

TILAK AYURVED MAHAVIDYALAYA, PUNE

ACADEMIC TERM PLANNER- ATP

Teaching Programme for

Swasthavritta & Yoga

Course: PG 1ST year

Admitted batch – 2023 – 24

Sub: Theory and Practical

Term wise distribution of Syllabus

(From April 2023 to April 2024)

| S.No. | Topic | | Date | Name of the Teacher |
|-------|----------------------|-------------------|-----------|---------------------|
| | | April 2023 | | |
| 1 | Sanskar programme | 12-04-2023 | Wednesday | |
| 2 | | 13-04-2023 | Thursday | |
| 3 | | 14-04-2023 | Friday | |
| 4 | | 15-04-2023 | Saturday | |
| 5 | | 16-04-2023 | Sunday | |
| 6 | | 17-04-2023 | Monday | |
| 7 | | 18-04-2023 | Tuesday | |
| 8 | | 19-04-2023 | Wednesday | |
| 9 | | 20-04-2023 | Thursday | |
| 10 | | 21-04-2023 | Friday | |
| 11 | | 22-04-2023 | Saturday | |
| 12 | | 23-04-2023 | Sunday | |
| 13 | | 24-04-2023 | Monday | |
| 14 | | 25-04-2023 | Tuesday | |
| 15 | | 26-04-2023 | Wednesday | |
| 16 | | 27-04-2023 | Thursday | |
| 17 | | 28-04-2023 | Friday | |
| 18 | | 29-04-2023 | Saturday | |
| 19 | | 30-04-2023 | Sunday | |



| May 2023 | | | | |
|-----------------|--|------------|-----------|---------------|
| 1 | | 1-05-2023 | Monday | |
| 2 | Rajyog (Didactic) | 2-05-2023 | Tuesday | Vd.Hajarnavis |
| 3 | Health sector planning (Didactic) | 3-05-2023 | Wednesday | Vd.Shisode |
| 4 | Purification of water (Didactic) | 4-05-2023 | Thursday | Vd. Kale |
| 5 | | 5-05-2023 | Friday | |
| 6 | Disease surveillance (Didactic) | 6-05-2023 | Saturday | Vd.Hajarnavis |
| 7 | | 7-05-2023 | Sunday | |
| 8 | STD'S (Didactic) | 8-05-2023 | Monday | Vd. Kale |
| 9 | Apdravya malnirharan (Didactic) | 9-05-2023 | Tuesday | Vd.Inamdar |
| 10 | Panchayat raj and rural development (Didactic) | 10-05-2023 | Wednesday | Vd.Hajarnavis |
| 11 | Principal of primary health (Didactic) | 11-05-2023 | Thursday | Vd.Shisode |
| 12 | Health care delivery (Didactic) | 12-05-2023 | Friday | Vd. Kale |
| 13 | Panchayat raj and rural development (Didactic) | 13-05-2023 | Saturday | Vd.Hajarnavis |
| 14 | | 14-05-2023 | Sunday | |
| 15 | STD'S (Didactic) | 15-05-2023 | Monday | Vd. Kale |
| 16 | Rules About Food Intake by different Granthas (Didactic) | 16-05-2023 | Tuesday | Vd.Hajarnavis |
| 17 | Sadvritta (Didactic) | 17-05-2023 | Wednesday | Vd.Shisode |
| 18 | National & Universal Immunization programme (Didactic) | 18-05-2023 | Thursday | Vd. Kale |
| 19 | Shatkriya Kapal Dhauti (Demo) | 19-05-2023 | Friday | Vd.Hajarnavis |
| 20 | Achara Rasayan In Communicable Disease (Didactic) | 20-05-2023 | Saturday | Vd.Inamdar |
| 21 | | 21-05-2023 | Sunday | |
| 22 | Classification Of Sankraman(Didactic) | 22-05-2023 | Monday | Vd. Kale |
| 23 | Infectious disease epidemiology (Didactic) | 23-05-2023 | Tuesday | Vd.Inamdar |
| 24 | Effect of vaman In diabetes (Didactic) | 24-05-2023 | Wednesday | Vd.Hajarnavis |



| | | | | |
|------------------|--|------------|-----------|----------------|
| 25 | Ahar and ras vichar (Didactic) | 25-05-2023 | Thursday | Vd. Shisode |
| 26 | | 26-05-2023 | Friday | |
| 27 | Shatkarma Tratak (Demo) | 27-05-2023 | Saturday | Vd. Hajarnavis |
| 28 | | 28-05-2023 | Sunday | |
| 29 | Concept of Yoga (Didactic) | 29-05-2023 | Monday | Vd. Kale |
| 30 | Concept of moksh (Didactic) | 30-05-2023 | Tuesday | Vd. Inamdar |
| 31 | Shatkriya (Didactic) | 31-05-2023 | Wednesday | Vd. Hajarnavis |
| June 2023 | | | | |
| 1 | Case Control Study (Didactic) | 01-06-2023 | Thursday | Vd. Shisode |
| 2 | Back Stretching Asanas (Demo) | 02-06-2023 | Friday | Vd. Kale |
| 3 | Dynamics of Disease Transmission (Didactic) | 03-06-2023 | Saturday | Vd. Hajarnavis |
| 4 | | 04-06-2023 | Sunday | |
| 5 | Health Advice to travellers (PBL) | 05-06-2023 | Monday | Vd. Kale |
| 6 | Epidemiology Of Chicken Pox (Didactic) | 06-06-2023 | Tuesday | Vd. Inamdar |
| 7 | Investigation Of An Epidemic (Didactic) | 07-06-2023 | Wednesday | Vd. Hajarnavis |
| 8 | Screening for diseases (Didactic) | 08-06-2023 | Thursday | Vd. Shisode |
| 9 | Forward Bending Asanas (Demo) | 09-06-2023 | Friday | Vd. Kale |
| 10 | Epidemiology Of Small Pox: Obituary (Didactic) | 10-06-2023 | Saturday | Vd. Hajarnavis |
| 11 | | 11-06-2023 | Sunday | |
| 12 | Epidemiology Of Meseals (Didactic) | 12-06-2023 | Monday | Vd. Kale |
| 13 | Eye disease and prevention (Didactic) | 13-06-2023 | Tuesday | Vd. Inamdar |
| 14 | STDS (Didactic) | 14-06-2023 | Wednesday | Vd. Hajarnavis |
| 15 | Coronary Heart Disease (Didactic) | 15-06-2023 | Thursday | Vd. Shisode |
| 16 | Asanas For knee joint (Demo) | 16-06-2023 | Friday | Vd. Kale |
| 17 | Obesity And Ayurved Diet View (Didactic) | 17-06-2023 | Saturday | Vd. Hajarnavis |
| 18 | | 18-06-2023 | Sunday | |
| 19 | National Programme of Control Of Blindness (Didactic) | 19-06-2023 | Monday | Vd. Kale |
| 20 | National AIDS Control Programme (Didactic) | 20-06-2023 | Tuesday | |
| 21 | Child Health Programme (Didactic) | 21-06-2023 | Wednesday | Vd. Hajarnavis |
| 22 | Vision 2020 Right To Sight (Didactic) | 22-06-2023 | Thursday | Vd. Shisode |
| 23 | NVDCP (Didactic) | 23-06-2023 | Friday | Vd. Kale |
| 24 | Color therapy (Didactic) | 24-06-2023 | Saturday | Vd. Hajarnavis |
| 25 | | 25-06-2023 | Sunday | |
| 26 | NRHM (Didactic) | 26-06-2023 | Monday | Vd. Kale |
| 27 | | 27-06-2023 | Tuesday | Vd. Inamdar |



| | | | | |
|----|--|------------|----------|---------------|
| 28 | RCH Programme(Didactic) | 28-06-2023 | Wedsday | Vd.Hajarnavis |
| 29 | | 29-06-2023 | Thursday | |
| 30 | National Policy For Children(Didactic) | 30-06-2023 | Friday | Vd. Kale |
| | | | | |
| | July 2023 | | | |
| 1 | Indicators For MCH care(Didactic) | 01-07-2023 | Saturday | Vd.Hajarnavis |
| 2 | | 02-07-2023 | Sunday | |
| 3 | Changing Concept Of Nutrition (PBL) | 03-07-2023 | Monday | Vd. Kale |
| | Classification Of Foods(Didactic) | 04-07-2023 | Tuesday | Vd.Inamdar |
| 4 | Nutritional Requirement Basic Concept(Didactic) | 05-07-2023 | Wedsday | Vd.Hajarnavis |
| 5 | Scope of Psychology in Ayurved (PBL) | 06-07-2023 | Thursday | Vd.Shisode |
| 6 | Balanced Diet Modern(Didactic) | 07-07-2023 | Friday | Vd. Kale |
| 7 | Integrated Management Of Childhood illness (Didactic) | 08-07-2023 | Saturday | Vd.Hajarnavis |
| 8 | | 09-07-2023 | Sunday | |
| 9 | Epidemiological Assessment Of Iodine Deficiency (Didactic) | 10-07-2023 | Monday | Vd. Kale |
| 10 | Assessment Method of Nutritional Status (Didactic) | 11-07-2023 | Tuesday | Vd.Inamdar |
| 11 | Nutritional Profile of Principle Food (Didactic) | 12-07-2023 | Wedsday | Vd.Hajarnavis |
| 12 | IDD (Didactic) | 13-07-2023 | Thursday | Vd.Shisode |
| 13 | Balance Diet As Per Ayurved(Didactic) | 14-07-2023 | Friday | Vd. Kale |
| 14 | Nutritional Factor in MI(Didactic) | 15-07-2023 | Saturday | Vd.Hajarnavis |
| 15 | | 16-07-2023 | Sunday | |
| 16 | Nutritional Surveillance (Didactic) | 17-07-2023 | Monday | Vd. Kale |
| 17 | National Nutritional Policy (GD) | 18-07-2023 | Tuesday | Vd.Inamdar |
| 18 | Social Aspects of Nutrition (GD) | 19-07-2023 | Wedsday | Vd.Hajarnavis |
| 19 | Food Surveillance (Didactic) | 20-07-2023 | Thursday | Vd.Shisode |
| 20 | Food Hygiene (GD) | 21-07-2023 | Friday | Vd. Kale |
| 21 | Food Borne Diseases (Didactic) | 22-07-2023 | Saturday | Vd.Hajarnavis |
| 22 | | 23-07-2023 | Sunday | |
| 23 | Concept OF Sociology (Didactic) | 24-07-2023 | Monday | Vd. Kale |
| | Family role in health diseases (Didactic) | 25-07-2023 | Tuesday | Vd.Inamdar |
| 24 | Community Nutritional programmes (Didactic) | 26-07-2023 | Wedsday | Vd.Hajarnavis |
| 25 | Developmental personality disorders(Didactic) | 27-07-2023 | Thursday | Vd.Shisode |
| 26 | Prevention of food adultration | 28-07-2023 | Friday | Vd. Kale |



| | | | | |
|----|--|------------|-----------|---------------|
| | (Didactic) | | | |
| 27 | | 29-07-2023 | Saturday | |
| 28 | | 30-07-2023 | Sunday | |
| 29 | MCH Services (Didactic) | 31-07-2023 | Monday | Vd. Kale |
| | | | | |
| | August 2023 | | | |
| 1 | Social psychology (Didactic) | 01-08-2023 | Tuesday | Vd.Inamdar |
| 2 | Air pollution and preventive aspect (Didactic) | 02-08-2023 | Wednesday | Vd.Hajarnavis |
| 3 | Sulabh sauchalay (Didactic) | 03-08-2023 | Thursday | Vd.Shisode |
| 4 | Medical entomology (Didactic) | 04-08-2023 | Friday | Vd. Kale |
| 5 | Anti-diabetic & effective glucose metabolites (Didactic) | 05-08-2023 | Saturday | Vd.Hajarnavis |
| 6 | | 06-08-2023 | Sunday | |
| 7 | Man made disasters (Didactic) | 07-08-2023 | Monday | Vd. Kale |
| 8 | Disaster management (Didactic) | 08-08-2023 | Tuesday | Vd.Inamdar |
| | Occupational health (Didactic) | 09-08-2023 | Wednesday | Vd.Hajarnavis |
| 9 | Radiation hazards (Didactic) | 10-08-2023 | Thursday | Vd.Shisode |
| 10 | Hospital waste management (Didactic) | 11-08-2023 | Friday | Vd. Kale |
| 11 | Genetics and health (Didactic) | 12-08-2023 | Saturday | Vd.Hajarnavis |
| 12 | | 13-08-2023 | Sunday | |
| 13 | Mruttika chikitsta (Didactic) | 14-08-2023 | Monday | Vd. Kale |
| 14 | | 15-08-2023 | Tuesday | |
| 15 | | 16-08-2023 | Wednesday | |
| 16 | Alcoholism and drug dependence (Didactic) | 17-08-2023 | Thursday | Vd. Shisode |
| 17 | World health assembly (Didactic) | 18-08-2023 | Friday | Vd. Kale |
| 18 | | 19-08-2023 | Saturday | |
| 19 | | 20-08-2023 | Sunday | |
| 20 | Health info and basic medical statistics (Didactic) | 21-08-2023 | Monday | Vd. Kale |
| 21 | Chromosomal disorders (Didactic) | 22-08-2023 | Tuesday | Vd.Inamdar |
| 22 | Health communication (Didactic) | 23-08-2023 | Wednesday | Vd.Hajarnavis |
| 23 | Health social dimension (Didactic) | 24-08-2023 | Thursday | Vd.Shisode |
| 24 | School health and ayurved view (Didactic) | 25-08-2023 | Friday | Vd. Kale |
| 25 | Health spiritual dimension (Didactic) | 26-08-2023 | Saturday | Vd.Hajarnavis |
| 26 | | 27-08-2023 | Sunday | |
| 27 | Health education (Didactic) | 28-08-2023 | Monday | Vd. Kale |
| 28 | Personal protection in disaster management (GD) | 29-08-2023 | Tuesday | Vd.Inamdar |



| | | | | |
|----|---|------------|-----------|----------------|
| 29 | National health policy (Didactic) | 30-08-2023 | Wednesday | Vd. Shisode |
| 30 | Health planning and management (Didactic) | 31-08-2023 | Thursday | Vd. Kale |
| | | | | |
| | September 2023 | | | |
| 1 | Panchayat raj and rural development (Didactic) | 01-09-2023 | Friday | Vd. Kale |
| 2 | Principal of primary health (Didactic) | 02-09-2023 | Saturday | Vd. Hajarnavis |
| 3 | | 03-09-2023 | Sunday | |
| 4 | Health care services (Didactic) | 04-09-2023 | Monday | Vd. Kale |
| 5 | Contraceptive methods (Didactic) | 05-09-2023 | Tuesday | Vd. Inamdar |
| 6 | Colombo plan (Didactic) | 06-09-2023 | Wednesday | Vd. Hajarnavis |
| 7 | Meditation technique (Didactic) | 07-09-2023 | Thursday | Vd. Shisode |
| 8 | Classification of PEM (Didactic) | 08-09-2023 | Friday | Vd. Kale |
| 9 | Non government and other services (Didactic) | 09-09-2023 | Saturday | Vd. Hajarnavis |
| 10 | | 10-09-2023 | Sunday | |
| 11 | International health (Didactic) | 11-09-2023 | Monday | Vd. Kale |
| 12 | Health care delivery (Didactic) | 12-09-2023 | Tuesday | Vd. Inamdar |
| 13 | UNICEF (Didactic) | 13-09-2023 | Wednesday | Vd. Hajarnavis |
| 14 | Red cross (Didactic) | 14-09-2023 | Thursday | Vd. Shisode |
| 15 | General introduction to hatyog (Didactic) | 15-09-2023 | Friday | Vd. Kale |
| 16 | Important asanas in posture I pain (Demo) | 16-09-2023 | Saturday | Vd. Hajarnavis |
| 17 | | 17-09-2023 | Sunday | |
| 18 | Indriya swasthyarth rutucharya upakram (Didactic) | 18-09-2023 | Monday | Vd. Kale |
| 19 | | 19-09-2023 | Tuesday | |
| 20 | Horrocks's apparatus (Didactic) | 20-09-2023 | Wednesday | Vd. Hajarnavis |
| 21 | Indriya upakramaniya adhyay review (Didactic) | 21-09-2023 | Thursday | Vd. Shisode |
| 22 | Census and statistics (Didactic) | 22-09-2023 | Friday | Vd. Kale |
| 23 | Mode of disease transmission (Didactic) | 23-09-2023 | Saturday | Vd. Hajarnavis |
| 24 | | 24-09-2023 | Sunday | |
| 25 | STD and causative agents (Didactic) | 25-09-2023 | Monday | Vd. Kale |
| 26 | Indriya swasthyarth dinacharya upakram (Demo) | 26-09-2023 | Tuesday | Vd. Inamdar |
| 27 | Vitamin sources and deficiencies (Didactic) | 27-09-2023 | Wednesday | Vd. Hajarnavis |
| 28 | | 28-09-2023 | Thursday | |
| 29 | Prevention of hrudrog by ayurved | 29-09-2023 | Friday | Vd. Kale |



| | | | | |
|----|---|------------|-----------|----------------|
| | (Didactic) | | | |
| 30 | Ahar varg shak (Didactic) | 30-09-2023 | Saturday | Vd.Hajarnavis |
| | | | | |
| | OCTOBER 2023 | | | |
| 1 | | 01-10-2023 | Sunday | |
| 2 | | 02-10-2023 | Monday | |
| 3 | Oupasargic rogas and prevention measures (Didactic) | 03-10-2023 | Tuesday | Vd.Inamdar |
| 4 | Sadvritta (vagbhat) (Didactic) | 04-10-2023 | Wednesday | Vd. Hajarnavis |
| 5 | At international level statistics of infectious diseases (Didactic) | 05-10-2023 | Thursday | Vd. Shisode |
| 6 | Shatkriya (Didactic) | 06-10-2023 | Friday | Vd. Kale |
| 7 | Aasan-bhadrasan,sinhasan (Demo) | 07-10-2023 | Saturday | Vd. Hajarnavis |
| 8 | | 08-10-2023 | Sunday | |
| 9 | Environmental and community health(vayu) (GD) | 09-10-2023 | Monday | Vd. Kale |
| 10 | Virudha ahar(Didactic) | 10-10-2023 | Tuesday | Vd.Inamdar |
| 11 | Vital statistics (Didactic) | 11-10-2023 | Wednesday | Vd. Hajarnavis |
| 12 | Shatkriyas and their therapeutic effects (Didactic) | 12-10-2023 | Thursday | Vd. Shisode |
| 13 | Aasan- sarvangasan, shirshasan (Demo) | 13-10-2023 | Friday | Vd. Kale |
| 14 | Pradnyaparadh(effects and solution)(Didactic) | 14-10-2023 | Saturday | Vd. Hajarnavis |
| 15 | | 15-10-2023 | Sunday | |
| 16 | Environment and community health (vayu) (Didactic) | 16-10-2023 | Monday | Vd. Kale |
| 17 | Sadvritta (shushrut) (Didactic) | 17-10-2023 | Tuesday | Vd. Inamdar |
| 18 | Aachar rasayan (Didactic) | 18-10-2023 | Wednesday | Vd. Hajarnavis |
| 19 | Pradnyaparadh (causes) (Didactic) | 19-10-2023 | Thursday | Vd. Shisode |
| 20 | Therapeutic effects of yogic | 20-10-2023 | Friday | Vd. Kale |



| | | | | |
|----|--|------------|-----------|----------------|
| | practices on Om (Didactic) | | | |
| 21 | Aasan-Pavanmuktasan,Bhujangasan (Demo) | 21-10-2023 | Saturday | Vd. Hajarnavis |
| 22 | | 22-10-2023 | Sunday | |
| 23 | Environmental and community health (Prakash)(PBL) | 23-10-2023 | Monday | Vd. Kale |
| 24 | | 24-10-2023 | Tuesday | |
| 25 | Rasayan procedure of swastha (Didactic) | 25-10-2023 | Wednesday | Vd. Hajarnavis |
| 26 | Trayopsthambha- Aahar (Didactic) | 26-10-2023 | Thursday | Vd. Shisode |
| 27 | Therapeutic effects of yogic practices on HTN (Case Presentation) | 27-10-2023 | Friday | Vd. Kale |
| 28 | Trayopsthambha-Nidra (Didactic) | 28-10-2023 | Saturday | Vd. Hajarnavis |
| 29 | | 29-10-2023 | Sunday | |
| 30 | Environmental and community health(Vikiran) (Didactic) | 30-10-2023 | Monday | Vd. Kale |
| 31 | Nityarasayan (Didactic) | 31-10-2023 | Tuesday | Vd. Inamdar |
| | NOVEMBER 2023 | | | |
| 1 | Therapeutic effects of yogic practices on cardiovascular diseases (Didactic) | 01-11-2023 | Wednesday | Vd. Hajarnavis |
| 2 | Manas vichar –health (Didactic) | 02-11-2023 | Thursday | Vd. Shisode |
| 3 | Ritucharya –introduction (Didactic) | 03-11-2023 | Friday | Vd. Kale |
| 4 | Vajeekar for swastha (Didactic) | 04-11-2023 | Saturday | Vd. Hajarnavis |
| 5 | | 05-11-2023 | Sunday | |
| 6 | Vyadhikshmatva (Didactic) | 06-11-2023 | Monday | Vd. Kale |
| 7 | Ritucharya –Hemant ritu (Didactic) | 07-11-2023 | Tuesday | Vd. Inamdar |
| 8 | Disaster management (Didactic) | 08-11-2023 | Wednesday | Vd. Hajarnavis |
| 9 | Host defences (Didactic) | 09-11-2023 | Thursday | Vd. Shisode |



| | | | | |
|----|---|------------|-----------|----------------|
| 10 | Vyadhikshmatva –modern concept (Didactic) | 10-11-2023 | Friday | Vd. Kale |
| 11 | Sewage disposal (Didactic) | 11-11-2023 | Saturday | Vd. Hajarnavis |
| 12 | | 12-11-2023 | Sunday | |
| 13 | Investigation of epidemic (Didactic) | 13-11-2023 | Monday | Vd. Kale |
| 14 | | 14-11-2023 | Tuesday | |
| 15 | Concept of sukshma sharir (Didactic) | 15-11-2023 | Wednesday | Vd. Hajarnavis |
| 16 | Aadharniya veg (GD) | 16-11-2023 | Thursday | Vd. Shisode |
| 17 | Dharaneeya veg (GD) | 17-11-2023 | Friday | Vd. Kale |
| 18 | Pradnyaparadh revision (Didactic) | 18-11-2023 | Saturday | Vd. Hajarnavis |
| 19 | | 19-11-2023 | Sunday | |
| 20 | Rajyog (Didactic) | 20-11-2023 | Monday | Vd. Kale |
| 21 | Contraceptives (Didactic) | 21-11-2023 | Tuesday | Vd. Inamdar |
| 22 | Purification of water (Didactic) | 22-11-2023 | Wednesday | Vd. Hajarnavis |
| 23 | Health sector planning (Didactic) | 23-11-2023 | Thursday | Vd. Shisode |
| 24 | Elements of primary health care (Didactic) | 24-11-2023 | Friday | Vd. Kale |
| 25 | Disease surveillance (Didactic) | 25-11-2023 | Saturday | Vd. Hajarnavis |
| 26 | | 26-11-2023 | Sunday | |
| 27 | | 27-11-2023 | Monday | |
| 28 | Elements of primary health care (Didactic) | 28-11-2023 | Tuesday | Vd. Inamdar |
| 29 | Concept of epidemics (Didactic) | 29-11-2023 | Wednesday | Vd. Kale |
| 30 | Dinacharya And Occupations (Didactic) | 30-11-2023 | Thursday | Vd. Hajarnavis |
| | | | | |
| | DECEMBER 2023 | | | |
| 1 | Concept of epidemics (Didactic) | 01-12-2023 | Friday | Vd. Kale |



| | | | | |
|----|---|------------|-----------|----------------|
| 2 | Ritucharya-hemant-shishir ritu (Didactic) | 02-12-2023 | Saturday | Vd. Hajarnavis |
| 3 | | 03-12-2023 | Sunday | |
| 4 | Ritucharya-shishir-vasant ritu (Didactic) | 04-12-2023 | Monday | Vd. Kale |
| 5 | Immunisation programme (Didactic) | 05-12-2023 | Tuesday | Vd. Inamdar |
| 6 | Control of epidemics (Didactic) | 06-12-2023 | Wednesday | Vd. Hajarnavis |
| 7 | Concept of sthula sharir (Didactic) | 07-12-2023 | Thursday | Vd. Shisode |
| 8 | Ishta aahar (Didactic) | 08-12-2023 | Friday | Vd. Kale |
| 9 | Ritucharya –vasant-grishma ritu (Didactic) | 09-12-2023 | Saturday | Vd. Hajarnavis |
| 10 | | 10-12-2023 | Sunday | |
| 11 | Ritucharya –grishma-varsha ritu (Didactic) | 11-12-2023 | Monday | Vd. Kale |
| 12 | Disinfection practices for (Didactic) community (Didactic) | 12-12-2023 | Tuesday | Vd. Inamdar |
| 13 | Disease surveillance (Didactic) | 13-12-2023 | Wednesday | Vd. Hajarnavis |
| 14 | Apdravya malnirharan (Didactic) | 14-12-2023 | Thursday | Vd. Shisode |
| 15 | STD'S (Didactic) | 15-12-2023 | Friday | Vd. Kale |
| 16 | Ritucharya –varsha-sharad ritu (Didactic) | 16-12-2023 | Saturday | Vd. Hajarnavis |
| 17 | | 17-12-2023 | Sunday | |
| 18 | Moksha definition (Didactic) | 18-12-2023 | Monday | Vd. Kale |
| 19 | Vital statistics (Didactic) | 19-12-2023 | Tuesday | Vd. Inamdar |
| 20 | Disease surveillance (Didactic) | 20-12-2023 | Wednesday | Vd. Hajarnavis |
| 21 | Apdravya malnirharan (Didactic) | 21-12-2023 | Thursday | Vd. Shisode |
| 22 | National health policy (Didactic) | 22-12-2023 | Friday | Vd. Kale |
| 23 | Satyabuddhi (Didactic) | 23-12-2023 | Saturday | Vd. Hajarnavis |
| 24 | | 24-12-2023 | Sunday | |



| | | | | |
|----|--|------------|-----------|----------------|
| 25 | | 25-12-2023 | Monday | |
| 26 | Moksha marga (Didactic) | 26-12-2023 | Tuesday | Vd. Inamdar |
| 27 | Disease surveillance (Didactic) | 27-12-2023 | Wednesday | Vd. Hajarnavis |
| 28 | Shav vinash vividh padhati (Didactic) | 28-12-2023 | Thursday | Vd. Shisode |
| 29 | Ashtang Yog form various Samhitas (Didactic) | 29-12-2023 | Friday | Vd. Kale |
| 30 | Sarvangasan (Demo) | 30-12-2023 | Saturday | Vd. Hajarnavis |
| 31 | | 31-12-2023 | Sunday | |

| | TOPIC | | Date | Name of the Teacher |
|----|--|---------------------|-----------|---------------------|
| | | January 2024 | | |
| 1 | Introduction of Rasayan (Didactic) | 01-01-2024 | Monday | Vd. Kale |
| 2 | National health policy (Didactic) | 02-01-2024 | Tuesday | Vd. Inamdar |
| 3 | Vyadhikshamatva –Immunity vichar (Didactic) | 03-01-2024 | Wednesday | Vd. Hajarnavis |
| 4 | Concept of Nidra in health promotion (Didactic) | 04-01-2024 | Thursday | Vd. Shisode |
| 5 | Concept of health as per Ayurveda (Didactic) | 05-01-2024 | Friday | Vd. Kale |
| 6 | Pathyapathya in Obesity D.M.(PBL) | 06-01-2024 | Saturday | Vd. Inamdar |
| 7 | | 07-01-2024 | Sunday | |
| 8 | Role of Rasayan in H.P. D.P (PBL) | 08-01-2024 | Monday | Vd. Kale |
| 9 | Kawal practical (Demo) | 09-01-2024 | Tuesday | Vd. Hajarnavis |
| 10 | Vyadhikshamatva Definition (Didactic) | 10-01-2024 | Wednesday | Vd. Hajarnavis |
| 11 | Concept of Bramhacharya in health promotion (Didactic) | 11-01-2024 | Thursday | Vd. Shisode |



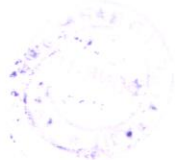
| | | | | |
|----|--|------------|-----------|----------------|
| 12 | Concept of disease as per Ayurveda (Didactic) | 12-01-2024 | Friday | Vd. Kale |
| 13 | Pathyapatha in shvas, katishul | 13-01-2024 | Saturday | Vd.Hajarnavis |
| 14 | | 14-01-2024 | Sunday | |
| 15 | Biomedical waste management (Didactic) | 15-01-2024 | Monday | Vd. Kale |
| 16 | Immunity (Didactic) | 16-01-2024 | Tuesday | Vd.Inamdar |
| 17 | Vyadhikshmatva kul vichar (GD) | 17-01-2024 | Wednesday | Vd. Hajarnavis |
| 18 | Introduction to Trayopastmbha (Didactic) | 18-01-2024 | Thursday | Vd.Shisode |
| 19 | Importance and Relevance of Swasthavritta (Didactic) | 19-01-2024 | Friday | Vd. Kale |
| 20 | Pathya pathya kalpana (Didactic) | 20-01-2024 | Saturday | Vd.Inamdar |
| 21 | | 21-01-2024 | Sunday | |
| 22 | Communicable and Noncommunicable disease (Didactic) | 22-01-2024 | Monday | Vd. Kale |
| 23 | Yush kalpana practical (Demo) | 23-01-2024 | Tuesday | Vd.Inamdar |
| 24 | Immunity and Bala vichar (Didactic) | 24-01-2024 | Wednesday | Vd. Hajarnavis |
| 25 | N. Guinea worm Eradication programme (Didactic) | 25-01-2024 | Thursday | Vd.Shisode |
| 26 | | 26-01-2024 | Friday | |
| 27 | Tratak, Kapalbhathi (Demo) | 27-01-2024 | Saturday | Vd. Hajarnavis |
| 28 |) | 28-01-2024 | Sunday | |
| 29 | Upvas concept in ayurved (Didactic) | 29-01-2024 | Monday | Vd. Kale |
| 30 | Shatkarma in yoga (Didactic) | 30-01-2024 | Tuesday | Vd.Inamdar |
| 31 | Types of massage (Demo) | 31-01-2024 | Wednesday | Vd. Hajarnavis |

| S.No. | Topic | | Date | Name of the Teacher |
|----------------------|--|------------|-----------|---------------------|
| February 2024 | | | | |
| 1 | Relation between Prevalance and Incidence (Didactic) | 01-02-2024 | Thursday | Vd.Shisode |
| 2 | Shambhavi ,dyan Mudra (Didactic) | 02-02-2024 | Friday | Vd. Kale |
| 3 | Yavagu nirman practical (Demo) | 03-02-2024 | Saturday | Vd.Hajarnavis |
| 4 |) | 04-02-2024 | Sunday | |
| 5 | Minimum Needs Programme (Didactic) | 05-02-2024 | Monday | Vd. Kale |
| 6 | Dwadashashan pravichar (Didactic) | 06-02-2024 | Tuesday | Vd.Inamdar |
| 7 | Health Awarness Vit A Programme (Didactic) | 07-02-2024 | Wednesday | Vd. Hajarnavis |
| 8 | Aims of Epidemiology (Didactic) | 08-02-2024 | Thursday | Vd.Shisode |



| | | | | |
|----|---|------------|-----------|----------------|
| 9 | Importance of Raktamokshana (GD) | 09-02-2024 | Friday | Vd. Kale |
| 10 | Pran, Vyan, Apan Mudra practical (Demo) | 10-02-2024 | Saturday | Vd.Hajarnavis |
| 11 | | 11-02-2024 | Sunday | |
| 12 | Deworming Programme (Didactic) | 12-02-2024 | Monday | Vd. Kale |
| 13 | Various Ratio of Vital Statistics (Didactic) | 13-02-2024 | Tuesday | Vd.Inamdar |
| 14 | Vital statistics (Didactic) | 14-02-2024 | Wednesday | Vd. Hajarnavis |
| 15 | Ahar Vishamashan (Didactic) | 15-02-2024 | Thursday | Vd.Shisode |
| 16 | Various types of Mudra (Didactic) | 16-02-2024 | Friday | Vd. Kale |
| 17 | NPP in ayurveda (Didactic) | 17-02-2024 | Saturday | Vd.Hajarnavis |
| 18 | | 18-02-2024 | Sunday | |
| 19 | | 19-02-2024 | Monday | |
| 20 | Purva karma Snehan, Swedan (Didactic) | 20-02-2024 | Tuesday | Vd.Inamdar |
| 21 | Hitakar ahitakar dravya (Didactic) | 21-02-2024 | Wednesday | Vd. Hajarnavis |
| 22 | National Water Supply and Sanitation Programme (Didactic) | 22-02-2024 | Thursday | Vd.Shisode |
| 23 | Health Awareness Garbhini paricharya (Didactic) | 23-02-2024 | Friday | Vd. Kale |
| 24 | Krushara practical (Demo) | 24-02-2024 | Saturday | Vd.Hajarnavis |
| 25 | | 25-02-2024 | Sunday | |
| 26 | IMNCI Programme (Didactic) | 26-02-2024 | Monday | Vd. Kale |
| 27 | National Population Policy (Didactic) | 27-02-2024 | Tuesday | Vd.Inamdar |
| 28 | Ahar (GD) | 28-02-2024 | Wednesday | Vd. Hajarnavis |
| 29 | Pratimarsha nasya practical (Demo) | 29-02-2024 | Thursday | Vd.Shisode |

| S.No. | Topic | | Date | Name of the Teacher |
|-------------------|---------------------------|------------|----------|---------------------|
| March 2024 | | | | |
| 1 | Pathyapathya vichar (GD) | 01-03-2024 | Friday | Vd. Kale |
| 2 | Akash Chikitsa (Didactic) | 02-03-2024 | Saturday | Vd.Hajarnavis |




| | | | | |
|-------------------|---|------------|----------|----------------|
| 3 | | 03-03-2024 | Sunday | |
| 4 | Shadrasatmak ahar , Matra (Didactic) | 04-03-2024 | Monday | Vd. Kale |
| 5 | Shiroabhyanga Importance (Didactic) | 05-03-2024 | Tuesday | Vd.Inamdar |
| 6 | Vitamins, ICDS programme (Didactic) | 06-03-2024 | Wedesday | Vd. Hajarnavis |
| 7 | Viruddha Ahar Dushparinam (Didactic) | 07-03-2024 | Thursday | Vd.Shisode |
| 8 | | 08-03-2024 | Friday | |
| 9 | Basti Nasya Phalshruti (Didactic) | 09-03-2024 | Saturday | Vd.Hajarnavis |
| 10 | | 10-03-2024 | Sunday | |
| 11 | Vaman ,Virechan Phalshruti (Didactic) | 11-03-2024 | Monday | Vd. Kale |
| 12 | Family Welfare Programme (Didactic) | 12-03-2024 | Tuesday | Vd.Inamdar |
| 13 | NHP in Alma Atta declaration (Didactic) | 13-03-2024 | Wedesday | Vd. Hajarnavis |
| 14 | NHP in Ayurvedic view (Didactic) | 14-03-2024 | Thursday | Vd.Shisode |
| 15 | 20 Point Programme (Didactic) | 15-03-2024 | Friday | Vd. Kale |
| 16 | Dhumvarti nirman (Demo) | 16-03-2024 | Saturday | Vd.Hajarnavis |
| 17 | | 17-03-2024 | Sunday | |
| 18 | Upawas vidhi (Didactic) | 18-03-2024 | Monday | Vd. Kale |
| 19 | National & international health agencies (Didactic) | 19-03-2024 | Tuesday | Vd.Inamdar |
| 20 | Shatkarma –Dhauti, | 20-03-2024 | Wedesday | Vd. Hajarnavis |
| 21 | Raktmokshan Phalshruti (Didactic) | 21-03-2024 | Thursday | Vd.Shisode |
| 22 | Prashasta purush Balabal vichar (Didactic) | 22-03-2024 | Friday | Vd. Kale |
| 23 | Aahara vidhi visheshayatana (Didactic) | 23-03-2024 | Saturday | Vd.Hajarnavis |
| 24 | | 24-03-2024 | Sunday | |
| 25 | | 25-03-2024 | Monday | |
| 26 | Sadvritta niyama (Didactic) | 26-03-2024 | Tuesday | Vd.Inamdar |
| 27 | Asanas for spinal disorders (Didactic) | 27-03-2024 | Wedesday | Vd. Hajarnavis |
| 28 | Precaution after Vaccination(Didactic) | 28-03-2024 | Thursday | Vd.Shisode |
| 29 | Vayu Chikitsa (Didactic) | 29-03-2024 | Friday | Vd. Kale |
| 30 | Vital statistics (Didactic) | 30-03-2024 | Saturday | Vd.Hajarnavis |
| 31 | | 31-03-2024 | Sunday | |
| April 2024 | | | | |
| 1 | Nutrition (Didactic) | 01-04-2024 | Monday | Vd. Kale |
| 2 | Concept of epidemiology (Didactic) | 02-04-2024 | Tuesday | Vd.Inamdar |



| | | | | |
|----|--|------------|----------|----------------|
| 3 | Nauli (Didactic) | 03-04-2024 | Wedsday | Vd. Hajarnavis |
| 4 | Evaluation Of Janpadadhavansa (Didactic) | 04-04-2024 | Thursday | Vd. Shisode |
| 5 | Host Defence (Didactic) | 05-04-2024 | Friday | Vd. Kale |
| 6 | Concept of Prevention (Didactic) | 06-04-2024 | Saturday | Vd. Hajarnavis |
| 7 | | 07-04-2024 | Sunday | |
| 8 | Introduction to Nisarga Upchar (Didactic) | 08-04-2024 | Monday | Vd. Kale |
| 9 | | 09-04-2024 | Tuesday | |
| 10 | Manda & Yusha nirmaan (Demo) | 10-04-2024 | Wedsday | Vd. Hajarnavis |
| 11 | | 11-04-2024 | Thursday | |
| 12 | Clinical Evaluation of janpadodhvansa (Didactic) | 12-04-2024 | Friday | Vd. Kale |
| 13 | Concept of Mithya Ahar In Daily Routine (GD) | 13-04-2024 | Saturday | Vd. Hajarnavis |
| 14 | | 14-04-2024 | Sunday | |
| 15 | Prithavi Mahabhut Chikitsa (Didactic) | 15-04-2024 | Monday | Vd. Kale |
| 16 | Cholera And Its National Programme (Didactic) | 16-04-2024 | Tuesday | Vd. Inamdar |
| 17 | | 17-04-2024 | Wedsday | |
| 18 | Janpaddhansa Charak Viman 3 (Didactic) | 18-04-2024 | Thursday | Vd. Shisode |
| 19 | Poshak Ahara Sankalpana (Didactic) | 19-04-2024 | Friday | Vd. Kale |
| 20 | Sankramak Rogas (Didactic) | 20-04-2024 | Saturday | Vd. Hajarnavis |
| 21 | | 21-04-2024 | Sunday | |
| 22 | Jal Mahabhut Chikitsa (Didactic) | 22-04-2024 | Monday | Vd. Kale |
| 23 | Malaria & Its National programme (Didactic) | 23-04-2024 | Tuesday | Vd. Inamdar |
| 24 | | 24-04-2024 | Wedsday | Vd. Hajarnavis |
| 25 | Introduction to Communicable disease & Its Ayurvedic view (Didactic) | 25-04-2024 | Thursday | Vd. Shisode |
| 26 | Aharvarga by different Granthas (Didactic) | 26-04-2024 | Friday | Vd. Kale |
| 27 | Padaabhyang, Shiroabhyanga (Didactic) | 27-04-2024 | Saturday | Vd. Hajarnavis |
| 28 | | 28-04-2024 | Sunday | |
| 29 | WHO (Didactic) | 29-04-2024 | Monday | Vd. Kale |
| 30 | Sankramak Rogas (Didactic) | 30-04-2024 | Tuesday | Vd. Inamdar |




DR. MIHIR HAJARNAVIS
 Head of the Department
 Dept. of Swasthavritta
 Tilak Ayurved Mahavidyalaya, Pune