

Shri Dhaneshwari Manav Vikas Mandal's

S.S.V.P. Homoeopathic Medical College & Research Institute-Hatta

(Recognised by Ayush Ministry-New Delhi, Govt. of Maharashtra & Affiliated to Maharashtra University of Health Sciences, Nashik)

8.1.7: Describe the activities of specialized units like Physiotherapy / Yoga and Naturopathy in the Institution within 500 words

Our College offers departments dedicated to yoga, naturopathy, and physiotherapy. The field of naturopathy consists of four distinct components, namely hydrotherapy, mud treatment, massage-panch karma, and physiotherapy. Each department has its own dedicated rooms for yoga and exercise therapy. These facilities are specifically designed to provide benefits in the areas of yoga, naturopathy, and physiotherapy.

Patients are referred from the inpatient department (IPD) and the outpatient department (OPD). Patients get counseling on the principles and benefits of naturopathy, as well as yoga and exercise therapy. Following the counseling session, a comprehensive medical history is recorded and the patient's vital signs are assessed. Based on their medical history, individuals are diagnosed and provided with guidance on the treatment they will get.

The supplied amenities and treatments include:

1. Physical treatment.

The treatment options include short wave diathermy, ultrasound, transcutaneous electrical nerve stimulation (TENS) or interferential therapy (IFT), infrared therapy, and exercise.

3. Services offered include massage, thermal treatment, mud therapy, and Shirodhara unit.

4. Acupressure and acupuncture.

Yoga therapy includes practices such as pranayama, meditation, and psychotherapy.

6. Hydrotherapy, chromo therapy, cupping therapy, kalpathery.

7. Dietary recommendations and treatments based on the five elements of nature.

8. The practice of reflexology.

9. Sujok treatment.

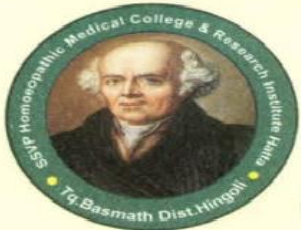
10. Detoxification treatment, namely Panchakarma.

We guarantee that patients get assistance in achieving optimal physical well-being. Following each appointment, we gather comments from both patients and their family. In order to promote the well-being of our patients, we have employed a dietitian and a physiotherapist to facilitate the smooth progress of their therapy.

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A yoga program has been implemented inside the hospital. A yoga teacher conducts daily yoga sessions in the morning for both outpatients (OPD) and inpatients (IPD). Yoga enhances flexibility via the augmentation of muscular strength and tone. Additionally, it decreases stress levels by enhancing respiration, energy, and vitality. It also promotes a balanced metabolism, weight reduction, and enhances cardiovascular and circulatory health.

The daily yoga practice starts with warm-up activities that include demonstrating motions of all the body's joints. Following that, a series of standing yoga postures are done, including Tadasana, Vrikshasana, Padmasana, Bhujangasana, Naukasana, Chakrasana, and Trikonasana, along with numerous other asanas.

An IPD Residential Naturopathy camp is scheduled to take place every month for a duration of 7 days. The camp is offered free of charge or on a charitable basis. The services offered to patients at these camps provide effective respite from the therapy administered. All patients get excellent attention and therapy. OPD patients are referred for Naturopathy therapy to address their problems.

Additionally, an internship program includes a certificate course that focuses on Yoga, Naturopathy, and Physiotherapy training. In addition, we provide instruction and conduct demonstration sessions for students, granting them a certificate upon acquiring a comprehensive understanding of the therapeutic practices. This might be advantageous for them to enhance their skills.



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