

DEPARTMENT OF SWASTHAVRITTA AND YOGA

GOVERNMENT AYURVED MAHAVIDYALAYA,
NAGPUR



OUR VISION

“To create a society where every individual maintains good health: physically, mentally and socially by adopting ayurved lifestyle, optimum diet, regular adherence to Rutucharya, consistent exercise and Yog practices.”



OUR MISSION

- 1) To educate and nurture graduates and post graduates about healthy lifestyles, empowering them to apply this knowledge locally and globally as Ayurved professionals.
- 2) To conduct research with a special focus on diet, Yog and lifestyle
- 3) To create awareness about Ayurveda Lifestyle by following Biological clock in communities of all tiers of society.
- 4) To promote preventive and therapeutic diet plans for both healthy and diseased individuals.



OUR FACULTY

NAME- Dr. Sumeeta S. Jogad

DESIGNATION - Professor and HOD
PG Guide



OUR FACULTY

NAME- **Dr. Manjiri Palnitkar**

DESIGNATION - **Associate Professor**
PG Guide



OUR FACULTY

NAME- Dr Jyoti Warthi

DESIGNATION - Associate Professor



OUR FACULTY

NAME- **Dr. Sachin Upalanchiwar**

DESIGNATION - **Assistant Professor**
PG Guide



OUR FACULTY

NAME- **Dr. Shraddha Bhasarkar**

DESIGNATION - **Assistant Professor**



OUR STAFF



Kavita Karosiya
(Sangrahpal)



Anil Khatik
(Sipahi)



Kiran Samundre
(Safaigar)

OUR STUDENTS-OLD JR3



Dr. Shivray Patil



Dr. Vivek Jog



Dr. Shraddha Tiwari



Dr. Shreya Mate

OUR STUDENTS-NEW JR3



Dr. Pankaj Narwade



Dr. Neelam Gautam



Dr. Varsha Karyappa



Dr. Yash Pawar



Dr. Alka Mundkar



Dr. Vishnu Walwate



Dr. Akanksha Choudhary

OUR STUDENTS-JR 2



Dr. Tushar More



Dr. Gunjan Agrawal



Dr. Supriya Singh



Dr. Bharti Kapgate



Dr. Vaishnavi Sambhalkar



Dr. Priyanka Bondre



Dr. Disha Junghare

OUR STUDENTS-JR 1



Dr. Sheel Ghadle



Dr. Ankita Agrawal



Dr. Mahadev Musale



Dr. Mayur Jadhav



Dr. Rupali Kadam



Dr. Nilesh Ingle

OUR PHD STUDENTS-2016



Dr Sumeeta Jain



Dr Gaurishankar Urkude



Dr. Mamta Tirankar



Dr. Amruta Jagtap

OUR PHD STUDENTS-2019



Dr. Arshiya Khan



Dr Maheshwari Joshi



Dr. Archana Belge



Dr. Sneha Borkar

OUR PHD STUDENTS-2023



Dr. Sonal Wankhede



Dr Vrushali Thote



Dr Manisha Ladhe



Dr. Shruti Karemore

DISSERTATIONS SUBMITTED-M.D



SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
1	Vd.Vijay G. Patrikar	Vd. R. M. Bhalerao	1997	A study of the effect of pranayama W.S.R to Buddhi (intelligence)and Pranvah Strotas (Cardio Respiratory System)
2	Vd. Mamata A. Mathurkar	Vd. R. M. Bhalerao	1998	Yashtimadhu (medhya rasayan) ka vridhhi ev swasthya par parinam- ek Prayogik Adhyayan.
3	Vd. Malti S. Munde	Vd. Vijay G. Patrikar	1998	Preenan Modak In the Management of “Balshasha”(kuposhan)in paediatric age group.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
4	Vd. Anand A. Tembhornikar	Vd.Vijay G. Patrikar	1998	The Effect of Yogic Process in Cardio Vascular Disorder.
5	Vd.Nivrutti B.Swami	Vd.Vijay G. Patrikar	2001	Kunjla (Gajkarnee)Yogeeek shuddhikriya vidhicha amlpitta (urdhwag) vyaddhimadhe honara parinam ek prayogik adhyayan.
6	Vd. Purushottam Jambhudkar	Vd.Vijay G. Patrikar	2003	Triphala Rasayanacha garbhavati v stanada matachya sharir swasthya-var honara parinam ek prayogik adhyayan.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
7	Vd.Sangeeta Bagade	Vd.Vijay G. Patrikar	2004	Bhujangadi aasano ka manyagrah vyadhivar Prabhav ek prayogik adhyayan.
8	Vd. Prasad Deshpande	Vd.Vijay G. Patrikar	2005	A Survey Study of the people residing At south facing houses W.S.R to teir health srotas
9	Vd. Ramesh Gawale	Vd.Vijay G. Patrikar	2006	The Effect of Kharjooradi Manth On Alcohol Dependence Syndrome

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
10	Vd. Rajendra Patil	Vd.Vijay G. Patrikar	2008	Role Of Kapalbhati in the Management of Sthaulya W.S.R to Obesity
11	Vd. Manjiri Palnitkar	Vd.Vijay G. Patrikar	2010	Role Of Ashwagandha Granules in the management of "Balshosha"
12	Vd. Sushma Varhade	Vd.Vijay G. Patrikar		The Effect of Til Tail Karnapuram , the People Working in Call centre W.S.R to Audiometric Assessment

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
13	Vd. Gaurishankar Urkude	Vd.Vijay G. Patrikar	2012	A Study of Health Status of Open Cast Coal Mine Worker.
14	Vd. Rita Nistane	Vd.Vijay G. Patrikar	2013	To study the Varnya Property of Yavadi Anulepan W.S.R to Melanin Pigment
15	Vd.Rohini Patil	Vd.Vijay G. Patrikar	2014	Role of Dhanuradi Aasan in the Management of Sthaulya W.S.R to OBESITY

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
17	Vd. Pramod Dhavale	Vd.Vijay G. Patrikar	2015	Role of Jalambu-pana (Musta Phant)in Prevention of Kaphaj Vikarin Vasant Ritu
18	Vd. Yogesh	Vd.Vijay G. Patrikar	2015	18)Effect Of Modified Prayogika Dhupana In Reducing Cigarette Smoking Dependence
19	Vd. Sonal Wankhede	Vd. Sumeeta Jain	2015	19) Effect Of Chaturushan on Modified factor of Framingtan risk score on Cardio Vascular Risk

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
20	Vd Shubhangi Kshirsagar	Vd. Vidya Wasnik	2015	20) Effect of Chandrashhol Beeja In Women with Calcium Deficiency
21	Vd. Nandkishor Thatwale	Vd. Prasad Deshpande	2015	21) Effect of Suryamudra as an Adjuvant Therapy in The Management Of Hypothyroidism
22	Vd. Anjali Turale	Vd. Vrushali Khandekar	2015	22)Effect Of Haridra on Pre-Diabetes

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
23	Vd. Vinod Chavhan	Vd.Vijay G. Patrikar	2016	23) Effect of Krishna Tila And Guda as a Nutritional Supplements in Iron Deficiency Anaemia
24	Vd. Arshiya Khan	Vd.Vijay G. Patrikar	2016	24) Randomized Control Trial of Madhu (Honey) Haritaki in The Management of Sthaulya W.S.R. to Obesity
25	Vd. Maheshwari Joshi	Vd. Sumeeta Jain	2016	25) Retrospective survey” Study the Asociation Between Incidence of Non Insulin Dependent DM in Female w.s.r. to Menstrual cycle”

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
26	Vd. Nahid Qamar	Vd. Vidya Wasnik	2016	26) "Randomized Control Study of Suryanamaskar in Primary Dysmenorrhea among Unmarried Girls"
27	Vd. Yogesh Manche	Vd. Prasad Deshpande	2016	27) " A survey study of Health of Traffic Police Personal in Nagpur City"
28	Vd. Rupali Pawar	Vd. Vrushali Khandekar	2016	28) " Randomized Control Study Of Abhaya- Nagar Yoga with Saindhav in Agnimandya"

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
29	Vd. Laxman Kundle	Vd.Vijay G. Patrikar	2017	29)Analytical Study of Physiochemical and Nutritive Properties of Manda, Peya, Vilepa, Yawagu”
30	Vd. Gayatri Halmare	Vd.Vijay G. Patrikar	2017	30) Randomized Control Trial of Madhu Pippali in the management of Sthaulya w.s.r. to Obesity”
31	Vd. Ummul Qura R Ansari	Vd. Sumeeta Jain	2017	“ Effect of Guduchi Tail Shirobhangya with Hair Care information Education Communication in Prevention of Khalitya in Healthy Individual”

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
32	Vd. Manisha Ladhe	Vd. Vidya Wasnik	2017	Comparative Study of Emotional Intelligence Quotient and Stress in Yoga Follower and Non-Yoga Follower w.s.r. to serum Cortisol.
33	Vd. Darshan D. Suryawanshi	Vd. Prasad Deshpande	2017	Experimental study Of Badar Chujrna as a Dietary Supplement on Spefrm Count w.s.r. to Semen Analysis.
34	Vd. Sumaiya Sadaf A. Sayyad	Vd. Vrushali Khandekar	2017	Randomized Control Study Of Shatpushpa TAILa Matra Basti in Kashtartava w.s.r. to Primary Dysmenorrhea Among Unmarried Girls”

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
35	Vd. Renuka S. Kulkarni	Vd.Vijay G. Patrikar	2018	Effect of Chaturbij Churna on Katishool w.s.r. to Non Specific Low Back Pain: Randomized Control Trial
36	Vd. Aradhana Biranwar	Vd.Vijay G. Patrikar	2018	Effect of Marich Churna with Madhu In Management of Kaphaj Kasa (Cough) in Paediatric age group.
37	Vd. Nikeeta Gupta	Vd. Sumeeta Jain	2018	Effect of Dadima Phalatwaka with haridra Siddhajala Kavalgraha in Gilayu (Chronic Tonsillitis): Randomized Control Trial.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
38	Vd. Sanyukta Nimaje	Vd. Vidya Wasnik	2018	“Hypoglycaemic Potential of Amrapushpa (Mangifera Indica Flower) in Madhumeha (Type II Diabetes Mellitus) : Randomized Control Trial.
39	Vd. Akansha Pardhi	Vd. Prasad Deshpande	2018	Effects Of Agastipushpasara as a dietary supplement in Females with Special reference to Nutritional Anaemia: Randomized Control Trial.
40	Vd. Shraddha S. Bhasarkar	Vd. Vrushali Khandekar	2018	“ Nidranash (Sleep Disorder) in Resident Medical Officers performing shift duty.: Cross Sectional Study.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
41	Vd. Jivankumar V. Landgae	Vd. Sumeeta Jain	2019	Cross Sectional Study Of Aharaj And Viharaj Hetu Associated with Frequency of bleeding tendency in Raktapitta w.s.r. to Haemophilia
42	Vd. Rohini M. Kendre	Vd. Sumeeta Jain	2019	Randomized control Trial of Grunjanak Churna in Arsha (Internal Haemorrhide)
43	Vd. Ketaki H. Patil	Vd. Vidya Wasnik	2019	Effect of Omkar Chanting on Buddhi of School Children w.s.r. to Intelligence: An Experimental Study.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
44	Vd. Rutuja R Jane	Vd. Vrushali Khandekar	2019	Randomized Control Trial Of Haritakyadi Lozenges in Kaphaja Kasa of Adults”2019-20
45	Vd. Pooja Wadatkar	Vd. Prasad Deshpande	2019	Interventional Study Of Cyclic Meditation on Emotional Quotient In Young Population.
46	Vd. Darshana B. Tathe	Vd. Sumeeta Jain	2020	Randomized Controlled Trial of Triphaladi Siddha Jala In Sthoola Pramehi w.s.r. to Type 2 Diabetes Mellitus.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
47	Vd. Prachi S. Ghodeswar	Vd. Sumeeta Jain	2020	Formation Of Gomay Nimbadi Stick and Its Antimicrobial Property Evaluation- An Experimental Study
48	Vd. Minal B. Belsare	Vd. Vidya Wasnik	2020	Randomized Controlled Trial Of Tila Powder (Sesame Indicus) in Premenopausal Women w.s.r. to Calcium Deficiency.
49	Vd. Harshalata S. Ashtankar	Vd. Vidya Wasnik	2020	Effect of Nimbo Nyagradha Dantdhawan Churna And Trijatak Churna on Dental Health in Healthy Adults- Randomized Controlled Trial.

SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
60	Vd. Suvarna D. Navrange	Vd. Vidya Wasnik		Health Status Among Yoga And Gym Performers w.s.r. to Knighy Chlopatric Scale: An Observational Comparative Stud.y
61	Vd. Neha P. Pawar	Vd. Vrushali Khandekar		Analytical Study of Dhanyamla and Oral Rehydration Solution w.s.r. to Nutritive Values.
62	Vd. Parita L. Barapatre	Vd. Sumeeta Jain		Evaluation Of Occurrence of Avidhivat Jalpan among Patient of Pratishyaya w.s.r. to Allergic Rhinitis : A cross Sectional Study

DISSERTATIONS SUBMITTED-PHD



SR. NO.	STUDENTS NAME	GUIDE	YEAR	TOPIC
1	Vd. Prasad Deshpande	Vd.Vijay G. Patrikar	2017	Effect of Viruddhahar on Allergic Vulnerability with special reference to Immumoglobulin E
2	Vd. Vrushali Khandekar	Vd.Vijay G. Patrikar	2017	Effect of Goghрут on Lipid Profile of Healthy individuals
3				



THANK YOU