

**TILAK AYURVED MAHAVIDYALAYA, PUNE**

**ACADEMIC TERM PLANNER- ATP**

**Teaching Programme for**

Swasthavritta & Yoga

**Course: PG 1<sup>ST</sup> year**

**Admitted batch – 2022 – 23**

**Sub: Theory and Practical**

**Term wise distribution of Syllabus**

**(From April 2022 to April 2023)**

| S.No.             | Topic                                      | Date       | Day       | Name of the Teacher |
|-------------------|--|------------|-----------|---------------------|
| <b>April 2022</b> |  |            |           |                     |
| 1                 | Concept of Vyadhikshamatva (Didactic)      | 18-04-2022 | Monday    | Vd. Hajarnavis      |
| 2                 | Principles of Health education (Didactic)  | 19-04-2022 | Tuesday   | Vd. Shisode         |
| 3                 | Anuloma and Viloma Pranayama (Demo)        | 20-04-2022 | Wednesday | Vd. Hajarnavis      |
| 4                 | Rutusandhi Asatmyajanya Roga (Didactic)    | 21-04-2022 | Thursday  | Vd. Hajarnavis      |
| 5                 | Yoga Niruktti, (Didactic)                  | 22-04-2022 | Friday    | Vd. Inamdar         |
| 6                 | Concept of Bal (Didactic)                  | 23-04-2022 | Saturday  | Vd. Hajarnavis      |
| 7                 |  | 24-04-2022 | Sunday    |                     |
| 8                 | Role of Rasayan in Geriatric (PBL)         | 25-04-2022 | Monday    | Vd. Hajarnavis      |
| 9                 | Yoga in various diseases (Didactic)        | 26-04-2022 | Tuesday   | Vd. Hajarnavis      |
| 10                |  | 27-04-2022 | Wednesday | Vd. Hajarnavis      |
| 11                | Vyadhikshamatva, Bal vichar (Didactic)     | 28-04-2022 | Thursday  | Vd. Hajarnavis      |
| 12                | Bramhacharya in disease prevention (PBL)   | 29-04-2022 | Friday    | Vd. Inamdar         |
| 13                | Concept of health as per Modern (Didactic) | 30-04-2022 | Saturday  | Vd. Hajarnavis      |

| <b>May 2022</b> |  |            |        |  |
|-----------------|--|------------|--------|--|
| 1               |  | 01-05-2022 | Sunday |  |



|    |  |            |           |                |
|----|--|------------|-----------|----------------|
| 2  | STD'S (Didactic)   | 02-05-2022 | Monday    |                |
| 3  |  | 03-05-2022 | Tuesday   |                |
| 4  | Health sector planning (Didactic)                        | 04-05-2022 | Wednesday | Vd. Shisode    |
| 5  | Purification of water (Didactic)                         | 05-05-2022 | Thursday  | Vd. Hajarnavis |
| 6  | Disease surveillance (Didactic)                          | 06-05-2022 | Friday    | Vd. Hajarnavis |
| 7  | Apdravya malnirharan (Didactic)                          | 07-05-2022 | Saturday  | Vd. Inamdar    |
| 8  |  | 08-05-2022 | Sunday    |                |
| 9  | Rajyog (Didactic)  | 09-05-2022 | Monday    | Vd. Hajarnavis |
| 10 | Panchayat raj and rural development (Didactic)           | 10-05-2022 | Tuesday   | Vd. Hajarnavis |
| 11 | Principal of primary health (Didactic)                   | 11-05-2022 | Wednesday | Vd. Shisode    |
| 12 | Health care delivery (Didactic)                          | 12-05-2022 | Thursday  | Vd. Hajarnavis |
| 13 | Panchayat raj and rural development (Didactic)           | 13-05-2022 | Friday    | Vd. Hajarnavis |
| 14 |  | 14-05-2022 | Saturday  |                |
| 15 |  | 15-05-2022 | Sunday    |                |
| 16 | STD'S (Didactic)   | 16-05-2022 | Monday    | Vd. Hajarnavis |
| 17 | Rules About Food Intake by different Granthas (Didactic) | 17-05-2022 | Tuesday   | Vd. Hajarnavis |
| 18 | Sadvritta (Didactic)                                     | 18-05-2022 | Wednesday | Vd. Shisode    |
| 19 | National & Universal Immunization programme (Didactic)   | 19-05-2022 | Thursday  | Vd. Hajarnavis |
| 20 | Shatkriya Kapal Dhauti (Demo)                            | 20-05-2022 | Friday    | Vd. Hajarnavis |
| 21 | Achara Rasayan In Communicable Diseases (Didactic)       | 21-05-2022 | Saturday  | Vd. Inamdar    |
| 22 |  | 22-05-2022 | Sunday    |                |
| 23 | Classification Of Sankraman (Didactic)                   | 23-05-2022 | Monday    | Vd. Hajarnavis |
| 24 | Effect of vaman In diabetes (Didactic)                   | 24-05-2022 | Tuesday   | Vd. Hajarnavis |
| 25 | Ahar and ras vichar (Didactic)                           | 25-05-2022 | Wednesday | Vd. Shisode    |
| 26 | Concept of Yoga (Didactic)                               | 26-05-2022 | Thursday  | Vd. Hajarnavis |
| 27 | Shatkarma Tratak (Demo)                                  | 27-05-2022 | Friday    | Vd. Hajarnavis |
| 28 | Concept of moksh (Didactic)                              | 28-05-2022 | Saturday  | Vd. Inamdar    |
| 29 |  | 29-05-2022 | Sunday    |                |
| 30 | Moksha   | 30-05-2022 | Monday    | Vd. Hajarnavis |
| 31 | Shatkriya (Didactic)                                     | 31-05-2022 | Tuesday   | Vd. Hajarnavis |
|    |  |            |           |                |



| <b>June 2022</b> |  |            |           |                |
|------------------|--|------------|-----------|----------------|
| 1                | Case Control Study (Didactic)                            | 01-06-2022 | Wednesday | Vd. Shisode    |
| 2                | Back Stretching Asanas (Demo)                            | 02-06-2022 | Thursday  | Vd. Hajarnavis |
| 3                | Dynamics of Disease<br>Transmission (Didactic)           | 03-06-2022 | Friday    | Vd. Hajarnavis |
| 4                | Infectious disease epidemiology<br>(Didactic)            | 04-06-2022 | Saturday  | Vd. Inamdar    |
| 5                |  | 05-06-2022 | Sunday    |                |
| 6                | Health Advise to travellers (PBL)                        | 06-06-2022 | Monday    | Vd. Hajarnavis |
| 7                | Investigation Of An Epidemic<br>(Didactic)               | 07-06-2022 | Tuesday   | Vd. Hajarnavis |
| 8                | Screening for diseases (Didactic)                        | 08-06-2022 | Wednesday | Vd. Shisode    |
| 9                | Forward Bending Asanas (Demo)                            | 09-06-2022 | Thursday  | Vd. Hajarnavis |
| 10               | Epidemiology Of Small Pox:Obitury<br>(Didactic)          | 10-06-2022 | Friday    | Vd. Hajarnavis |
| 11               | Epidemiology Of Chicken<br>Pox (Didactic)                | 11-06-2022 | Saturday  | Vd. Inamdar    |
| 12               |  | 12-06-2022 | Sunday    |                |
| 13               | Epidemiology Of Meseals (Didactic)                       | 13-06-2022 | Monday    | Vd. Hajarnavis |
| 14               | STDS (Didactic)  | 14-06-2022 | Tuesday   | Vd. Hajarnavis |
| 15               | Coronary Heart Disease (Didactic)                        | 15-06-2022 | Wednesday | Vd. Shisode    |
| 16               | Asanas For knee joint (Demo)                             | 16-06-2022 | Thursday  | Vd. Hajarnavis |
| 17               | Obesity And Ayurved Diet View<br>(Didactic)              | 17-06-2022 | Friday    | Vd. Hajarnavis |
| 18               | Eye disease and<br>prevention (Didactic)                 | 18-06-2022 | Saturday  | Vd. Inamdar    |
| 19               |  | 19-06-2022 | Sunday    |                |
| 20               | National Programme of Control Of<br>Blindness (Didactic) | 20-06-2022 | Monday    | Vd. Hajarnavis |
| 21               |  | 21-06-2022 | Tuesday   |                |
| 22               | Vision 2020 Right To<br>Sight (Didactic)                 | 22-06-2022 | Wednesday | Vd. Shisode    |
| 23               | NVDCP (Didactic)   | 23-06-2022 | Thursday  | Vd. Hajarnavis |
| 24               | Color therapy (Didactic)                                 | 24-06-2022 | Friday    | Vd. Hajarnavis |
| 25               | National AIDS Control<br>Programme (Didactic)            | 25-06-2022 | Saturday  | Vd. Inamdar    |
| 26               |  | 26-06-2022 | Sunday    |                |
| 27               | NRHM (Didactic)  | 27-06-2022 | Monday    | Vd. Hajarnavis |
| 28               | RCH Programme (Didactic)                                 | 28-06-2022 | Tuesday   | Vd. Hajarnavis |
| 29               | Child Health Programme (Didactic)                        | 29-06-2022 | Wednesday | Vd. Shisode    |
| 30               | National Policy For<br>Children (Didactic)               | 30-06-2022 | Thursday  | Vd. Hajarnavis |
| <b>July 2022</b> |  |            |           |                |
| 1                | Indicators For MCH care (Didactic)                       | 01-07-2022 | Friday    | Vd. Hajarnavis |



|                    |  |            |           |                |
|--------------------|--|------------|-----------|----------------|
| 2                  | Nutritional Problem In Public Health(Didactic)             | 02-07-2022 | Saturday  | Vd.Inamdar     |
| 3                  |  | 03-07-2022 | Sunday    |                |
|                    | Changing Concept Of Nutrition (PBL)                        | 04-07-2022 | Monday    | Vd. Hajarnavis |
| 4                  | Nutritional Requirement Basic Concept(Didactic)            | 05-07-2022 | Tuesday   | Vd.Hajarnavis  |
| 5                  | Scope of Psychology in Ayurved (PBL)                       | 06-07-2022 | Wednesday | Vd.Shisode     |
| 6                  | Balanced Diet Modern(Didactic)                             | 07-07-2022 | Thursday  | Vd. Hajarnavis |
| 7                  | Integrated Management Of Childhood illness (Didactic)      | 08-07-2022 | Friday    | Vd.Hajarnavis  |
| 8                  | Classification Of Foods(Didactic)                          | 09-07-2022 | Saturday  | Vd.Inamdar     |
| 9                  |  | 10-07-2022 | Sunday    |                |
| 10                 | Epidemiological Assessment Of Iodine Deficiency (Didactic) | 11-07-2022 | Monday    |                |
| 11                 | Nutritional Profile of Principle Food (Didactic)           | 12-07-2022 | Tuesday   | Vd.Hajarnavis  |
| 12                 | IDD (Didactic)   | 13-07-2022 | Wednesday | Vd.Shisode     |
| 13                 | Balance Diet As Per Ayurved(Didactic)                      | 14-07-2022 | Thursday  | Vd. Hajarnavis |
| 14                 | Nutritional Factor in MI(Didactic)                         | 15-07-2022 | Friday    | Vd.Hajarnavis  |
| 15                 | Assessment Method of Nutritional Status (Didactic)         | 16-07-2022 | Saturday  | Vd.Inamdar     |
| 16                 |  | 17-07-2022 | Sunday    |                |
| 17                 | Nutritional Surveillance (Didactic)                        | 18-07-2022 | Monday    | Vd. Hajarnavis |
| 18                 | Social Aspects of Nutrition (GD)                           | 19-07-2022 | Tuesday   | Vd.Hajarnavis  |
| 19                 | Food Surveillance (Didactic)                               | 20-07-2022 | Wednesday | Vd.Shisode     |
| 20                 | Food Hygiene (GD)  | 21-07-2022 | Thursday  | Vd. Hajarnavis |
| 21                 | Food Borne Diseases (Didactic)                             | 22-07-2022 | Friday    | Vd.Hajarnavis  |
| 22                 | National Nutritional Policy (GD)                           | 23-07-2022 | Saturday  | Vd.Inamdar     |
| 23                 |  | 24-07-2022 | Sunday    |                |
| 24                 | Concept OF Sociology (Didactic)                            | 25-07-2022 | Monday    | Vd. Hajarnavis |
| 25                 | Community Nutritional programmes (Didactic)                | 26-07-2022 | Tuesday   | Vd.Hajarnavis  |
| 26                 | Developmental personality disorders(Didactic)              | 27-07-2022 | Wednesday | Vd.Shisode     |
| 27                 | Prevention of food adultration (Didactic)                  | 28-07-2022 | Thursday  | Vd. Hajarnavis |
| 28                 | Social psychology (Didactic)                               | 29-07-2022 | Friday    | Vd.Hajarnavis  |
| 29                 | Family role in health diseases (Didactic)                  | 30-07-2022 | Saturday  | Vd.Inamdar     |
| 30                 |  | 31-07-2022 | Sunday    |                |
| <b>August 2022</b> |  |            |           |                |
| 1                  | Nature cure  | 01-08-2022 | Monday    | Vd. Hajarnavis |
| 2                  | Air pollution and preventive aspect (Didactic)             | 02-08-2022 | Tuesday   | Vd.Hajarnavis  |



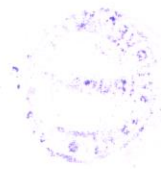
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|-----------------------|--|------------|-----------|----------------|
| 3                     | Sulabh sauchalay (Didactic)                              | 03-08-2022 | Wednesday | Vd. Shisode    |
| 4                     | Medical entomology (Didactic)                            | 04-08-2022 | Thursday  | Vd. Hajarnavis |
| 5                     | Anti-diabetic & effective glucose metabolites (Didactic) | 05-08-2022 | Friday    | Vd. Hajarnavis |
| 6                     | Disaster management (Didactic)                           | 06-08-2022 | Saturday  | Vd. Inamdar    |
| 7                     |  | 07-08-2022 | Sunday    |                |
| 8                     | Man made disasters (Didactic)                            | 08-08-2022 | Monday    | Vd. Hajarnavis |
|                       | Occupational health (Didactic)                           | 09-08-2022 | Tuesday   | Vd. Hajarnavis |
| 9                     | Radiation hazards (Didactic)                             | 10-08-2022 | Wednesday | Vd. Shisode    |
| 10                    | Hospital waste management (Didactic)                     | 11-08-2022 | Thursday  | Vd. Hajarnavis |
| 11                    | Genetics and health (Didactic)                           | 12-08-2022 | Friday    | Vd. Hajarnavis |
| 12                    | Chromosomal disorders (Didactic)                         | 13-08-2022 | Saturday  | Vd. Inamdar    |
| 13                    |  | 14-08-2022 | Sunday    |                |
| 14                    | Mrutika chikitsta (Didactic)                             | 15-08-2022 | Monday    | Vd. Hajarnavis |
| 15                    | Nature therapy   | 16-08-2022 | Tuesday   | Vd. Hajarnavis |
| 16                    | Alcoholism and drug dependence (Didactic)                | 17-08-2022 | Wednesday | Vd. Shisode    |
| 17                    | World health assembly (Didactic)                         | 18-08-2022 | Thursday  | Vd. Hajarnavis |
| 18                    |  | 19-08-2022 | Friday    |                |
| 19                    | Personal protection in disaster management (GD)          | 20-08-2022 | Saturday  | Vd. Inamdar    |
| 20                    |  | 21-08-2022 | Sunday    |                |
| 21                    | Health info and basic medical statistics (Didactic)      | 22-08-2022 | Monday    | Vd. Hajarnavis |
| 22                    | Health communication (Didactic)                          | 23-08-2022 | Tuesday   | Vd. Hajarnavis |
| 23                    | Health social dimension (Didactic)                       | 24-08-2022 | Wednesday | Vd. Shisode    |
| 24                    | School health and ayurved view (Didactic)                | 25-08-2022 | Thursday  | Vd. Hajarnavis |
| 25                    | Health spiritual dimension (Didactic)                    | 26-08-2022 | Friday    | Vd. Hajarnavis |
| 26                    | Contraceptive methods (Didactic)                         | 27-08-2022 | Saturday  | Vd. Inamdar    |
| 27                    |  | 28-08-2022 | Sunday    |                |
| 28                    | Health education (Didactic)                              | 29-08-2022 | Monday    | Vd. Hajarnavis |
| 29                    | National health policy (Didactic)                        | 30-08-2022 | Tuesday   | Vd. Shisode    |
| 30                    | Health planning and management (Didactic)                | 31-08-2022 | Wednesday | Vd. Hajarnavis |
| <b>September 2022</b> |  |            |           |                |
| 1                     | Panchayat raj and rural development (Didactic)           | 01-09-2022 | Thursday  | Vd. Hajarnavis |
| 2                     | Principal of primary health (Didactic)                   | 02-09-2022 | Friday    | Vd. Hajarnavis |
| 3                     | Health care delivery (Didactic)                          | 03-09-2022 | Saturday  | Vd. Inamdar    |
| 4                     |  | 04-09-2022 | Sunday    |                |
| 5                     | Health care services (Didactic)                          | 05-09-2022 | Monday    | Vd. Hajarnavis |
| 6                     | Colombo plan (Didactic)                                  | 06-09-2022 | Tuesday   | Vd. Hajarnavis |



|                     |   |            |           |                |
|---------------------|---|------------|-----------|----------------|
| 7                   | Meditation technique (Didactic)                                     | 07-09-2022 | Wednesday | Vd. Shisode    |
| 8                   | Classification of PEM (Didactic)                                    | 08-09-2022 | Thursday  | Vd. Hajarnavis |
| 9                   | Non government and other services (Didactic)                        | 09-09-2022 | Friday    | Vd. Hajarnavis |
| 10                  |   | 10-09-2022 | Saturday  |                |
| 11                  |   | 11-09-2022 | Sunday    |                |
| 12                  | International health (Didactic)                                     | 12-09-2022 | Monday    | Vd. Hajarnavis |
| 13                  | UNICEF (Didactic)   | 13-09-2022 | Tuesday   | Vd. Hajarnavis |
| 14                  | Red cross (Didactic)  | 14-09-2022 | Wednesday | Vd. Shisode    |
| 15                  | General introduction to hatyog (Didactic)                           | 15-09-2022 | Thursday  | Vd. Hajarnavis |
| 16                  | Important asanas in posture I pain (Demo)                           | 16-09-2022 | Friday    | Vd. Hajarnavis |
| 17                  | Indriya swasthyarth dinacharya upakram (Demo)                       | 17-09-2022 | Saturday  | Vd. Inamdar    |
| 18                  |   | 18-09-2022 | Sunday    |                |
| 19                  | Indriya swasthyarth rutucharya upakram (Didactic)                   | 19-09-2022 | Monday    | Vd. Hajarnavis |
| 20                  | Horrocock's apparatus (Didactic)                                    | 20-09-2022 | Tuesday   | Vd. Hajarnavis |
| 21                  | Indriya upakramaniya adhyay review (Didactic)                       | 21-09-2022 | Wednesday | Vd. Shisode    |
| 22                  | Census and statistics (Didactic)                                    | 22-09-2022 | Thursday  | Vd. Hajarnavis |
| 23                  | Mode of disease transmission (Didactic)                             | 23-09-2022 | Friday    | Vd. Hajarnavis |
| 24                  | Oupasargic rogas and prevention measures (Didactic)                 | 24-09-2022 | Saturday  | Vd. Inamdar    |
| 25                  |   | 25-09-2022 | Sunday    |                |
| 26                  | STD and causative agents (Didactic)                                 | 26-09-2022 | Monday    | Vd. Hajarnavis |
| 27                  | Vitamin sources and deficiencies (Didactic)                         | 27-09-2022 | Tuesday   | Vd. Hajarnavis |
| 28                  | Virudha ahar (Didactic)   | 28-09-2022 | Wednesday | Vd. Shisode    |
| 29                  | Prevention of hrudrog by ayurved (Didactic)                         | 29-09-2022 | Thursday  | Vd. Hajarnavis |
| 30                  | Ahar varg shak (Didactic)   | 30-09-2022 | Friday    | Vd. Hajarnavis |
| <b>OCTOBER 2022</b> |   |            |           |                |
| 1                   | Sadvritta (shushrut) (Didactic)                                     | 01-10-2022 | Saturday  | Vd. Inamdar    |
| 2                   |   | 02-10-2022 | Sunday    |                |
| 3                   | Environmental and community health (Vikiran) (Didactic)             | 03-10-2022 | Monday    | Vd. Hajarnavis |
| 4                   | Sadvritta (vagbhat) (Didactic)                                      | 04-10-2022 | Tuesday   | Vd. Hajarnavis |
| 5                   | At international level statistics of infectious diseases (Didactic) | 05-10-2022 | Wednesday | Vd. Shisode    |



|    |   |            |           |                |
|----|---|------------|-----------|----------------|
| 6  | Shatkriya (Didactic)                                    | 06-10-2022 | Thursday  | Vd. Hajarnavis |
| 7  | Aasan-bhadrasan,sinhasan (Demo)                         | 07-10-2022 | Friday    | Vd. Hajarnavis |
| 8  | Pradnyaparadh (causes) (Didactic)                       | 08-10-2022 | Saturday  | Vd. Inamdar    |
| 9  |   | 09-10-2022 | Sunday    |                |
| 10 | Environmental and community health(vayu) (GD)           | 10-10-2022 | Monday    | Vd. Hajarnavis |
| 11 | Vital statistics (Didactic)                             | 11-10-2022 | Tuesday   | Vd. Hajarnavis |
| 12 | Shatkriyas and their therapeutic effects (Didactic)     | 12-10-2022 | Wednesday | Vd. Shisode    |
| 13 | Aasan- sarvangasan, shirshasan (Demo)                   | 13-10-2022 | Thursday  | Vd. Hajarnavis |
| 14 | Pradnyaparadh(effects and solution)(Didactic)           | 14-10-2022 | Friday    | Vd. Hajarnavis |
| 15 | Environment and community health (vayu) (Didactic)      | 15-10-2022 | Saturday  | Vd. Hajarnavis |
| 16 |   | 16-10-2022 | Sunday    |                |
| 17 | Environmental and community health(vayu)                | 17-10-2022 | Monday    | Vd. Shisode    |
| 18 | Aachar rasayan (Didactic)                               | 18-10-2022 | Tuesday   | Vd. Hajarnavis |
| 19 | Shatkriya   | 19-10-2022 | Wednesday | Vd. Hajarnavis |
| 20 | Therapeutic effects of yogic practices on Om (Didactic) | 20-10-2022 | Thursday  | Vd. Hajarnavis |
| 21 | Aasan-Pavanmuktasan,Bhujangasan (Demo)                  | 21-10-2022 | Friday    | Vd. Hajarnavis |
| 22 | Nityarasayan (Didactic)                                 | 22-10-2022 | Saturday  | Vd. Inamdar    |
| 23 |   | 23-10-2022 | Sunday    |                |
| 24 | Environmental and community health (Prakash)(PBL)       | 24-10-2022 | Monday    | Vd. Hajarnavis |
| 25 | Rasayan procedure of swastha (Didactic)                 | 25-10-2022 | Tuesday   | Vd. Hajarnavis |
| 26 | Trayopsthambha- Aahar (Didactic)                        | 26-10-2022 | Wednesday | Vd. Shisode    |
| 27 | Therapeutic effects of yogic                            | 27-10-2022 | Thursday  | Vd. Hajarnavis |

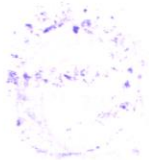


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|----------------------|--|------------|-----------|----------------|
|                      | practices on HTN (Case Presentation)   |            |           |                |
| 28                   | Trayopsthambha-Nidra (Didactic)  | 28-10-2022 | Friday    | Vd. Hajarnavis |
| 29                   | Vajeekar for swastha (Didactic)  | 29-10-2022 | Saturday  | Vd. Inamdar    |
| 30                   |  | 30-10-2022 | Sunday    |                |
| <b>NOVEMBER 2022</b> |  |            |           |                |
| 1                    | Therapeutic effects of yogic practices on cardiovascular diseases (Didactic) | 01-11-2022 | Tuesday   | Vd. Hajarnavis |
| 2                    | Manas vichar –health (Didactic)  | 02-11-2022 | Wednesday | Vd. Shisode    |
| 3                    | Ritucharya –introduction (Didactic)  | 03-11-2022 | Thursday  | Vd. Hajarnavis |
| 4                    | Disease surveillance   | 04-11-2022 | Friday    | Vd. Hajarnavis |
| 5                    | Apdravya malnirharan   | 05-11-2022 | Saturday  | Vd. Hajarnavis |
| 6                    |  | 06-11-2022 | Sunday    |                |
| 7                    | Vyadhikshmatva (Didactic)  | 07-11-2022 | Monday    | Vd. Hajarnavis |
| 8                    | Disaster management (Didactic)   | 08-11-2022 | Tuesday   | Vd. Hajarnavis |
| 9                    | Host defences (Didactic)   | 09-11-2022 | Wednesday | Vd. Shisode    |
| 10                   | Vyadhikshmatva –modern concept (Didactic)                                    | 10-11-2022 | Thursday  | Vd. Hajarnavis |
| 11                   | Sewage disposal (Didactic)   | 11-11-2022 | Friday    | Vd. Hajarnavis |
| 12                   | Ritucharya –Hemant ritu (Didactic)   | 12-11-2022 | Saturday  | Vd. Inamdar    |
| 13                   |  | 13-11-2022 | Sunday    |                |
| 14                   | Investigation of epidemic (Didactic)   | 14-11-2022 | Monday    | Vd. Hajarnavis |
| 15                   | Concept of sukshma sharir (Didactic)   | 15-11-2022 | Tuesday   | Vd. Hajarnavis |
| 16                   | Aadharniya veg (GD)  | 16-11-2022 | Wednesday | Vd. Shisode    |
| 17                   | Dharaneeya veg (GD)  | 17-11-2022 | Thursday  | Vd. Hajarnavis |
| 18                   | Pradnyaparadh revision (Didactic)  | 18-11-2022 | Friday    | Vd. Hajarnavis |
| 19                   | Revision Sewage disposal (Didactic)  | 19-11-2022 | Saturday  | Vd. Hajarnavis |





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| 20                   |  | 20-11-2022 | Sunday    |                |
| 21                   | Rajyog (Didactic)  | 21-11-2022 | Monday    | Vd. Hajarnavis |
| 22                   | Purification of water (Didactic)                           | 22-11-2022 | Tuesday   | Vd. Hajarnavis |
| 23                   | Health sector planning (Didactic)                          | 23-11-2022 | Wednesday | Vd. Shisode    |
| 24                   | Elements of primary health care (Didactic)                 | 24-11-2022 | Thursday  | Vd. Hajarnavis |
| 25                   | Disease surveillance (Didactic)                            | 25-11-2022 | Friday    | Vd. Hajarnavis |
| 26                   | Contraceptives (Didactic)                                  | 26-11-2022 | Saturday  | Vd. Inamdar    |
| 27                   |  | 27-11-2022 | Sunday    |                |
| 28                   | Elements of primary health care (Didactic)                 | 28-11-2022 | Monday    | Vd. Hajarnavis |
| 29                   | Concept of epidemics (Didactic)                            | 29-11-2022 | Tuesday   | Vd. Hajarnavis |
| 30                   | Dinacharya And Occupations (Didactic)                      | 30-11-2022 | Wednesday | Vd. Hajarnavis |
| <b>DECEMBER 2022</b> |  |            |           |                |
| 1                    | Concept of epidemics (Didactic)                            | 01-12-2022 | Thursday  | Vd. Hajarnavis |
| 2                    | Ritucharya-hemant-shishir ritu (Didactic)                  | 02-12-2022 | Friday    | Vd. Hajarnavis |
| 3                    | Immunisation programme (Didactic)                          | 03-12-2022 | Saturday  | Vd. Inamdar    |
| 4                    |  | 04-12-2022 | Sunday    |                |
| 5                    | Ritucharya-shishir-vasant ritu (Didactic)                  | 05-12-2022 | Monday    | Vd. Hajarnavis |
| 6                    | Control of epidemics (Didactic)                            | 06-12-2022 | Tuesday   | Vd. Hajarnavis |
| 7                    | Concept of sthula sharir (Didactic)                        | 07-12-2022 | Wednesday | Vd. Shisode    |
| 8                    | Ishta aahar (Didactic)                                     | 08-12-2022 | Thursday  | Vd. Hajarnavis |
| 9                    | Ritucharya –vasant-grishma ritu (Didactic)                 | 09-12-2022 | Friday    | Vd. Hajarnavis |
| 10                   | Disinfection practices for (Didactic) community (Didactic) | 10-12-2022 | Saturday  | Vd. Inamdar    |
| 11                   |  | 11-12-2022 | Sunday    |                |
| 12                   | Ritucharya –grishma-varsha ritu                            | 12-12-2022 | Monday    | Vd. Hajarnavis |



|    |  |            |           |                |
|----|--|------------|-----------|----------------|
|    | (Didactic)                                   |            |           |                |
| 13 | Disease surveillance (Didactic)              | 13-12-2022 | Tuesday   | Vd. Hajarnavis |
| 14 | Apdravya malnirharan (Didactic)              | 14-12-2022 | Wednesday | Vd. Shisode    |
| 15 | STD'S (Didactic)                             | 15-12-2022 | Thursday  | Vd. Hajarnavis |
| 16 | Ritucharya –varsha-sharad ritu (Didactic)    | 16-12-2022 | Friday    | Vd. Hajarnavis |
| 17 | Vital statistics (Didactic)                  | 17-12-2022 | Saturday  | Vd. Inamdar    |
| 18 |  | 18-12-2022 | Sunday    |                |
| 19 | Moksha definition (Didactic)                 | 19-12-2022 | Monday    | Vd. Hajarnavis |
| 20 | Disease surveillance (Didactic)              | 20-12-2022 | Tuesday   | Vd. Hajarnavis |
| 21 | Apdravya malnirharan (Didactic)              | 21-12-2022 | Wednesday | Vd. Shisode    |
| 22 | National health policy (Didactic)            | 22-12-2022 | Thursday  | Vd. Hajarnavis |
| 23 | Satyabuddhi (Didactic)                       | 23-12-2022 | Friday    | Vd. Hajarnavis |
| 24 | Moksha marga (Didactic)                      | 24-12-2022 | Saturday  | Vd. Inamdar    |
| 25 |  | 25-12-2022 | Sunday    |                |
| 26 | Revision Satyabuddhi (Didactic)              | 26-12-2022 | Monday    | Vd. Hajarnavis |
| 27 | Disease surveillance (Didactic)              | 27-12-2022 | Tuesday   | Vd. Hajarnavis |
| 28 | Shav vinash vividh padhati (Didactic)        | 28-12-2022 | Wednesday | Vd. Shisode    |
| 29 | Ashtang Yog form various Samhitas (Didactic) | 29-12-2022 | Thursday  | Vd. Hajarnavis |
| 30 | Sarvangasan (Demo)                           | 30-12-2022 | Friday    | Vd. Hajarnavis |
| 31 | National health policy (Didactic)            | 31-12-2022 | Saturday  | Vd. Inamdar    |

|                     | TOPIC                                       |            | Date    | Name of the Teacher |
|---------------------|---|------------|---------|---------------------|
| <b>January 2023</b> |   |            |         |                     |
| 1                   |   | 01-01-2023 | Sunday  |                     |
| 2                   | Introduction of Rasayan (Didactic)          | 02-01-2023 | Monday  | Vd. Hajarnavis      |
| 3                   | Vyadhikshamatva –Immunity vichar (Didactic) | 03-01-2023 | Tuesday | Vd. Hajarnavis      |



|    |  |            |           |                |
|----|--|------------|-----------|----------------|
| 4  | Concept of Nidra in health promotion (Didactic)        | 04-01-2023 | Wednesday | Vd. Shisode    |
| 5  | Concept of health as per Ayurveda (Didactic)           | 05-01-2023 | Thursday  | Vd. Hajarnavis |
| 6  | Pathyapathya in Obesity D.M.(PBL)                      | 06-01-2023 | Friday    | Vd. Inamdar    |
| 7  | Kawal practical (Demo)                                 | 07-01-2023 | Saturday  | Vd. Hajarnavis |
| 8  |  | 08-01-2023 | Sunday    |                |
| 9  | Role of Rasayan in H.P. D.P (PBL)                      | 09-01-2023 | Monday    | Vd. Hajarnavis |
| 10 | Vyadhikshamatva Defination (Didactic)                  | 10-01-2023 | Tuesday   | Vd. Hajarnavis |
| 11 | Concept of Bramhacharya in health promotion (Didactic) | 11-01-2023 | Wednesday | Vd. Shisode    |
| 12 | Concept of disease as per Ayurveda (Didactic)          | 12-01-2023 | Thursday  | Vd. Hajarnavis |
| 13 | Pathyapatha in shvas, katishul                         | 13-01-2023 | Friday    | Vd. Hajarnavis |
| 14 | Immunity (Didactic)                                    | 14-01-2023 | Saturday  | Vd. Inamdar    |
| 15 |  | 15-01-2023 | Sunday    |                |
| 16 | Biomedical waste management (Didactic)                 | 16-01-2023 | Monday    | Vd. Hajarnavis |
| 17 | Vyadhikshamatva kul vichar (GD)                        | 17-01-2023 | Tuesday   | Vd. Hajarnavis |
| 18 | Introduction to Trayopastmbha (Didactic)               | 18-01-2023 | Wednesday | Vd. Shisode    |
| 19 | Importance and Relevance of Swasthavritta (Didactic)   | 19-01-2023 | Thursday  | Vd. Hajarnavis |
| 20 | Pathya pathya kalpana (Didactic)                       | 20-01-2023 | Friday    | Vd. Inamdar    |
| 21 | Yush kalpana practical (Demo)                          | 21-01-2023 | Saturday  | Vd. Hajarnavis |
| 22 |  | 22-01-2023 | Sunday    |                |
| 23 | Communicable and Noncommunicable disease (Didactic)    | 23-01-2023 | Monday    | Vd. Hajarnavis |
| 24 | Immunity and Bala vichar (Didactic)                    | 24-01-2023 | Tuesday   | Vd. Hajarnavis |
| 25 | N. Guinea worm Eradication programme (Didactic)        | 25-01-2023 | Wednesday | Vd. Shisode    |
| 26 |  | 26-01-2023 | Thursday  |                |
| 27 | Tratak, Kapalbhathi (Demo)                             | 27-01-2023 | Friday    | Vd. Hajarnavis |
| 28 | Shatkarma in yoga (Didactic)                           | 28-01-2023 | Saturday  | Vd. Inamdar    |
| 29 |  | 29-01-2023 | Sunday    |                |
| 30 | Upvas concept in ayurved (Didactic)                    | 30-01-2023 | Monday    | Vd. Hajarnavis |



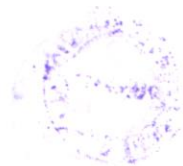
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|----|-------------------------|------------|---------|----------------|
| 31 | Types of massage (Demo) | 31-01-2023 | Tuesday | Vd. Hajarnavis |
|----|-------------------------|------------|---------|----------------|

| February 2023 |   |            |           |                |
|---------------|---|------------|-----------|----------------|
| 1             | Relation between Prevalance and Incidence (Didactic)      | 01-02-2023 | Wednesday | Vd. Shisode    |
| 2             | Shambhavi ,dyan Mudra (Didactic)                          | 02-02-2023 | Thursday  | Vd. Hajarnavis |
| 3             | Yavagu nirman practical (Demo)                            | 03-02-2023 | Friday    | Vd. Hajarnavis |
| 4             | Dwadashashan pravichar (Didactic)                         | 04-02-2023 | Saturday  | Vd. Inamdar    |
| 5             |   | 05-02-2023 | Sunday    |                |
| 6             | Minimum Needs Programme (Didactic)                        | 06-02-2023 | Monday    | Vd. Hajarnavis |
| 7             | Health Awarness Vit A Programme (Didactic)                | 07-02-2023 | Tuesday   | Vd. Hajarnavis |
| 8             | Aims of Epidemiology (Didactic)                           | 08-02-2023 | Wednesday | Vd. Shisode    |
| 9             | Importance of Raktamokshana (GD)                          | 09-02-2023 | Thursday  | Vd. Hajarnavis |
| 10            | Pran, Vyan, Apan Mudra practical (Demo)                   | 10-02-2023 | Friday    | Vd. Hajarnavis |
| 11            | Various Ratio of Vital Statistics (Didactic)              | 11-02-2023 | Saturday  | Vd. Inamdar    |
| 12            |   | 12-02-2023 | Sunday    |                |
| 13            | Deworming Programme (Didactic)                            | 13-02-2023 | Monday    | Vd. Hajarnavis |
| 14            | Vital statistics (Didactic)                               | 14-02-2023 | Tuesday   | Vd. Hajarnavis |
| 15            | Ahar Vishamashan (Didactic)                               | 15-02-2023 | Wednesday | Vd. Shisode    |
| 16            | Various types of Mudra (Didactic)                         | 16-02-2023 | Thursday  | Vd. Hajarnavis |
| 17            | NPP in ayurveda (Didactic)                                | 17-02-2023 | Friday    | Vd. Hajarnavis |
| 18            |   | 18-02-2023 | Saturday  |                |
| 19            |   | 19-02-2023 | Sunday    |                |
| 20            |   | 20-02-2023 | Monday    |                |
| 21            | Hitakar ahitakar dravya (Didactic)                        | 21-02-2023 | Tuesday   | Vd. Hajarnavis |
| 22            | National Water Supply and Sanitation Programme (Didactic) | 22-02-2023 | Wednesday | Vd. Shisode    |
| 23            | Health Awareness Garbhini paricharya (Didactic)           | 23-02-2023 | Thursday  | Vd. Hajarnavis |
| 24            | Krushara practical (Demo)                                 | 24-02-2023 | Friday    | Vd. Hajarnavis |
| 25            | National Population Policy (Didactic)                     | 25-02-2023 | Saturday  | Vd. Inamdar    |



|    |                            |            |         |                |
|----|----------------------------|------------|---------|----------------|
| 26 |                            | 26-02-2023 | Sunday  |                |
| 27 | IMNCI Programme (Didactic) | 27-02-2023 | Monday  | Vd. Hajarnavis |
| 28 | Ahar (GD)                  | 28-02-2023 | Tuesday | Vd.Hajarnavis  |

| March 2023 |   |            |           |                |
|------------|---|------------|-----------|----------------|
| 1          | Vital statistics (Didactic)             | 01-03-2023 | Wednesday | Vd. Hajarnavis |
| 2          | Akash Chikitsa (Didactic)               | 02-03-2023 | Thursday  | Vd. Hajarnavis |
| 3          | Pratimarsha nasya practical (Demo)      | 03-03-2023 | Friday    | Vd.Hajarnavis  |
| 4          | Shadrasatmak ahar , Matra (Didactic)    | 04-03-2023 | Saturday  | Vd.Inamdar     |
| 5          |   | 05-03-2023 | Sunday    |                |
| 6          | Shiroabhyanga Importance (Didactic)     | 06-03-2023 | Monday    | Vd. Hajarnavis |
| 7          |   | 07-03-2023 | Tuesday   |                |
| 8          | Pathyapathya vichar (GD)                | 08-03-2023 | Wednesday | Vd.Shisode     |
| 9          | Basti Nasya Phalshruti (Didactic)       | 09-03-2023 | Thursday  | Vd. Hajarnavis |
| 10         | Vitamins, ICDS programme (Didactic)     | 10-03-2023 | Friday    | Vd.Hajarnavis  |
| 11         | Vaman ,Virechan Phalshruti (Didactic)   | 11-03-2023 | Saturday  | Vd.Inamdar     |
| 12         |   | 12-03-2023 | Sunday    |                |
| 13         | Family Welfare Programme (Didactic)     | 13-03-2023 | Monday    | Vd. Hajarnavis |
| 14         | NHP in Ayurvedic view (Didactic)        | 14-03-2023 | Tuesday   | Vd. Hajarnavis |
| 15         | 20 Point Programme (Didactic)           | 15-03-2023 | Wednesday | Vd.Shisode     |
| 16         | Dhumvarti nirman (Demo)                 | 16-03-2023 | Thursday  | Vd. Hajarnavis |
| 17         | NHP in Alma Atta declaration (Didactic) | 17-03-2023 | Friday    | Vd.Hajarnavis  |
| 18         | Upawas vidhi (Didactic)                 | 18-03-2023 | Saturday  | Vd.Inamdar     |
| 19         |   | 19-03-2023 | Sunday    |                |
| 20         | Viruddha Ahar Dushparinam (Didactic)    | 20-03-2023 | Monday    | Vd. Hajarnavis |
| 21         | Raktmokshan Phalshruti (Didactic)       | 21-03-2023 | Tuesday   | Vd. Hajarnavis |
| 22         |   | 22-03-2023 | Wednesday |                |
| 23         | Aahara vidhi visheshayatana (Didactic)  | 23-03-2023 | Thursday  | Vd. Hajarnavis |



|                   |  |            |           |                |
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| 24                | RCH programme (Didactic)                               | 24-03-2023 | Friday    | Vd.Hajarnavis  |
| 25                | Shatkarma –Dhauti,<br>Tratak,Kapalbhati (Didactic)     | 25-03-2023 | Saturday  | Vd.Inamdar     |
| 26                |  | 26-03-2023 | Sunday    |                |
| 27                | Prashasta purush Balabal vichar<br>(Didactic)          | 27-03-2023 | Monday    | Vd.Shisode     |
| 28                | Precaution after<br>Vaccination(Didactic)              | 28-03-2023 | Tuesday   | Vd. Hajarnavis |
| 29                | Vayu Chikitsa (Didactic)                               | 29-03-2023 | Wednesday | Vd.Shisode     |
| 30                |  | 30-03-2023 | Thursday  |                |
| 31                | National & international health<br>agencies (Didactic) | 31-03-2023 | Friday    | Vd.Hajarnavis  |
| <b>April 2023</b> |  |            |           |                |
| 1                 | Nutrition (Didactic)                                   | 01-04-2023 | Saturday  | Vd.Inamdar     |
| 2                 |  | 02-04-2023 | Sunday    |                |
| 3                 | Concept of epidemiology (Didactic)                     | 03-04-2023 | Monday    | Vd. Hajarnavis |
| 4                 |  | 04-04-2023 | Tuesday   |                |
| 5                 | Host Defence (Didactic)                                | 05-04-2023 | Wednesday | Vd.Shisode     |
| 6                 | Concept of Prevention(Didactic)                        | 06-04-2023 | Thursday  | Vd. Hajarnavis |
| 7                 |  | 07-04-2023 | Friday    |                |
| 8                 | Introduction to Nisarga Upchar<br>(Didactic)           | 08-04-2023 | Saturday  | Vd.Inamdar     |
| 9                 |  | 09-04-2023 | Sunday    |                |
| 10                | Dhumpan Varti Preparation (Demo)                       | 10-04-2023 | Monday    | Vd. Hajarnavis |
| 11                | Ritu Prevention In various Disease<br>(Didactic)       | 11-04-2023 | Tuesday   | Vd. Hajarnavis |
| 12                | Clinical Evaluation of<br>janpadodhvansa (Didactic)    | 12-04-2023 | Wednesday | Vd.Shisode     |
| 13                | Concept of Mithya Ahar In Daily<br>Routine (GD)        | 13-04-2023 | Thursday  | Vd. Hajarnavis |
| 14                |  | 14-04-2023 | Friday    |                |
| 15                | Prithavi Mahabhut Chikitsa<br>(Didactic)               | 15-04-2023 | Saturday  | Vd.Inamdar     |
| 16                |  | 16-04-2023 | Sunday    |                |
| 17                | Cholera And Its National<br>Programme (Didactic)       | 17-04-2023 | Monday    | Vd. Hajarnavis |
| 18                | Janpaddhansa Charak Viman 3<br>(Didactic)              | 18-04-2023 | Tuesday   | Vd.Shisode     |



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| 19 | Poshak Ahara Sankalpana (Didactic)   | 19-04-2023 | Wednesday | Vd. Hajarnavis |
| 20 | Sankramak Rogas (Didactic)   | 20-04-2023 | Thursday  | Vd.Hajarnavis  |
| 21 | Asanas for spinal disorders<br>(Didactic)                                  | 21-04-2023 | Friday    | Vd.Inamdar     |
| 22 |  | 22-04-2023 | Saturday  |                |
| 23 |  | 23-04-2023 | Sunday    |                |
| 24 | Malaria & Its National programme<br>(Didactic)                             | 24-04-2023 | Monday    | Vd. Hajarnavis |
| 25 | Introduction to Communicable<br>disease & Its Ayurvedic view<br>(Didactic) | 25-04-2023 | Tuesday   | Vd. Hajarnavis |
| 26 | Aharvarga by different Granthas<br>(Didactic)                              | 26-04-2023 | Wednesday | Vd.Shisode     |
| 27 | Padaabhyang,Shiroabhyanga<br>(Didactic)                                    | 27-04-2023 | Thursday  | Vd. Hajarnavis |
| 28 | Manda & Yusha nirmaan (Demo)   | 28-04-2023 | Friday    | Vd.Hajarnavis  |
| 29 | WHO (Didactic)   | 29-04-2023 | Saturday  | Vd.Inamdar     |
| 30 |  | 30-04-2023 | Sunday    |                |



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