

# Sadvritta

(GOOD CONDUCT)

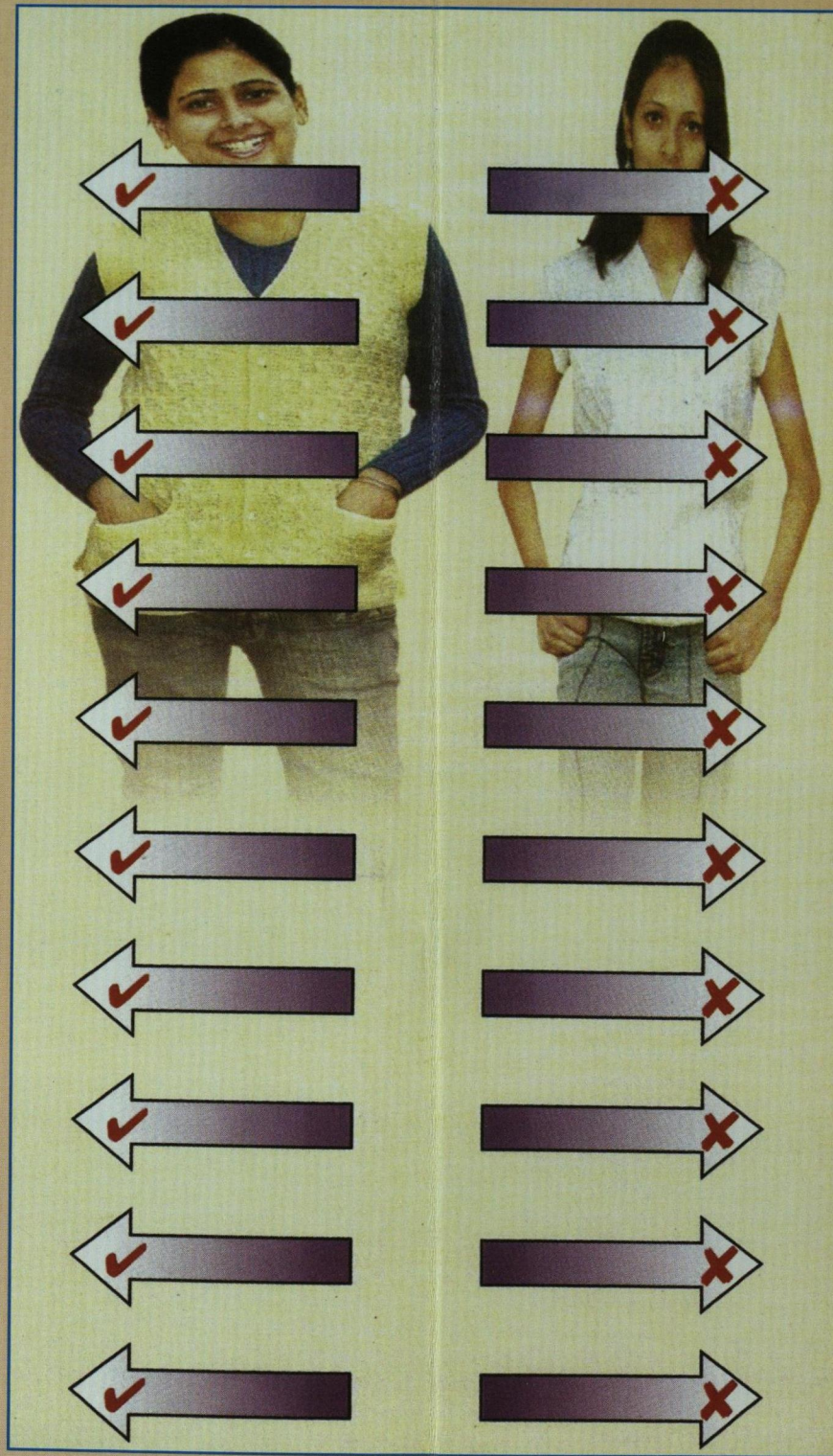
Ayurvedic Way to Conducive Social Life



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's 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

