

TILAK AYURVED MAHAVIDYALAYA, PUNE

ACADEMIC TERM PLANNER- ATP

Teaching Programme for

Swasthavritta & Yoga

(June 2022 – June 2023)

Course: PG 2-3year

Sub: Theory and Practical

Term wise distribution of Syllabus

Jun-2022				
1	Rutushodhan (GD)	01-06-2022	Wednesday	Vd. Hajarnavis
2	Rutucharya (GD)	02-06-2022	Thursday	Vd. Hajarnavis
3	Ratricharya(GD)	03-06-2022	Friday	Vd. Shisode
4	Nidra (GD)	04-06-2022	Saturday	Vd. Hajarnavis
5		05-06-2022	Sunday	
6	Communicable diseases (GD)	06-06-2022	Monday	Vd. Hajarnavis
7	Non - Communicable diseases (GD)	07-06-2022	Tuesday	Vd. Hajarnavis
8	Nidra (GD)	08-06-2022	Wednesday	Vd. Hajarnavis
9	Ahar (GD)	09-06-2022	Thursday	Vd. Hajarnavis
10	Ashtau Aahar Vidhi Visheshayatane (GD)	10-06-2022	Friday	Vd. Shisode
11	Dvadashashan Pravichar (GD)	11-06-2022	Saturday	Vd. Hajarnavis
12		12-06-2022	Sunday	
13	Nisargopchar (Diadactic)	13-06-2022	Monday	Vd. Hajarnavis
14	Patanjal Yogsutra (GD)	14-06-2022	Tuesday	Vd. Hajarnavis
15	Epidemiology (GD)	15-06-2022	Wednesday	Vd. Hajarnavis
16	Modes of disease transmission (GD)	16-06-2022	Thursday	Vd. Hajarnavis
17	Mudra Bandh (GD)	17-06-2022	Friday	Vd. Shisode
18	Levels of disease Prevention (GD)	18-06-2022	Saturday	Vd. Hajarnavis
19		19-06-2022	Sunday	
20	Ashtang Yog (GD)	20-06-2022	Monday	Vd. Hajarnavis
21	Ashtang Yog (GD)	21-06-2022	Tuesday	Vd. Hajarnavis
22	Biomedical waste Management (GD)	22-06-2022	Wednesday	Vd. Hajarnavis
23	Occupational Health (GD)	23-06-2022	Thursday	Vd. Hajarnavis
24	Panchakarma Agar (GD)	24-06-2022	Friday	Vd. Shisode
25	Sutikagar (GD)	25-06-2022	Saturday	Vd. Hajarnavis
26		26-06-2022	Sunday	
27	Disinfection (GD)	27-06-2022	Monday	Vd. Hajarnavis
28	Hathayog (GD)	28-06-2022	Tuesday	Vd. Hajarnavis
29	Web of Causation (GD)	29-06-2022	Wednesday	Vd. Hajarnavis
30	Level of Prevention (GD)	30-06-2022	Thursday	Vd. Hajarnavis
Jul-2022				
31	Dvadashashan Pravichar (GD)	01-07-2022	Friday	Vd. Shisode
32	Level of Prevention (GD)	02-07-2022	Saturday	Vd. Hajarnavis
33		03-07-2022	Sunday	
34	Janapadodhwansa (GD)	04-07-2022	Monday	Vd. Hajarnavis
35	Dinacharya (GD)	05-07-2022	Tuesday	Vd. Hajarnavis
36	Rutucharya (GD)	06-07-2022	Wednesday	Vd. Hajarnavis
37	Vaccination (GD)	07-07-2022	Thursday	Vd. Hajarnavis
38	Ashtang Yog (GD)	08-07-2022	Friday	Vd. Shisode
39	Saptang Yog (GD)	09-07-2022	Saturday	Vd. Hajarnavis
40		10-07-2022	Sunday	
41	RCH Program (GD)	11-07-2022	Monday	Vd. Hajarnavis
42	Shatkarma (GD)	12-07-2022	Tuesday	Vd. Hajarnavis
43	Nutrition (GD)	13-07-2022	Wednesday	Vd. Hajarnavis

44	Host Defense (GD)	14-07-2022	Thursday	Vd. Hajarnavis
45	Stages of intervention (GD)	15-07-2022	Friday	Vd. Shisode
46	Genetics in Ayurveda (GD)	16-07-2022	Saturday	Vd. Hajarnavis
47		17-07-2022	Sunday	
48	Concept of community health	18-07-2022	Monday	Vd. Hajarnavis
49	Spectrum of health, iceberg, phenomenon of diseases	19-07-2022	Tuesday	Vd. Hajarnavis
50	Communicable diseases	20-07-2022	Wednesday	Vd. Hajarnavis
51	Different schools of yoga	21-07-2022	Thursday	Vd. Hajarnavis
52	General investigation of communicable disease	22-07-2022	Friday	Vd. Shisode
53	Dimension of health	23-07-2022	Saturday	Vd. Hajarnavis
54		24-07-2022	Sunday	
55	Meditational practices	25-07-2022	Monday	Vd. Hajarnavis
56	Vital statistics	26-07-2022	Tuesday	Vd. Hajarnavis
57	Ritucharya shodhan	27-07-2022	Wednesday	Vd. Hajarnavis
58	Rutucharya	28-07-2022	Thursday	Vd. Hajarnavis
59	Disinfection	29-07-2022	Friday	Vd. Shisode
60	Yog in ayurved-concept of Moksha	30-07-2022	Saturday	Vd. Hajarnavis
61		31-07-2022	Sunday	
Aug-2022				
62	Diet A/C ayurveda	01-08-2022	Monday	Vd. Hajarnavis
63	Staple diet in various countries	02-08-2022	Tuesday	Vd. Hajarnavis
64	Contribution of Ayurveda to national health programme	03-08-2022	Wednesday	Vd. Hajarnavis
65	Mantrayog	04-08-2022	Thursday	Vd. Hajarnavis
66	Health administration under ministry of health & food	05-08-2022	Friday	Vd. Shisode
67	Principles of dietics	06-08-2022	Saturday	Vd. Hajarnavis
68		07-08-2022	Sunday	
69	Natural history of diseases	08-08-2022	Monday	Vd. Hajarnavis
70	Balanced diet for healthy adult	09-08-2022	Tuesday	Vd. Hajarnavis
71	Disaster management	10-08-2022	Wednesday	Vd. Hajarnavis
72	Layayog	11-08-2022	Thursday	Vd. Hajarnavis
73	AYUSH function and programmes	12-08-2022	Friday	Vd. Shisode
74	Balanced diet for adolescent ,elderly people	13-08-2022	Saturday	Vd. Hajarnavis
75		14-08-2022	Sunday	
76	Stages of intervention	15-08-2022	Monday	Vd. Hajarnavis
77	Rutucharya (Vagbhat, Bhavmishra)	16-08-2022	Tuesday	Vd. Hajarnavis
78	Ayurvedic view of sankramak rog	17-08-2022	Wednesday	Vd. Hajarnavis
79	Philosophy of patanjali A/C to yog sutra	18-08-2022	Thursday	Vd. Hajarnavis
80	Investigation of epidemics	19-08-2022	Friday	Vd. Shisode
81	Ritu prevalent in various countries	20-08-2022	Saturday	Vd. Hajarnavis
82		21-08-2022	Sunday	

83	Immunization practices for community	22-08-2022	Monday	Vd. Hajarnavis
84	Pros and cones of vegetarian	23-08-2022	Tuesday	Vd. Hajarnavis
85	Physiological effects on body on yoga	24-08-2022	Wednesday	Vd. Hajarnavis
86	Disaster management	25-08-2022	Thursday	Vd. Hajarnavis
87	Pros and cones of Non-vegetarian	26-08-2022	Friday	Vd. Shisode
88	Possible contribution of Ayurveda in immunization	27-08-2022	Saturday	Vd. Hajarnavis
89		28-08-2022	Sunday	
90	Saptang yoga	29-08-2022	Monday	Vd. Hajarnavis
91	Sexually transmitted disease & control	30-08-2022	Tuesday	Vd. Hajarnavis
92	Rutucharya (Charak, Shushrut)	31-08-2022	Wednesday	Vd. Hajarnavis
Sep-2022				
93	Ashtang yoga	01-09-2022	Thursday	Vd. Hajarnavis
94	Aasan-swastikasan	02-09-2022	Friday	Vd. Shisode
95	Ratricharya (Bhavmishra & others)	03-09-2022	Saturday	Vd. Hajarnavis
96		04-09-2022	Sunday	
97	Web of causation of diseases	05-09-2022	Monday	Vd. Hajarnavis
98	Ritu prevalent in various countries	06-09-2022	Tuesday	Vd. Hajarnavis
99	Ayurvedic methods of vyadhikshmatva	07-09-2022	Wednesday	Vd. Hajarnavis
100	Hathyoga – Gheranda samhita	08-09-2022	Thursday	Vd. Hajarnavis
101	Health advise to travellers	09-09-2022	Friday	Vd. Shisode
102	Shodhan schedule for ritusandhi	10-09-2022	Saturday	Vd. Hajarnavis
103		11-09-2022	Sunday	
104	Virrudhahar	12-09-2022	Monday	Vd. Hajarnavis
105	Physiological effects of yoga on mind	13-09-2022	Tuesday	Vd. Hajarnavis
106	Aasan –Gomukhasan	14-09-2022	Wednesday	Vd. Hajarnavis
107	Virrudhahar (mod.view)	15-09-2022	Thursday	Vd. Hajarnavis
108	Environmental and community health (Bhumi)	16-09-2022	Friday	Vd. Shisode
109	Sadvritta (charak)	17-09-2022	Saturday	Vd. Hajarnavis
110		18-09-2022	Sunday	
111	At international level statistics of infectious diseases	19-09-2022	Monday	Vd. Hajarnavis
112	Shatkriya	20-09-2022	Tuesday	Vd. Hajarnavis
113	Aasan-bhadrasan,sinhasan	21-09-2022	Wednesday	Vd. Hajarnavis
114	Pradnyaparadh (causes)	22-09-2022	Thursday	Vd. Hajarnavis
115	Environmental and community health(vayu)	23-09-2022	Friday	Vd. Shisode
116	Vital statistics	24-09-2022	Saturday	Vd. Hajarnavis
117		25-09-2022	Sunday	
118	Natural history of disease	26-09-2022	Monday	Vd. Hajarnavis
119	Aahar vargas & comparision with today's food	27-09-2022	Tuesday	Vd. Hajarnavis
120	Biomedical waste management	28-09-2022	Wednesday	Vd. Hajarnavis
121	Karmayog –bhagwadgeeta	29-09-2022	Thursday	Vd. Hajarnavis
122	National health programme	30-09-2022	Friday	Vd. Shisode
Oct-2022				

123	Staple diet in various countries	01-10-2022	Saturday	Vd. Hajarnavis
124		02-10-2022	Sunday	
125	Multifactorial causation of diseases	03-10-2022	Monday	Vd. Hajarnavis
126	Concept of vegas, types, & physiology	04-10-2022	Tuesday	Vd. Hajarnavis
127	Hospital waste management	05-10-2022	Wednesday	Vd. Hajarnavis
128	Hathyoga –Gheranda samhita	06-10-2022	Thursday	Vd. Hajarnavis
129	Ward waste management	07-10-2022	Friday	Vd. Shisode
130	Aahar (charak, shushrut, vagbhat)	08-10-2022	Saturday	Vd. Hajarnavis
131		09-10-2022	Sunday	
132	Disinfection practices for the community(Ayurved)	10-10-2022	Monday	Vd. Hajarnavis
133	National health agencies	11-10-2022	Tuesday	Vd. Hajarnavis
134	Nisrgopchar	12-10-2022	Wednesday	Vd. Hajarnavis
135	National health agencies	13-10-2022	Thursday	Vd. Hajarnavis
136	Yog and ayurved	14-10-2022	Friday	Vd. Shisode
137	Disinfection practices for community	15-10-2022	Saturday	Vd. Hajarnavis
138		16-10-2022	Sunday	
139	Immunization practices for community	17-10-2022	Monday	Vd. Hajarnavis
140	Pros and cones of vegetarian	18-10-2022	Tuesday	Vd. Hajarnavis
141	Physiological effects on body on yoga	19-10-2022	Wednesday	Vd. Hajarnavis
142	Disaster management	20-10-2022	Thursday	Vd. Hajarnavis
143	Pros and cones of Non-vegetarian	21-10-2022	Friday	Vd. Shisode
144	Possible contribution of Ayurveda in immunization	22-10-2022	Saturday	Vd. Hajarnavis
145		23-10-2022	Sunday	
146	At international level statistics of infectious diseases	24-10-2022	Monday	Vd. Hajarnavis
147	Shatkriya	25-10-2022	Tuesday	Vd. Hajarnavis
148	Aasan-bhadrasan,sinhasan	26-10-2022	Wednesday	Vd. Hajarnavis
149	Pradnyaparadh (causes)	27-10-2022	Thursday	Vd. Hajarnavis
150	Environmental and community health(vayu)	28-10-2022	Friday	Vd. Shisode
151	Vital statistics	29-10-2022	Saturday	Vd. Hajarnavis
152		30-10-2022	Sunday	
153	Disaster management	31-10-2022	Monday	Vd. Hajarnavis
Nov-2022				
154	Disease surveillance	01-11-2022	Tuesday	Vd. Hajarnavis
155	Apdravya malnirharan	02-11-2022	Wednesday	Vd. Hajarnavis
156	National health policy	03-11-2022	Thursday	Vd. Hajarnavis
157	Satyabuddhi	04-11-2022	Friday	Vd. Shisode
158	Moksha marga	05-11-2022	Saturday	Vd. Hajarnavis
159		06-11-2022	Sunday	
160	Revision Trayopsthambha- Aahar	07-11-2022	Monday	Vd. Hajarnavis
161	Revision Therapeutic effects of yogic practices on HTN	08-11-2022	Tuesday	Vd. Hajarnavis
162	Revision Trayopsthambha-Nidra	09-11-2022	Wednesday	Vd. Hajarnavis

163	Revision Vajeekar for swastha	10-11-2022	Thursday	Vd. Hajarnavis
164	Revision Environmental and community health(Vikiran)	11-11-2022	Friday	Vd. Shisode
165	Revision Aadharniya veg	12-11-2022	Saturday	Vd. Hajarnavis
166		13-11-2022	Sunday	
167	Revision Disaster management	14-11-2022	Monday	Vd. Hajarnavis
168	Revision host defences	15-11-2022	Tuesday	Vd. Hajarnavis
169	Revision Vyadhikshmatva –modern concept	16-11-2022	Wednesday	Vd. Hajarnavis
170	Revision Sewage disposal	17-11-2022	Thursday	Vd. Hajarnavis
171	Revision Ritucharya –Hemant ritu	18-11-2022	Friday	Vd. Shisode
172	Revision Investigation of epidemic	19-11-2022	Saturday	Vd. Hajarnavis
173		20-11-2022	Sunday	
174	Revision Control of epidemics	21-11-2022	Monday	Vd. Hajarnavis
175	Revision Concept of sthula sharir	22-11-2022	Tuesday	Vd. Hajarnavis
176	Revision Ishta aahar	23-11-2022	Wednesday	Vd. Hajarnavis
177	Revision Ritucharya –vasant-grishma ritu	24-11-2022	Thursday	Vd. Hajarnavis
178	Revision Disinfection practices for community	25-11-2022	Friday	Vd. Shisode
179	Revision Ritucharya –grishma-varsha ritu	26-11-2022	Saturday	Vd. Hajarnavis
180		27-11-2022	Sunday	
181	Revision Isolation ward in hospitals	28-11-2022	Monday	Vd. Hajarnavis
182	Revision Meteorology	29-11-2022	Tuesday	Vd. Hajarnavis
183	Revision Preservation of food	30-11-2022	Wednesday	Vd. Hajarnavis
Dec-2022				
184	Revision STD control (ayu view)	01-12-2022	Thursday	Vd. Hajarnavis
185	Revision Genetics in Ayurveda	02-12-2022	Friday	Vd. Shisode
186	Revision AIDS	03-12-2022	Saturday	Vd. Hajarnavis
187		04-12-2022	Sunday	
188	Revision Modes of disease transmission	05-12-2022	Monday	Vd. Hajarnavis
189	Revision Poshanache samajik parinama	06-12-2022	Tuesday	Vd. Hajarnavis
190	Revision Apadravya malnirharana	07-12-2022	Wednesday	Vd. Hajarnavis
191	Revision Effect of alcohol on body	08-12-2022	Thursday	Vd. Hajarnavis
192	Revision Moksha Paribhasha & Mokshache marge	09-12-2022	Friday	Vd. Shisode
193	Revision Shavavinash vividha paddhati	10-12-2022	Saturday	Vd. Hajarnavis
194		11-12-2022	Sunday	
195	Revision Janpadodhwansa	12-12-2022	Monday	Vd. Hajarnavis
196	Revision Ritunusar shodhan	13-12-2022	Tuesday	Vd. Hajarnavis
197	Revision Vasant ritucharya	14-12-2022	Wednesday	Vd. Hajarnavis
198	Revision Vyadhikshmatva	15-12-2022	Thursday	Vd. Hajarnavis
199	Revision National health policy	16-12-2022	Friday	Vd. Shisode
200	Revision RCH Programmes	17-12-2022	Saturday	Vd. Hajarnavis
201		18-12-2022	Sunday	
202	Revision Disinfection practices for the community(Ayurved)	19-12-2022	Monday	Vd. Hajarnavis

203	Revision National health agencies	20-12-2022	Tuesday	Vd. Hajarnavis
204	Revision Nisrgopchar	21-12-2022	Wednesday	Vd. Hajarnavis
205	Revision National health agencies	22-12-2022	Thursday	Vd. Hajarnavis
206	Revision Yog and ayurved	23-12-2022	Friday	Vd. Shisode
207	Revision Disinfection practices for community	24-12-2022	Saturday	Vd. Hajarnavis
208		25-12-2022	Sunday	
209	Revision Concept of genomics	26-12-2022	Monday	Vd. Hajarnavis
210	Revision Medical entomology	27-12-2022	Tuesday	Vd. Hajarnavis
211	Revision National programmes	28-12-2022	Wednesday	Vd. Hajarnavis
212	Revision yoga	29-12-2022	Thursday	Vd. Hajarnavis
213	Revision Naturopathy	30-12-2022	Friday	Vd. Shisode
214	Revision Community Health	31-12-2022	Saturday	Vd. Hajarnavis

January - 2023

215		01-01-2023	Sunday	
216	Janpadodhwansa	02-01-2023	Monday	Vd. Hajarnavis
217	Ritunusar shodhan	03-01-2023	Tuesday	Vd. Shisode
218	Vasant ritucharya	04-01-2023	Wednesday	Vd. Hajarnavis
219	Vyadhikshmatva	05-01-2023	Thursday	Vd. Shisode
220	National health policy	06-01-2023	Friday	Vd. Kale
221	RCH Programmes	07-01-2023	Saturday	Vd. Inamdar
222		08-01-2023	Sunday	
223	Vital statistics	09-01-2023	Monday	Vd. Hajarnavis
224	National & international health agencies	10-01-2023	Tuesday	Vd. Shisode
225	Disease surveillance	11-01-2023	Wednesday	Vd. Hajarnavis
226	Disinfection	12-01-2023	Thursday	Vd. Shisode
227	Swastikasana – practical	13-01-2023	Friday	Vd. Kale
228	Meditational practices	14-01-2023	Saturday	Vd. Inamdar
229		15-01-2023	Sunday	
230	Vital statistics	16-01-2023	Monday	Vd. Hajarnavis
231	Ritucharya shodhan	17-01-2023	Tuesday	Vd. Shisode
232	Rutucharya	18-01-2023	Wednesday	Vd. Hajarnavis

233	Disinfection	19-01-2023	Thursday	Vd. Shisode
234	Yog in ayurved-concept of Moksha	20-01-2023	Friday	Vd. Kale
235	Physiological effect of yoga	21-01-2023	Saturday	Vd. Inamdar
236		22-01-2023	Sunday	
237	STDS(Gonorrhoea)	23-01-2023	Monday	Vd. Hajarnavis
238	Disease surveillance	24-01-2023	Tuesday	Vd. Shisode
239	Meteorological environment	25-01-2023	Wednesday	Vd. Hajarnavis
240	Holiday	26-01-2023	Thursday	
241	AIDS	27-01-2023	Friday	Vd. Kale
242	Aasan- Siddhasan, Padmasan	28-01-2023	Saturday	Vd. Inamdar
243		29-01-2023	Sunday	
244	Vital statistics	30-01-2023	Monday	Vd. Hajarnavis
245	Aasan-Veerasan , Paschimottanasan	31-01-2023	Tuesday	Vd. Shisode
February - 2023				
246	Principles of Health Education	01-02-2023	Wednesday	Vd. Hajarnavis
247	Principles of Health Education	02-02-2023	Thursday	Vd. Shisode
248	Aasan-Makarasan	03-02-2023	Friday	Vd. Kale
249	Infectious Diseases	04-02-2023	Saturday	Vd. Inamdar
250		05-02-2023	Sunday	
251	Vyadhikshmatva-Ayurveda	06-02-2023	Monday	Vd. Hajarnavis
252	School Health Services	07-02-2023	Tuesday	Vd. Shisode
253	Nadishuddhi Pranayam	08-02-2023	Wednesday	Vd. Hajarnavis
254	Pranayam	09-02-2023	Thursday	Vd. Shisode
255	Statistics related with infectious diseases	10-02-2023	Friday	Vd. Kale
256	Suryabhedhi , ujjai	11-02-2023	Saturday	Vd. Inamdar
257		12-02-2023	Sunday	
258	Immunity	13-02-2023	Monday	Vd. Hajarnavis
259	Mudra	14-02-2023	Tuesday	Vd. Shisode
260	Shatkarma	15-02-2023	Wednesday	Vd. Hajarnavis

261	Prevention measures of malaria	16-02-2023	Thursday	Vd. Shisode
262	Vyadhikshmatva-Ayurveda	17-02-2023	Friday	Vd. Kale
263	Holiday	18-02-2023	Saturday	
264		19-02-2023	Sunday	
265	Shitali,Sitkari	20-02-2023	Monday	Vd. Hajarnavis
266	School Health Services (Ayurvedic contribution)	21-02-2023	Tuesday	Vd. Shisode
267	Bhasrika, Bhramari Pranayam	22-02-2023	Wednesday	Vd. Hajarnavis
268	Statistics related with infectious disease	23-02-2023	Thursday	Vd. Shisode
269	Shitali, Sitkari Pranayam	24-02-2023	Friday	Vd. Kale
270	Immunity	25-02-2023	Saturday	Vd. Inamdar
271		26-02-2023	Sunday	
272	Demography	27-02-2023	Monday	Vd. Hajarnavis
273	Immunity	28-02-2023	Tuesday	Vd. Shisode
March - 2023				
274	Diasater Management	01-03-2023	Wednesday	Vd. Hajarnavis
275	Shatkriya –Neti,Dhauti,Basti	02-03-2023	Thursday	Vd. Shisode
276	National and International Health Agencies	03-03-2023	Friday	Vd. Kale
277	Family Planning acc.to Ayurveda	04-03-2023	Saturday	Vd. Inamdar
278		05-03-2023	Sunday	
279	Meditational practices	06-03-2023	Monday	Vd. Hajarnavis
280		07-03-2023	Tuesday	
281	Shatkriya –Nauli, Tratak, Kapalbhati	08-03-2023	Wednesday	Vd. Hajarnavis
282	History and evaluation of yoga	09-03-2023	Thursday	Vd. Shisode
283	Modern concept of epidemiology	10-03-2023	Friday	Vd. Kale
284	Concept Of holistic health A/C to Ayurveda	11-03-2023	Saturday	Vd. Inamdar
285		12-03-2023	Sunday	
286	History and evaluation of yoga	13-03-2023	Monday	Vd. Hajarnavis
287	Modern concept of epidemiology	14-03-2023	Tuesday	Vd. Shisode
288	Concept Of holistic health A/C to Ayurveda	15-03-2023	Wednesday	Vd. Hajarnavis

289	Concept of community health	16-03-2023	Thursday	Vd. Shisode
290	Spectrum of health, iceberg, phenomenon of diseases	17-03-2023	Friday	Vd. Kale
291	Rajyoga	18-03-2023	Saturday	Vd. Inamdar
292		19-03-2023	Sunday	
293	General investigation of communicable disease	20-03-2023	Monday	Vd. Hajarnavis
294	Dimension of health	21-03-2023	Tuesday	Vd. Shisode
295	Holiday	22-03-2023	Wednesday	
296	Concept of prevention A/C to ayurveda	23-03-2023	Thursday	Vd. Shisode
297	Dincharya (charak, shushrut)	24-03-2023	Friday	Vd. Kale
298	Critical evaluation of janopadodhwansa	25-03-2023	Saturday	Vd. Inamdar
299		26-03-2023	Sunday	
300	Rajyoga	27-03-2023	Monday	Vd. Hajarnavis
301	Concept of prevention A/C to modern	28-03-2023	Tuesday	Vd. Shisode
302	Probable physiologic effect of dincharya procedure	29-03-2023	Wednesday	Vd. Hajarnavis
303	Holiday	30-03-2023	Thursday	
304	Epidemiology of different communicable disease	31-03-2023	Friday	Vd. Kale
April - 2023				
305	Nutrition (Didactic)	01-04-2023	Saturday	Vd. Inamdar
306		02-04-2023	Sunday	
307	Concept of epidemiology (Didactic)	03-04-2023	Monday	Vd. Hajarnavis
308	Holiday	04-04-2023	Tuesday	
309	Host Defence (Didactic)	05-04-2023	Wednesday	Vd. Hajarnavis
310	Concept of Prevention(Didactic)	06-04-2023	Thursday	Vd. Shisode
311	Holiday	07-04-2023	Friday	
312	Introduction to Nisarga Upchar (Didactic)	08-04-2023	Saturday	Vd. Inamdar
313		09-04-2023	Sunday	
314	Dhumpan Varti Preparation (Demo)	10-04-2023	Monday	Vd. Hajarnavis

315	Ritu Prevention In various Disease (Didactic)	11-04-2023	Tuesday	Vd. Shisode
316	Clinical Evaluation of janpadodhvansa (Didactic)	12-04-2023	Wednesday	Vd. Hajarnavis
317	Concept of Mithya Ahar In Daily Routine (GD)	13-04-2023	Thursday	Vd. Shisode
318	Holiday	14-04-2023	Friday	
319	Prithavi Mahabhut Chikitsa (Didactic)	15-04-2023	Saturday	Vd. Inamdar
320		16-04-2023	Sunday	
321	Cholera And Its National Programme (Didactic)	17-04-2023	Monday	Vd. Hajarnavis
322	Janpaddhansa Charak Viman 3 (Didactic)	18-04-2023	Tuesday	Vd. Shisode
323	Poshak Ahara Sankalpana (Didactic)	19-04-2023	Wednesday	Vd. Hajarnavis
324	Sankramak Rogas (Didactic)	20-04-2023	Thursday	Vd. Shisode
325	Asanas for spinal disorders (Didactic)	21-04-2023	Friday	Vd. Kale
326	Holiday	22-04-2023	Saturday	
327		23-04-2023	Sunday	
328	Malaria & Its National programme (Didactic)	24-04-2023	Monday	Vd. Hajarnavis
329	Introduction to Communicable disease & Its Ayurvedic view (Didactic)	25-04-2023	Tuesday	Vd. Shisode
330	Aharvarga by different Granthas (Didactic)	26-04-2023	Wednesday	Vd. Hajarnavis
331	Padaabhyang,Shiroabhyanga (Didactic)	27-04-2023	Thursday	Vd. Shisode
332	Manda & Yusha nirmaan (Demo)	28-04-2023	Friday	Vd. Kale
333	WHO (Didactic)	29-04-2023	Saturday	Vd. Inamdar
334		30-04-2023	Sunday	
May - 2023				
335	Holiday	01-05-2023	Monday	
336	Sankramak Rogas (Didactic)	02-05-2023	Tuesday	Vd. Shisode
337	School Health Services (Diadactic)	03-05-2023	Wednesday	Vd. Hajarnavis
338	Statistics Related to Infectious	04-05-2023	Thursday	Vd. Shisode

	Diseases(Diadactic)			
339	Pranayam (Practical)	05-05-2023	Friday	Vd. Kale
340	Immunity (Diadactic)	06-05-2023	Saturday	Vd. Inamdar
341		07-05-2023	Sunday	
342	Demography (Diadactic)	08-05-2023	Monday	Vd. Hajarnavis
343	Disaster management (PBL)	09-05-2023	Tuesday	Vd. Shisode
344	Shatkriya (Diadactic)	10-05-2023	Wednesday	Vd. Hajarnavis
345	Modern Concept of epidemiology(Diadactic)	11-05-2023	Thursday	Vd. Shisode
346	Communicable diseases (Diadactic)	12-05-2023	Friday	Vd. Kale
347	Dimensions of Health (diadactic)	13-05-2023	Saturday	Vd. Inamdar
348		14-05-2023	Sunday	
349	Mudra Practical (Diadactic)	15-05-2023	Monday	Vd. Hajarnavis
350	Ashtang Yog (Diadactic)	16-05-2023	Tuesday	Vd. Shisode
351	Nisargopchar (Diadactic)	17-05-2023	Wednesday	Vd. Hajarnavis
352	STDs (Diadactic)	18-05-2023	Thursday	Vd. Shisode
353	Investigation of Epidemiology (Diadactic)	19-05-2023	Friday	Vd. Kale
354	Rutushodhan (Diadactic)	20-05-2023	Saturday	Vd. Inamdar
355		21-05-2023	Sunday	
356	Nisargopchar (Diadactic)	22-05-2023	Monday	Vd. Hajarnavis
357	Dinacharya (GD)	23-05-2023	Tuesday	Vd. Shisode
358	Rutucharya (GD)	24-05-2023	Wednesday	Vd. Hajarnavis
359	Nidra (GD)	25-05-2023	Thursday	Vd. Shisode
360	Aharvarga (GD)	26-05-2023	Friday	Vd. Kale
361	Philosophy of Patanjali (GD)	27-05-2023	Saturday	Vd. Inamdar
362		28-05-2023	Sunday	
363	Ashtang Yog (GD)	29-05-2023	Monday	Vd. Hajarnavis
364	Ashtau Aahar Vidhi Visheshayatane (GD)	30-05-2023	Tuesday	Vd. Shisode
365	Dvadashashan Pravichar (GD)	31-05-2023	Wednesday	Vd. Hajarnavis

June - 2023

366	Rutushodhan (GD)	01-06-2023	Thursday	Vd. Shisode
367	Rutucharya (GD)	02-06-2023	Friday	Vd. Kale
368	Ratricharya(GD)	03-06-2023	Saturday	Vd. Inamdar
369		04-06-2023	Sunday	
370	Nidra (GD)	05-06-2023	Monday	Vd. Hajarnavis
371	Communicable diseases (GD)	06-06-2023	Tuesday	Vd. Shisode
372	Non - Communicable diseases (GD)	07-06-2023	Wednesday	Vd. Hajarnavis
373	Nidra (GD)	08-06-2023	Thursday	Vd. Shisode
374	Ahar (GD)	09-06-2023	Friday	Vd. Kale
375	Ashtau Aahar Vidhi Visheshayatane (GD)	10-06-2023	Saturday	Vd. Inamdar
376		11-06-2023	Sunday	
377	Dvadashashan Pravichar (GD)	12-06-2023	Monday	Vd. Hajarnavis
378	Nisargopchar (Diadactic)	13-06-2023	Tuesday	Vd. Shisode
379	Patanjal Yogsutra (GD)	14-06-2023	Wednesday	Vd. Hajarnavis
380	Epidemiology (GD)	15-06-2023	Thursday	Vd. Shisode
381	Modes of disease transmission (GD)	16-06-2023	Friday	Vd. Kale
382	Mudra Bandh (GD)	17-06-2023	Saturday	Vd. Inamdar
383		18-06-2023	Sunday	
384	Levels of disease Prevention (GD)	19-06-2023	Monday	Vd. Hajarnavis
385	Ashtang Yog (GD)	20-06-2023	Tuesday	Vd. Shisode
386	Ashtang Yog (GD)	21-06-2023	Wednesday	Vd. Hajarnavis
387	Biomedical waste Management (GD)	22-06-2023	Thursday	Vd. Shisode
388	Occupational Health (GD)	23-06-2023	Friday	Vd. Kale
389	Panchakarma Agar (GD)	24-06-2023	Saturday	Vd. Inamdar
390		25-06-2023	Sunday	
391	Sutikagar (GD)	26-06-2023	Monday	Vd. Hajarnavis
392	Disinfection (GD)	27-06-2023	Tuesday	Vd. Shisode
393	Hathayog (GD)	28-06-2023	Wednesday	Vd. Hajarnavis

394	Holiday	29-06-2023	Thursday	
395	Level of Prevention (GD)	30-06-2023	Friday	Vd. Kale