

**SWASTHAVRITTA**  
**6-day CME for Teachers Module**

<b>S.No.</b>	<b>Topic</b>	<b>Course Contents</b>	<b>Duration in Hrs.</b>
1.	Concept of health- Ayurveda & modern Medicine. Reactive, active pro- active approach to health.	Definition of Health. Quantification of health. Prevention of diseases, care & enhancement of health.	1½ hrs.
2.	Primary, Secondary & Tertiary preventive measures. Demonstration of Dinacharya Upakramas.	Application of Dinacharya and Rutucharya in Modern era. Implementation of this aspect in rural areas. Practical demonstrations of Anjana, Nasya, Gandusha-Kavala, Dhumapana. Preparation of Dhumapana Varti.	1½ hrs
3.	Ayurvedic Dietetics	Diet as per disease, age, and occupation. Characteristics of new food items.	1½ hrs
4.	Malnutrition	Causes, problem statement in India. Methods to combat wide spread malnutrition. Role of Ayurveda in prevention of malnutrition	1½ hr.
5.	Yoga & Concepts	Concept of different schools of Yoga practices, Ashtanga Yoga in brief.	1½ hrs
6.	Therapeutic yoga	Role of yoga in Health Care. Disease wise, System wise demonstration of yogasanas.	1½ hrs
7.	Therapeutic yoga	Pranayama, Varieties of Kumbhaka. Practical demonstration of performing pranayam –ujjayi, bhasrika etc. and bandha.	1½ hrs
8.	Yogic Shuddhi Kriyas	Practical demonstrations of sutra neti, jalaneti, dhauti, nauli, trataka, kapalbhati.	1½ hrs
9.	Stress Management	Techniques of Stress management for health maintenance.	1½ hrs
10.	Immunology	Definition, types, immunizing agents. New trends in immunology.	1½ hr.
	Vyadhikshamatva	Ayurvedic View. Types and methods to boost immunity. Rasayana.	
11.	Environment and Health	Disposal of Wastes. Biomedical & Hospital Waste.	1½ hrs
12.	Environment and Health	Effects of Air pollution. Prevention and Control of Air Pollution.	1½ hrs
13.	Naturopathy	Concepts, Principles of Nature cure, various methods of nature cure.	1½ hrs

14.	Naturopathy	Practical demonstrations of methods adopted in Naturopathy. (Visit to Naturopathy institute, if there is any)	1½ hrs
15.	Occupational health	Prevention of Occupational diseases. Prevention of life style related disorders.	1½ hrs
16.	Vector Borne Infections	Prevention and control of malaria, filariasis, dengue, chikungunya-current trends. Role of Ayurveda in vector borne diseases.	1½ hr.
17.	Health Policies & Health Programmes	National Health Policy. Health policy for ISM&H. Role of Ayurveda in National Health Programmes.	1½ hrs
18.	Epidemiology	Definition, aims, methods, descriptive, analytical, design of case studies, mass surveys. Design of questionnaire.	1½ hrs
19.	Basic Medical Statistics. Vital Statistics	Definition, use, sources, methods of collection of data and presentation of data. Simple mathematical calculations	1½ hrs
20.	Reproductive Child Health Care Programme	Preventive aspect in antenatal, intranatal, postnatal care. Maternal & Infant Care: Ayurvedic view	1½ hr.
21.	Family Planning	National Population Policy and Family Welfare Programme. Newer Techniques in Family Planning. CD Demonstration of IUD insertion, Vasectomy, Laproscopic Tubectomy.	1½ hrs
22.	National Programmes - I	National AIDS Control Campaign, Revised National Tuberculosis Control Programme, Blindness Control Programme.	1½ Hour
23.	National Programmes - II	Other National Programmes like RCH, Malaria Control programme, Anti Polio Programme, Leprosy Eradication Programme, etc.	1½ Hour
24.	National AYUSH Campaigns & Medical laws, NRHM	Knowledge of National Campaigns launched by AYUSH- Geriatric Health care Campaign and Kshar Sutra Campaign. Knowledge of Central/State Medical Laws/Rules /Regulations applicable to practitioners of ISM, - N.R.H.M aims and objectives.	1½ Hour
	<b>Pre and Post training assessment</b>	Assessment and Feedback forms may be given to participants before the commencement of sessions, so that they fill the forms at the end of each session/day and put them in sealed envelops.	01 hour
			37 hrs.