

Sadvritta

(GOOD CONDUCT)

Ayurvedic Way to Conducive Social Life



Further information can be obtained from :

Director General
Central Council for Research in Ayurvedic Sciences
 No. 61-65, Institutional Area, Opp. 'D'-Block, Janakpuri, New Delhi-110058
 Telephone : +91-11-28525520/28524457, Fax : +91-11-28520748
 E-mail : dg-ccras@nic.in
 Website : www.ccras.nic.in
 www.indianmedicine.nic.in

© C.C.R.A.S. 2014

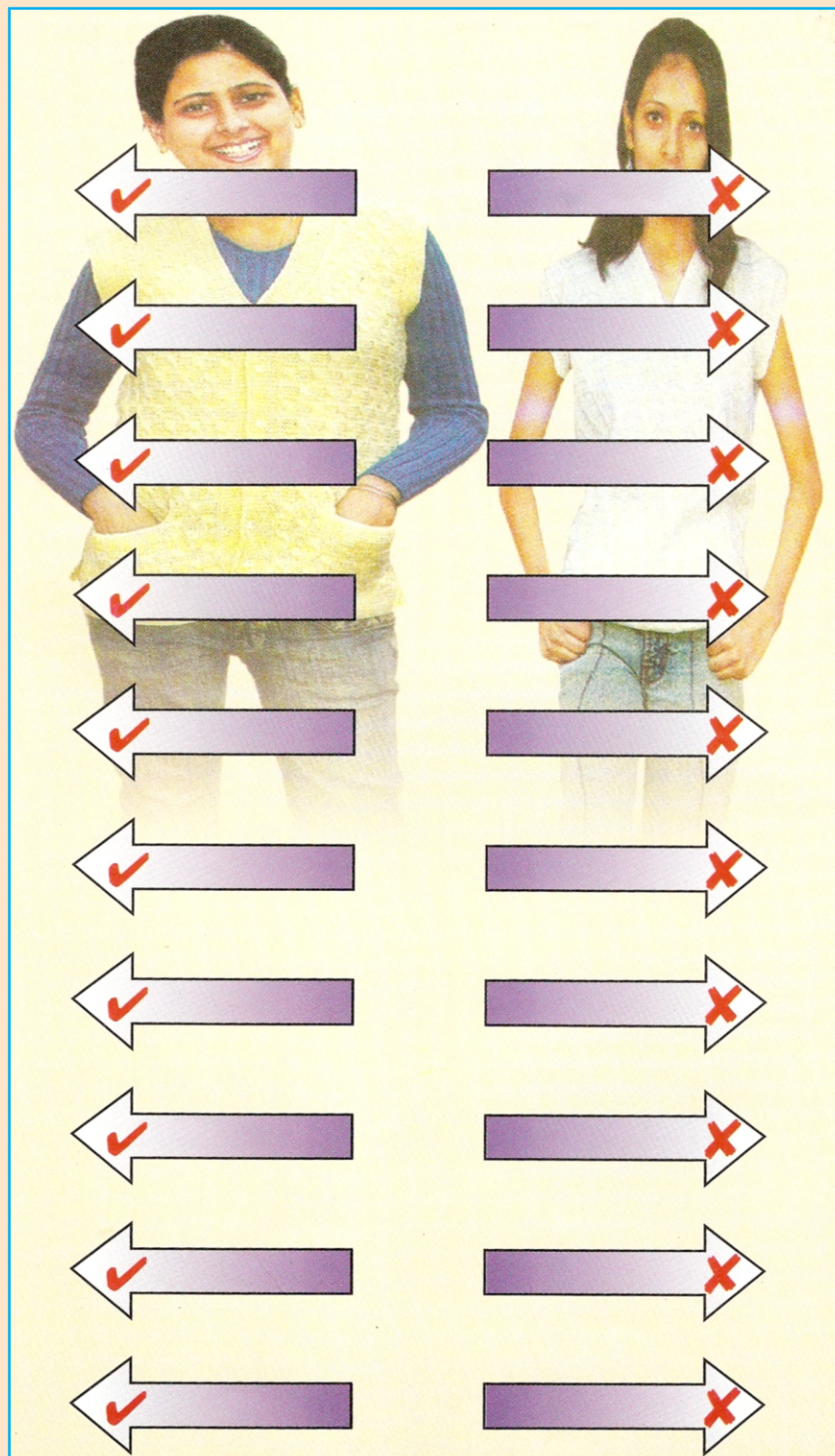
This document is meant for publicity and distribution only. Not for commercial purposes. Reproduction of this material is possible only after taking permission from Director General C.C.R.A.S.



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES
 Ministry of AYUSH
 (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
 Government of India

क्या करें ✓

1. Keep Cheerful Disposition
2. Help the Distressed
3. Be Hospitable to Guests
4. Have Faith in God
5. Respect Elders
6. Console the Frightened
7. Remain Courageous both During Happiness & Misery
8. Keep Control over Senses & Appetite
9. Relax From work Before Feeling Strain
10. Be Dignified & Well Cultured



क्या न करें ✗

1. Don't Keep the Company of Arrogants, Mean & Wicked
2. Don't Expose Shortcomings of Others
3. Don't Speak bad of Good People & Elders
4. Avoid Earning by Harming Others
5. Don't Burden Your Senses and Understanding
6. Don't Loose Patience
7. Don't Indulge in Violence
8. Avoid Alcoholic Beverages and Tobacco
9. Avoid Headwinds, Severe Sun, Frost & Storms
10. Don't Blow Nose Admist Crowd

