

TILAK AYURVED MAHAVIDYALAYA, PUNE

Advance Teaching Programme (ATP) (III BAMS Winter 2023)

Department: Swasthavritta & Yoga

Subject: Swasthavritta

Term: I & II

Duration: From February 2023 to November 2023

Total Lectures: 200

Total Practicals: 100

THEORY

Sr.No	TOPIC NO.	NAME OF THE FACULTY	TOTAL LECTURE HOURS
1	Introduction to Vaiyaktik Swasthavritta	Prof Vd Mihir Hajarnavis	2
2	Definition of Health, Swastha, Swasthavritta, Arogya Lakshanani,	Prof Vd Mihir Hajarnavis	2
3	Dimensions of Health, Concept of Wellbeing , Standard of life , Quality of Life	Prof Vd Mihir Hajarnavis	2
4	Definition of Dinacharya	Vd Maithili Naik/ Mihir Hajarnavis	2
5	Brahmamuhurta evam Utthanam, Usha jala pana; Shareer chinta	Vd Maithili Naik/ Mihir Hajarnavis	2
6	Malatyaga,; Mukha Prakshalan; Dantadhavan, Jivhanirlekhana	Vd Maithili Naik/ Mihir Hajarnavis	2
7	Anjana; Pratimarsha Nasya,	Vd Maithili Naik/ Mihir Hajarnavis	2
8	Gandusha, Kavala, Tamboolasevan	Vd Maithili Naik/ Mihir Hajarnavis	2
9	Dhoomapana; Abhyanga; Udvartan; Utsadan	Vd Maithili Naik/ Mihir Hajarnavis	2
10	Vyayama; Chankrmana; Snana	Vd Sharvari Inamdar / Vd Maithil Naik	2
11	Anulepana,; Vastradharana,	Vd Sharvari Inamdar / Vd Maithil Naik	2
12	Dandadharan, Padatradharana,	Vd Sharvari Inamdar / Vd Maithil	2

	Chatradharana, Ushnishadharana.Ratnadharana,	Naik	
13	Madhyannacharya	Vd Sharvari Inamdar / Vd Maithil Naik	2
14	Cosmetic effects of Dinacharya procedures	Vd Sharvari Inamdar / Vd Maithil Naik	4
15	Ratricharya	Vd Neelima Shisode/ Vd Soniya Kale	2
16	Sandhya Charya	Vd Neelima Shisode/ Vd Soniya Kale	2
17	Shayana Vidhi according to Bhavamishra	Vd Neelima Shisode/ Vd Soniya Kale	2
18	Rutucharya Introduction and Importance	Vd Neelima Shisode/ Vd Soniya Kale	2
19	Pathyapathya of Ahara and Vihara in different Rutus.	Vd Sharvari Inamdar / Vd Maithil Naik	10
20	Rutuharitaki	Vd Sharvari Inamdar / Vd Maithil Naik	2
21	Rutusamdhi ; Yamadanshtra	Vd Sharvari Inamdar / Vd Maithil Naik	2
22	Rutu Viparyaya	Vd Sharvari Inamdar / Vd Maithil Naik	2
23	Sadvritta	Vd Neelima Shisode/ Vd Soniya Kale	6
24	Role of Achara Rasayana in prevention and control of diseases	Vd Neelima Shisode/ Vd Soniya Kale	4
25	Concept of Trayopasthambh	Vd Neelima Shisode/ Vd Soniya Kale	2
26	Ahara	Vd Neelima Shisode/ Vd Soniya Kale	10
27	Nidra	Vd Neelima Shisode/ Vd Sharvari Inamdar	6
28	Brahmachrya/ Abrahmacharya	Vd Neelima Shisode/ Vd Sharvari	4

		Inamdar	
29	Concept of Vega , details of Dharaneeya and Adharaneeya Vega	Vd Maithili Naik/ Vd Soniya Kale	10
30	Rasayana For Swastha	Vd Maithili Naik/ Vd Soniya Kale	4
31	AshtaNindita Purusha	Vd Maithili Naik/ Vd Soniya Kale	4
32	Menstrual hygiene	Vd Maithili Naik/ Vd Soniya Kale	2
33	Yoga	Vd Neelima Shisode/Vd Mihir Hajarnavis	10
34	Nisargopachar	Vd Sharvari Inamdar/ Vd Soniya Kale	4
35	Janapadodhawamsa	Vd Sharvari Inamdar/ Vd Soniya Kale	4
36	Disposal of Waste	Vd Neelima Shisode /Vd Maithili Naik	4
37	Meteorology	Vd Neelima Shisode /Vd Maithili Naik	2
38	Disaster Management	Vd Maithili Naik	2
39	Occupational Health	Vd Neelima Shisode /Vd Maithili Naik	4
40	School Health Services	Vd Mihir Hajarnavis/Vd Maithili Naik	2
41	Epidemiology	Vd Neelima Shisode/Vd Sharvari Inamdar	4
42	Non Communicable Diseases	Vd Mihir Hajarnavis/ Vd Sharvari Inamdar	6
43	Hospital Building	Vd Neelima Shisode/Vd Sharvari Inamdar	2
44	Primary Health Care	Vd Neelima Shisode/Vd Sharvari Inamdar	4
45	Family Welfare Programme	Vd Neelima Shisode/Vd Sharvari Inamdar	4
46	MCH	Vd Neelima Shisode/Vd Sharvari	4

		Inamdar	
47	Preventive Geriatrics	Vd Mihir Hajarnavis/Vd Maithili Naik	4
48	World Health Organization	Vd Mihir Hajarnavis/Vd Maithili Naik	2
49	International Health Agencies	Vd Mihir Hajarnavis/Vd Maithili Naik	4
50	Alma Ata Declaration	Vd Mihir Hajarnavis/Vd Maithili Naik	2
51	Health Administration; Health Statistics	Vd Mihir Hajarnavis	6
52	National Health Policy	Vd Mihir Hajarnavis/Vd Maithili Naik	4
53	National Health Programmes	Vd Mihir Hajarnavis/Vd Neelima Shisode/Vd Soniya Kale	10
	PRACTICAL		
1	Demonstration of Dinacharya Procedures	Vd Mihir Hajarnavis/ Vd Soniya Kale	20
2	Demonstration of Asana, Pranayama, Shatkarma	Vd Mihir Hajarnavis/Vd Sharvari Inamdar	20
3	Demonstration of Pathya Kalpana	Vd Mihir Hajarnavis/Vd Neelima Shisode	20
4	Field Visits	Vd Mihir Hajarnavis/ Vd Maithili Naik	20
5	Health Surveys	Vd Mihir Hajarnavis	20

M. Hajarnavis

Dr. Mihir Hajarnavis

Prof. and Head Of the Dept. of Swasthavritta evum Yoga

Tilak Ayured Mahavidyalaya, Pune