

SWASTHYARAKSHAN OPD

➤ Equipments-

- Stethoscope - 1
- BP Apparatus - 1
- Weighing Scale - 1
- Measuring tape- 1

➤ Furniture

- Table -1
- Chairs -
 1. Executive chair -1
 2. Plastic chairs -2
- Plastic stools -2
- Wooden Storage / Side table-1

➤ Electric Appliances

- Ceiling fan -1
- Cooler -1
- Lights -4
- Computer-1

➤ Others

- Yoga mats -6
- Dustbin - 1

➤ Charts

a) Wooden charts 10

1. Mayurasana (मयूरासन) -1
2. Shalabhasana (शलभासन) -1

3. Sarvangasana (सर्वांगासन) -1
4. Matsyendrasana (मत्स्येन्द्रासन) -1
5. Yogmudra (योगमुद्रा) -1
6. Paschimottanasana (पश्चिमोत्तानासन) -1
7. Siddhasana (सिद्धासन) -1
8. Gomukhasana (गोमुखासन) -1
9. Swastikasana (स्वस्तिकासन) -1
10. Matsyasana (मत्स्यासन)-1

b) Laminated Charts -19

1. Surya Namaskar (सूर्यनमस्कार) -1
2. Yogasana (योगासन) -1
3. Pranayam (प्राणायाम)-2
4. Aaharvishayak suchana (आहारविषयक सूचना)-2
5. Aamavata pathyapathya (आमवात -पथ्यापथ्य)-2
6. Hypertension Pathyapathya (उच्च रक्तदाब -
पथ्यापथ्य)-1
7. Vatavyadhi Pathyapathya (वातव्याधि-पथ्यापथ्य) 1
8. Madhumeh Pathyapathya (मधुमेह- पथ्यापथ्य) -1
9. Arsha Pathyapathya (अर्श- पथ्यापथ्य)-1
10. Suryanamskar (सूर्यनमस्कार)-2
11. Aasane (आसने)-4
12. Suryanamskar सूर्यनमस्कार (मोठा) -1