 4 years
		(Stage II)			
Dr. Mangalagowri V Rao	MD (Ay.)	Assistant Professor (Stage II)	Swasthavritta	>9 years	03

12. List of senior Visiting Fellows, adjunct faculty, emeritus professors- Nil

13. Percentage of classes taken by temporary faculty – programme-wise information- Nil

14. Programme-wise Student Teacher Ratio **PG: 2:2**

15. Number of academic support staff (technical) and administrative staff: sanctioned, filled and actual

Staff	Sanctioned	Filled	Actual
Technical Staff	Nil	Nil	Nil
Administrative Staff	Nil	Nil	Nil
Office Assistant (Contractual)	-	-	01 (under DST-PURSE Project)
Peon	-	-	01

16. Research thrust areas recognized by major funding agencies: **Nil**

17. Number of faculty with ongoing projects from a) national b) international funding agencies and c) Total grants received. Give the names of the funding agencies and grants received project-wise.

DST-PURSE Scheme: 08 Lakhs

18. Inter-institutional collaborative projects and associated grants received

a) National collaboration b) International collaboration : **Nil**

19. Departmental projects funded by DST-FIST; UGC-SAP/CAS, DPE; DBT, ICSSR, AICTE etc.; total grants received. : **Nil**

20. Research facility / centre with

- state recognition: **Nil**
- national recognition : **Nil**
- international recognition: **Nil**

21. Special research laboratories sponsored by / created by industry or corporate bodies: **Nil**

22. Publications: since 2007

* Number of papers published in peer reviewed journals (national / international)

International: **09**

National: **14**

* Monographs: Nil

* Chapters in Books: 04

* Edited Books: 01 – “Integrative approach to Metabolic disorders”, edited by Dr. Neeru Nathani

* Books with ISBN with details of publishers

Books Published by Dr. Neeru Nathani

1. **Ashtanga Yoga** (in Hindi), Chowkhambha Orientalia, Varanasi, ISBN: 978-81-7637-269-5, 2012

Books Published-Dr.Mangalagowri V Rao

1. **A Textbook of Swasthavritta**, Chaukhambha Orientalia, Varanasi, 978-81-7637-034-9. Year-2007
2. **The Essence of Yoga**, Chaukhambha Orientalia, Varanasi, 978-81-7637-250-3, 2011
3. **The Essentials of Nature Cure**, Chaukhambha Orientalia, Varanasi, 978-81-7637-285-5, 2013

* Number listed in International Database (For e.g. Web of Science, Scopus, Humanities International Complete, Dare Database - International Social Sciences Directory, EBSCO host, etc.)

* Citation Index – range / average

* SNIP

* SJR

* Impact Factor – range / average

* h-index

23. Details of patents and income generated: **Nil**

24. Areas of consultancy and income generated: **Nil**

25. Faculty selected nationally/ internationally to visit other laboratories/institutions/industries in India and abroad:

Dr. Neeru Nathani Deputed by Ministry of Health and Family Welfare, Govt. of India, as an expert to represent the Dept. of AYUSH in 03 Ayurveda Conferences and 01 Yoga Camp at **South Africa**, 29 Sept. to 05 Oct. 2012.

26. Faculty serving in

- a) National committees b) International committees c) Editorial Boards d) any other (please specify)

SERVING IN EDITORIAL BOARD

Dr. Neeru Nathani

1. **Member-** Asian Journal of Modern and Ayurvedic Medical Science, AJMAMS.
2. **Member-**Yoga Review, a Quarterly Journal of Indian Academy of Yoga.
3. **Editor-** A Book of “Integrative approach to Metabolic disorders”
4. **Member-** In Proceedings of International Conference on Recent Advances in Yoga- YOGACON 2010.
5. **Reviewer-** ‘AYU’ An International Quarterly Journal of Research in Ayurveda, GAU, Jamnagar.

Dr. Mangalagowri V Rao

1. **Executive Editor** of Proceedings of International Conference in Recent Advances in Yoga-2010
2. **Member**, Yoga Review-A Quarterly Journal, published by Indian Academy of Yoga
3. **Member**, Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha and Homeopathy--- International online journals- STM (Science, Technical & Medical) journals

GUEST LECTURES DELIVERED

Dr. Neeru Nathani - International - 12, National - 12

Dr. Mangalagowri V. Rao - International - 06, National - 11

PAPERS PRESENTED IN SEMINARS / CONFERENCES

Dr. Neeru Nathani - International - 07, National - 09

Dr. Mangalagowri V. Rao - International - 03, National - 08

27. Faculty recharging strategies (UGC, ASC, Refresher/Orientation programs, Workshops, training programs and similar programs):

The Faculties are undergone periodical Refresher, Re-orientation courses and the training programs organized by UGC Academic Staff College as well as by Dept of AYUSH.

28. Student projects

- percentage of students who have done in-house projects including inter-departmental projects: **100% (projects by the UG students as per syllabus and the Dissertation by the PG students)**
- percentage of students doing projects in collaboration with other universities / industry / institute : **Nil**

29. Awards / recognitions received at the national and international level by

- Faculty:
- Doctoral / post doctoral fellows:
- Students

30. Seminars/ Conferences/Workshops organized and the source of funding (national / international) with details of outstanding participants, if any.

- International Conference on “Geriatric Health care through Yoga” and Annual Assembly of IAY in 16-17 March 2013, Malaviya Bhawan, BHU
- Workshop on “Yoga and Diet for Fitness”, in collaboration with IAY Varanasi Chapter, held on 31.05.13 to 03.06.13, Malaviya Bhawan, BHU
- Workshop on “Shatkarma (Yogic purification) and its therapeutic applications”, in International Conference on Recent Advances in Yoga – YOGACON-2010, BHU, 27-28 Nov. 2010.
- Workshop on “Yoga for better Living”, delivered in XIII National Conference and II International Congress of AAIM, BHU, held on 6 – 8 Feb. 2010.
- Workshop on “Yoga for Healthy Living”, presented in 1st International & 27th All India Conference AYURVISION - NIMACON 2008, held at BHU on 12-13 Jan. 2008.

31. Code of ethics for research followed by the departments

All the Research Proposals submitted by the PG and Ph.D Scholars are approved by the Institutional Ethical Committee of IMS, BHU

32. Student profile programme-wise: since 2007

Name of the Course (refer to question no. 4)	Applications received	Selected		Pass percentage	
		Male	Female	Male	Female
Post Graduate	Through all India Competition	07	02	100	100

Name of the Course (refer to question no. 4)	Applications received	Selected		Pass percentage	
		Male	Female	Male	Female
	conducted by the Institute				

33. Diversity of students

Name of the Course (refer to question no. 4)	% of students from the same university	% of students from other universities within the State	% of students from universities outside the State	% of students from other countries
Post Graduate	33.3 %	22.2%	44.4%	Nil

34. How many students have cleared Civil Services and Defence Services examinations, NET, SET, GATE and other competitive examinations? Give details category-wise.: Nil

35. Student progression

Student progression	Percentage against enrolled
UG to PG	50%
PG to M.Phil.	
PG to Ph.D.	Nil
Ph.D. to Post-Doctoral	
Employed	
• Campus selection	Nil
• Other than campus recruitment	89.9
Entrepreneurs	11.1

36. Diversity of staff

Percentage of faculty who are graduates	
of the same university	50%
from other universities within the State	Nil
from universities from other States	50%
from universities outside the country	Nil

37. Number of faculty who were awarded M.Phil, Ph.D., D.Sc. and D.Litt. during the assessment period:

38. Present details of infrastructural facilities with regard to

a) Library: **More than 326 reference books**

b) Internet facilities for staff and students: **Available to all**

c) Total number of class rooms: **08 Class rooms in the Faculty are shared by the Department besides One seminar room of the Department**

d) Class rooms with ICT facility: **All classrooms have audio-visual facilities**

e) Students' laboratories: **UG practical laboratory**

f) Research laboratories: **PG Research Lab and Yoga Hall**

39. List of doctoral, post-doctoral students and Research Associates

a) from the host university: Doctoral: **Nil**

b) from other universities: Doctoral :**Nil**

40. Number of post graduate students getting financial assistance from the university.

All the Post Graduate Scholars are getting Salary equivalent to Assistant Professor as per the Residency Scheme.

41. Was any need assessment exercise undertaken before the development of new programme(s)? If so, highlight the methodology. : **Nil**

42. Does the department obtain feedback from

a. Faculty on curriculum as well as teaching-learning-evaluation? If yes, how does the department utilize the feedback? :

The Department is conducting periodical Board of studies meeting inviting the external expert members for updating the Curriculum.

b. Students on staff, curriculum and teaching-learning-evaluation and how does the department utilize the feedback? :

Periodical feedback is obtained from the students in the prescribed format of the University and the concerned teachers are informed accordingly to modify/improve their teaching methodology.

c. Alumni and employers on the programmes offered and how does the department utilize the feedback? : **Nil**

43. List the distinguished alumni of the department (maximum 10)

Sl.No.	Name	Year Of Degree Awarded	Present affiliation
1.	Dr. V. K. Agnihotri	1983	Associate Professor, Rishikul Govt. Ayurveda College, Haridwar, Uttarakhand
2.	Dr. S.C. Joshi	1996	Professor (Basic Principles), Patanjali Ayurveda College, Haridwar
3.	Dr. Sunita Pandey	2000	Government Ayurveda College, Patna
4.	Dr. Rakesh Verma	2005	Reader, Swasthavritta, Chaudhary Brahm Prakash Ayurved Charak Sansthan, New Delhi
5.	Dr. Durgavati	2006	Lecturer, National Institute of Ayurveda, Jaipur, Rajasthan

6.	Dr. Vijay Kumar	2007	Lecturer (Swasthavritta), Patanjali Ayurveda College, Haridwar
7.	Dr. Sarvesh Kumar Agarwal	2008	Lecturer, National Institute of Ayurveda, Jaipur, Rajasthan
8.	Dr. Ram Kumar Agarwal	2009	Lecturer, State Ayurveda College, Jabalpur (MP)
9.	Dr. Ravi Kumar	2010	Medical Officer, Noida, UP
10.	Dr. Niraj Kumar	2011	Lecturer, Chaudhary Brahm Prakash Ayurved Charak Sansthan, New Delhi

44. Give details of student enrichment programmes (special lectures / workshops / seminar) involving external experts.

1. **Faculty level Workshop:** A workshop on “**Stress Management through Bhutashuddhi Kriya**” by **Maharshi Arvind Savarkar**, founder of Maharshi Arvind Foundation, Mumbai on 13.03.2012.
2. **Organized Guest lecture** – on “**Role of Handwriting on Personality development and Stress management**” on 28.08.2012, presented by Mr. Rajesh Jauhri.
3. A **Guest lecture on “Role of Yoga and Spirituality in Health Promotion”** by **Yogi Dev Raj**, Founder President and Managing Trustee Swami Vivekananda Yoga and Holistic Health Trust, Bangalore on 15.09.12.

45. List the teaching methods adopted by the faculty for different programmes.

1. **Routine Black board teachings**
2. **Audio-visual methods for theoretical Teachings**
3. **Live demonstrations along with video demonstrations of Swasthavritta and Yoga**
4. **OPD**
5. **Practical Training of Swasthavritta and Yoga through camps and surveys**

46. How does the department ensure that programme objectives are constantly met and learning outcomes are monitored?

The Head of the Department is constantly monitoring the Theory & Practical Classes taken by the Faculty as per the schedule. The students are also assessed by Internal Assessment examinations once in 6 months.

47. Highlight the participation of students and faculty in extension activities.

The Faculty and students are conducting Swasthya Rakshan OPDs, services at Students health centre BHU and Vishishtha Garbhini Paricharya in collaboration with Prasuti Tantra Department. The extension activities are also provided through Health Camps, Yoga camps, Awareness camps at various places like Schools,

Remand home, Old age home etc.

48. Give details of “beyond syllabus scholarly activities” of the department.

The Department is organizing **weekly Academic seminar** by the PG Scholars of the Department on every **Tuesday** where in each scholar is presenting their own views regarding the present trends in prevention as well as classical views about Swasthavritta.

Similarly **Article review** in Swasthavritta from any Journal is also organized on every **Thursday** to motivate PG students in article and scientific paper writing.

49. State whether the programme/ department is accredited/ graded by other agencies? If yes, give details. : **No**

50. Briefly highlight the contributions of the department in generating new knowledge, basic or applied.

Researches Completed:

- Prevention of Sthaulya(Obesity) by Amalki Yoga Rasayana.
- Role of Pranayama in Tamaka Shwasa.
- Study on Viruddha-Ahara and its relevance in caution of diseases.
- Role of certain Yogic practices on Hypertension.
- Study to evaluate the efficacy of Diet and Yoga in the management of Sthaulya(Obesity).
- Role of Pathya Ahara and selected Yogic Practices in prevention of Madhumeha (Diabetes Mellitus)
- “A Study on Ritucharya and its relation with prevalence of Diseases”
- Effect of Medhya Rasayana and Yogic practices in the improvement of Short term Memory among School Going Children
- Pathya pathya and Yogic practices in the management of Tamaka Svasa
- Management of Kitibha (Psoriasis) through Pathya and Yoga

Researches under Progress:

- Evaluation of the Effect of Pathya-Apathya and Yogic Practice in Ardhavabhedaka (Migraine)
- Assessment of the Efficacy of Yoga and Medhya Rasayana in Adolescent Juvenile Delinquents with special references to their adjustment and aggression.

- Role of Selected Rasayana in management of Janu Sandhigata Vata (Osteoarthritis Knee)
- Role of Rasayana, Pathya-Apathya and Yogic Practices in management of Hyperlipidaemia

51. Detail any five Strengths, Weaknesses, Opportunities and Challenges (SWOC) of the department.

Strengths

1. Ayurvedic principles of health promotion disease prevention
2. Concept of Dinacharya and its role in prevention of diseases
3. Concept of Ritucharya and its relation with prevention of diseases
4. Prevention and cure of Lifestyle disorders through Pathyapathya, Yoga and Naturopathy
5. Prevention of Psychosomatic disorders through Ayurveda and Yoga

Weaknesses

1. Lack of full-fledged research lab to conduct research
2. Insufficient funds for research work
3. Lack of financial assistance to the Ph.D. Scholars
4. Lack of teaching staff as per the norms of the regulatory council
5. Lack of technical and office staff

Opportunities

1. To serve as a Teacher in Govt. and Private sector
2. To serve as a Researcher in the Research Councils and Industries
3. To serve as a Medical Officer in Govt. and Private sector
4. To develop as an Entrepreneur in the society
5. To play an overall role in the society as Health Care Provider

Challenges

1. Developing research methodology as per the Ayurvedic Principles for preventive research
2. Scientifically prove the preventive curative effect of Yoga and Nature cure
3. Scientific validation of principles of prevention in Ayurveda for wider acceptance among the medical fraternity

4. Implementation of various Pathyapathyas in the routine management of diseases by Ayurvedic and Modern doctors
5. Implementation of various principles of prevention in Ayurveda at community level through various health programs

52. Future plans of the department.

- **To upgrade the Department of Swasthavritta and Yoga as a Centre of Excellence.**
- **To educate the society at its grass root level for positive health care through Swasthavritta and Yoga.**

Academic activities

- To Impart theoretical teaching in the subject Swasthavritta, Yoga and Naturopathy to undergraduate and postgraduate scholars
- To impart practical training in Survey, Ayurveda, Yoga and Naturopathy to the undergraduate and postgraduate scholars
- To conduct course work for the Ph.D. Scholars
- To conduct periodical extension lectures by the personalities of highest academic excellence.
- To conduct periodical Reorientation training programme (ROTP) and Continuing Medical education (CME) in Swasthavritta and Yoga for the teachers and medical officers as and when entrusted by the University/Govt. of India

Research activities

- Role of Pathya-Apathya in the maintenance of health and prevention of various diseases.
- Evaluation of the effects of different daily and seasonal regimens on health.
- Role of Sadvritta in the community health.
- Preventive role of Panchakarma and Rasayana.
- Yoga and Naturopathy in the maintenance of health.
- Prevention and treatment of psychosomatic diseases through Yoga.
- Health surveys, awareness, education and training programme for rural and urban public.