







**Rashtriya Shikshan Mandal's
Tilak Ayurved Mahavidyalaya
Rasta Peth, Pune-11**

Departmental Information –Year 2024

Department of Swasthavritta and Yoga

Sr. No	Name	Designation	Department	Qualification	Teacher Code	MCIM Regi No.	NCISM Regi. No.	DOB	1 st Date of Joining	Experience (Years) (As on 31.12.2024)UG-PG -	Photo
1	Dr Mihir Hajarnavis	Professor and HoD	Swasthavritta and Yoga	BAM S; MD ;PhD	AYSV00274	I 23566A1	NR/AY/MH/0012492	14/11/1968	13/04/2005	UG 28 years 5 Months PG 20 years 2 months	
2	Dr Nileema Shisode	Associate Professor	Swasthavritta and Yoga	BAM S; MD	AYKC01102	I 27560A1	NR/AY/MH/0014360	13/07/1972	1/03/2014	UG 23 years 2 months 30 days PG 10 years 1 month 26 days	
3	Dr Sharvari Inamdar	Associate Professor	Swasthavritta and Yoga	BAM S; MD	AYSV00425	I 50766 A	NR/AY/MH 0030896	21/02/1982	1/12/2009	UG 15 years PG 2 years 4 months	
4	Dr Soniya Kale	Assistant Professor	Swasthavritta and Yoga	BAM S; MD; D.Ayu .D.; D.Y.A	AYSV00419	I 55358A	NR/AY/MH/0034755	16/11/1983	01/04/2014	UG -13 Years 3 Months 24 Days PG- 7 Years 7 Months 29	

				.						days	
5	Dr Maithili Naik	Assistant Professor	Swasthavrita and Yoga	BAMS; MD	AYSV000 681	78897A	NA	08/05 /1991	20/12/20 20	4 YEARS 1 MONTH	
6	Mrs Tejashree Pendse	Yoga Teacher	Swasthavrita and Yoga	Diploma in Yoga	NA	NA	NA		01/01/20 23	2 years	

1) **State / National / International level Workshop / Seminar / CME programmes-**

Sr No	Subject	Place	Date	No of Participants	No of Resource Person
1	International day of Yoga	Sheth Tarachand Ramnath Charitable Ayurvedic Hospital and Tilak Ayurved Mahavidyalaya, Pune	14/06/2024 to 21/06/2024	250	10
2	World Handwashing Day	Tilak Ayurved Mahavidyalaya, Pune	15/10/2024	200	10
3	National Ayurveda Day	Tilak Ayurved Mahavidyalaya, Pune	29/10/2024	100	2

2) Paper/Poster Presentation/Participation/Lecture at National/International Conferences/Seminar/Workshop

Sr No	Name of the Teacher/Student	Name of the Conference / Event	Place of the Conference /Event	Date of the Conference/ Event	Participation Resource Person/ Chair person /Evaluator etc
1	Dr Mihir Hajarnavis	Entrance Exam of CRAV, New Delhi	Tilak Ayurved Mahavidyalaya, Pune	07/01/2024	Centre In charge
		Certificate Workshop in Advanced Nutritional therapy for Students of european Academy of Ayurved	Tilak Ayurved Mahavidyalaya, Pune	25/02/2024 to 02/03/2024	Resource Person and Co ordinator
		MD Final Swasthavritta Examination	BVDU College of Ayurved, Pune	26/02/2024	External examiner
		PrePhD Seminar	Dr D Y Patil College of Ayurved, Pune	02/03/2024	External expert
		MD Final Swasthavritta	Government Ayurveda	06/03/2024	External examiner

		Examination	College Thiruvananthapuram		
		Basic Workshop in Research Methodology	Tilak Ayurved Mahavidyalaya, Pune	18/03/2024	Resource Person
		Basic Workshop in Research Methodology	Tilak Ayurved Mahavidyalaya, Pune	20/03/2024	Resource Person
		World Health Day - My Health My Right	BSDT's Ayurved College wagholi, Pune	05/04/2024	Guest speaker
		Pre PhD Course work Swasthavritta	BVDU College of Ayurved, Pune	11/04/2024	Paper Setter
		Workshop on Human Rights, Indian Judiciary system and the Constitution of India	SPPU, Pune NSS Department at Tilak Ayurved Mahavidyalaya, Pune	13/04/2024	Co ordinator
		BNYS Syllabus Designing	MUHS, Nashik	15/04/2024	Subject Expert

		Walk in Interview for Staff Selection	B R Harné Ayurvedic Medical College, Vangani, Thane	30/04/2024	Subject Expert
		PhD Synopsis Approval - Online	MGAM Wardha,	03/05/2024	Subject Expert
		Pre PhD Coursework	BVDU College of Ayurved, Pune	04/05/2024	External examiner
		Health Sciences Education Technology Workshop	PDEA's CARC Akurdi, Pune	17/05/2024	Resource Person
		Independent Research Ethics Society AYUSH Samuddhi International Webinar Series	Online	22/05/2024	Resource Person
		Pre MD Ayurved Swasthavritta	MUHS, Nashik	11/06/2024	Paper Setter
		IDY 2024	Directorate of AYUSH Maharashtra State Mumbai	21/06/2024	Regional Co ordinatorPune Region

		Pre MD Ayurved Swasthavritta Seminar	BVDU College of Ayurved, Pune	24/06/2024	Subject Expert
		One Day ATAB Sensitisation Programme on Accreditation of Ayurveda Courses by Rashtriya Ayurved Vidyapeeth on Accreditation	Tilak Ayurved Mahavidyalaya's C.P.G.S. &R.A, Pune	04/07/2024	Participant
		NCISM Rating Inspection	Tilak Ayurved Mahavidyalaya, Pune	16/08/2024 to 17/08/2024	Nodal Office
		Pre PhD Presentation	YAC, Kodli Kodoli Kohlapur	03/09/2024	Subject Expert
		BoS Meeting - Ayurved Faculty KC and Allied Subjects	MUHS, Nashik	04/10/2024	BoS Member
		Transitional Curriculum UG	Tilak Ayurved Mahavidyalaya, Pune	06/11/2024, 08/11/2024, 11/11/2024	Resource Person
		CBME Pre and Final MD Swasthavritta Syllabus Workshop	MSME Hyderabad organized by NCISM	08/10/2024 to 10/10/2024	HSET Expert
		Transitional Curriculum PG	BVDU College of Ayurved, Pune	15/11/2024	Resource Person
		Transitional Curriculum PG	Tilak Ayurved Mahavidyalaya, Pune	16/11/2024	Resource Person

		Desh Ka Prakruti Parikshan Abhiyan,	Maharashtra State	26/11/2024 to 25/12/2024	State Co co -ordinator
		PG Orientation Programme (Sanskara)	MAM's SS Ayurved Mahavidyalaya, Hadapsar, Pune	06/12/2024	Chief Guest
		MD Final Swasthavritta Dissertation Evaluation Online	ITRA, Jamnagar	December 2024	Evaluator
		World Meditation Day Online	Habuild	21/12/2024	Participant
		Basic Workshop in Research Methodology	Savkar Ayurvedic College Satara.	25/12/2024	Resource Person
		World Ayurved Congress	Dehradoon, Uttarakhand	12/12/2024 to 15/12/2024	Evaluator for Poster Competition and Mentor for Jyotishmati Quiz
2	Dr Nileema Shisode	Prevention of Heart Diseases	Hotel clark Inn Tathawade	22/09/2024	Participant
		Editors code of conduct in research integrity and publication practices	IESRF AND ip pUBLICATION S Online	20/09/2024	Participant
		PG Guide scientific writing, research integrity and publication ethics	PG Guide scientific writing, research integrity and publication ethics	26/09/2024 to 28/09/2024	Participant
		Transitional Curriculum UG- Ayurvedia Ahara	Tilak Ayurved Mahavidyalaya, Pune	08/11/2024	Resource Person
		Unleashing open access potential	Innovative Publications, Online	16/12/2024 to 20/12/2024	Participant

4	Dr Soniya Kale	Entrance Exam of CRAV, New Delhi	Tilak Ayurved Mahavidyalaya, Pune	07/01/2024	Supervisor
		Workshop on Anukta Aahar Dravya	PDEA's College of Ayurved and Research Centre, Nigdi, Pune	16/01/2024	Participated as Delegate and Comparing
		Ayurvedic Nutrition and Cooking for USA Group - California in association with International Academy of Ayurved	TanMan Ayurvedic Research Center, Bhukum, Pune	20/01/2024	Resource Faculty
		Certificate Workshop in Advanced Nutritional therapy for Students of European Academy of Ayurved	Tilak Ayurved Mahavidyalay's C.P.G.S. &R.A, Pune	28.02.2024	Resource Faculty
		Poetry Competition on the Theme of "Holistic Health" organised by Institute of Teaching and Research in Ayurveda (INI), Ministry of AYUSH, Govt.	Online mode as a part of Commemorating "World Health Day - 2024"	07.04.2024	Participant

		of India			
		PG Guide scientific writing, research integrity and publication ethics	PDEA's College of Ayurved and Research Centre, Nigdi, Pune	26.09.2024 to 28.09.2024	Participant
		One Day ATAB Sensitisation Programme on Accreditation of Ayurveda Courses by Rashtriya Ayurved Vidyapeeth on Accreditation	Tilak Ayurved Mahavidyalay's C.P.G.S. &R.A, Pune	4.07.2024	Participant
		Transitional Curriculum PG Samskar 2024	Tilak Ayurved Mahavidyalay's C.P.G.S. &R.A, Pune	19/11/2024	Resource Faculty and Organising Committee Member
		World Ayurved Congress 2024	Parade Ground, Dehradun, Uttarakhand	12.12.2024 - 15.12.2024	Presented Paper and Poster as a Delegate
5	Dr Maithili Naik	Certificate Workshop in Advanced Nutritional therapy for Students of european Academy of Ayurved	Tilak Ayurved Mahavidyalaya, Pune	25/02/2024 to 02/03/2024	Resource Person
		Webinar on Plant based Proteins; The canvas for innovation	PFNDAI	17/05/2024	Delegate
		Poshamn Maaha 2024	All India Institute of Medical	25/09/2024	Delegate

			Sciences, Guwahati Online		
		One Day ATAB Sensitisation Programme on Accreditation of Ayurveda Courses by Rashtriya Ayurved Vidyapeeth on Accreditation	Tilak Ayurved Mahavidyalay's C.P.G.S. &R.A, Pune	04/07/2024	Participant
		IAFMCON 2024	online	15/12/2024	Delegate
		Transitional Curriculum PG	Tilak Ayurved Mahavidyalay's C.P.G.S. &R.A, Pune	11/11/2024	Resource Faculty and Organising Committee Member
		MahaEndocon	J W Marriott Pune	30/12/2024 and 01/12/2024	Delegate

- 3) State /National /International level prizes/Awards (Academic, Cultural, and Sports)Student NA
- 4) Research Activities: (State/Central Govt. & MUHS funded/sponsored / funded by other agencies:NA
- 5) Publications (State/National/International peer reviewed journals)

Sr.no	PubMed ID / ISSN No.	Publication Type	Publication Title	Author-name	Journal-name	State/National/International	Year
1	23476273	Second Author	Arihta Lakshane Associated with Pranavaha srotas and its diseases	Dr Mihir Hajanavis	Ayurvedya International	International	2023
2	0378-6463	Second Author	Ancient Literature on sooryanamaskarv A Review	Dr Mihir Hajanavis	Ayurvedya	State	2024
3	2320-3358	Second Author	Management of Plaque Psoriasis through Ayurveda- A clinical case study	Dr Mihir Hajanavis	Journal of Natural Remedies	International	2024

4	2347-6273	First Author	Role of millets in Prameh as a preventive measure and as a treatment	Dr Nileema Shisode	Ayurvedya international	International	2024
5	Print ISSN: 2348-7348 Online ISSN: 2348-7240	First Author	Millets: a review of its properties as per Ayurveda	Dr Nileema Shisode	Annals of geriatric education and medical science	International	2024
6	0378-6463	Second Author	Study of dragon fruit as 'anukt fal'-an observational study	Dr Nileema Shisode	Ayurvedya	State	2024
7	0378-6463	First Author	A CASE STUDY OF CONSUMPTION OF 'JURNAVHA' (A TYPE OF A MILLET) WITH SPECIAL REFERENCE TO MANAGEMENT OF 'STHOULYA' AND 'DIABETES MELLITUS' - A CRITICAL REVIEW	Dr Soniya Kale	AYURVIDYA	NATIONAL	2024
8	ISSN 2278 - 4357	First Author	AN INTERDISCIPLINARY DESCRIPTIVE STUDY ON NISARGOPCHAR CHIKITSA THROUGH AYURVEDA'S LENS	Dr Soniya Kale	WORLD JOURNAL OF PHARMACY AND PHARMACEUTICAL SCIENCES	INTERNATIONAL	2024

9	0378-6463	First Author	Diabetes Mellitus and Ayurved	Dr Maithili Naik	Ayurvedya	State	2024
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6) **Books and chapters in edited volumes/books published and papers published in national/international conference-proceedings indexed in UGC-CARE list on the UGC website/Scopus/Web of Science/PubMed/ NA**

7) **Information of PG student / Ph.D. student.**

i) MD/MS

Sr. No	Name of the Student	Name of the guide	Title of the thesis	Year of registration of the scholar	Status Completed / ongoing
1	Vd Rohit Pawar	Dr Nileema Shisode	A randomised controlled clinical trials of practicing a set of Yogasanawith add on effect of Ushnambupaan and only Ushnambupaan in management of Sthaulya.	2021-22	Ongoing
2	Vd Maleka Shaikh	Dr Mihir Hajarnavis	Randomised Controlled clinical trial to study the effect of Deepaniya Yavagu and Ushnambupan on Agni of healthy volunteers in Varsha Ritu.	2021-22	Ongoing
3	Vd Hritvik Nande	Dr Mihir Hajarnavis	Cross sectional study of correlation	2022-23	Ongoing

			between consumption of samyog viruddha ahar and refractive errors in school going children.		
4	Vd Mugdha Kinare	Dr Nileema Shisode	Survey for epidemiological prevalence of Urdhwajatrugat Vat Vyadhi due to Uchcha bhashya and Atibhashya.	2022-23	Ongoing
5	Vd Ajay Paighan	Dr Nileema Shisode	Effect of Tila taila Padabhyanga in Male runners- A single arm clinical study.	2023-24	Ongoing
6	Vd Komal Chate	Dr Mihir Hajarnavis	Effect of Tila taila Pratimarsh nasya in college going students- A single arm clinical study.	2023-24	Ongoing
7	Vd Santosh	-	Yet to be finalized	2024-25	Yet to Commence
8	Vd Harshada	-	Yet to be finalized	2024-25	Yet to Commence

ii) Ph.D. Scholars

Sr. No	Name of the Student	Name of the guide	Title of the thesis	Year of registration of the scholar
1	Vd Nitesh Joshi	Dr Mihir Hajarnavis	Randomized Clinical Trial on the effect of Shramahar Kashaya vargaPanak as an energy drink on the performance of fitness and	2019- 2020

			cognition of healthy young adults.	
2	Vd Madhav Borude	Dr Mihir Hajarnavis	Randomized Controlled Trial To Evaluate The Nootropic Effect Of Yavadi Choorna With Honey In Secondary School Children	2019- 2020
3	Vd Maithili Naik	Dr Mihir Hajarnavis	Qualitative Study of Use of Social Media according to the principles of Ayurveda	2019- 2020
4	Vd Nileema Shisode	Dr Mihir Hajarnavis	A cross sectional study for the association of Diet and Lifestyle with Type II Diabetes Mellitus in persons engaged in sedentary occupation	2022-2023
5	Vd Prajakta Bhelawe	Dr Mihir Hajarnavis	An epidemiological study for the prevalence of Nutritional Anaemia and Associated Symptoms of Pandu among adult tribal women of Gondia district: A cross sectional study.	2022-2023
6	Vd Madhuri Kubal	Dr Mihir Hajarnavis	Assessment of contributory factors in alcohol dependency WSR to intermittent manasik swasthya	2022-2023

8)Extra-Curricular / Academic activities:

Sr No	Department	Type of Activity	Year	No. of Participant Teacher/Student
1)	Swasthavritta	Desh Ka Prakruti Parikshan Abhiyan	2024	5 Teachers and 8 PG Students 117 UG Students
2)	Swasthavritta	Exhibition on balanced Diet through Ayurveda Ahara on world Food Day 2024	2024	5 Teachers and 6 PG Students 117 UG Students
3)	Swasthavritta	Exhibition on Innovation in Ayurveda Ahara for Global Health on National Ayurveda Day	2024	5 Teachers and 6 PG Students 117 UG Students

9)Guest Lectures organized in the Department

Sr No	Name of the Resource Person	Name of the topic	Date	No. of Student present
1	Dr. Sameer Joshi	Recycling of plastics	13/04/2024	230
2	Dr Neha Jogalekar	Stress management through Ayurveda	20/06/2024	200

10)Educational Visits

Sr No	Name of the Department	Name of Place	Date	Total No. of Teacher / Student
1	Swasthavritta and yoga	Katraj Milk Dairy	13/12/2024	2/125
2	Swasthavritta and yoga	Parvati Water Purification Plant	16/12/2024 to 18/12/2024	2/125
3	Swasthavritta and yoga	Naidu Sewage Treatment Plant	23/12/2024 to 24/12/2024	2/125
4	Swasthavritta and yoga	National Institute of Naturopathy	23/12/2024 to 24/12/2024	2/125