

DEPARTMENT OF SWASTHAVRITTA & YOGA
TILAK AYURVED MAHAVIDYALAYA, PUNE

NCISM

II Professional Ayurvedacharya
(BAMS) Subject Code : AyUG-SW

TILAK AYURVED MAHAVIDYALAYA, PUNE

Department: Swasthavritta & Yoga

Advance Teaching Programme (ATP)

Subject: Swasthavritta evam Yoga

Theory and Practical

Term: I, II, III (From September 2024 to December 2025)



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Sr No	A2 List of Topics	Faculty	No. of Hours
1	Swastha and Swasthya		3
i)	<p>Definition of Swasthavritta and its objective. Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas.</p> <p>Concept of Health & Operational definition of health. Importance of Shodhana in Swastha in relation to Sanchita & Asanchitha Dosha & Classification of Swastha purusha as Sanchita dosha and Asanchitha Dosha. Dimensions of health -Physical, Mental and Social.</p> <p>Concept of well-being: objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life.</p> <p>One health concept / "Vasudhaiva Kutumbakam" or "One Earth · One Family- One Future".</p>	Dr. Mihir Hajarnavis	
2	Healthy Life style -Dinacharya (Daily regimen)		13
i)	<p>Concept of Primordial, Primary, Secondary and Tertiary Prevention along with examples in Ayurveda. Importance of Ahara and Vihara as the health promotive and disease preventive measures.</p> <p>Importance of Niyata kala vihara (Dinacharya, Ritucharya) and Aniyata kalaVihara (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshana) for health promotion and disease prevention.</p>	Dr. Mihir Hajarnavis	
ii)	<p>Concept of waking up at 'Brahme muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory.</p>	Dr. Soniya Kale	
iii)	<p>UshaJalapana' (Drinking water in early morning). Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits.). Mukhaprakshalana and face washes used currently.</p> <p>Concept of Dantadhavana and modern-day brushing techniques and dentifrices. Concept of Jihwanirlekhana and the tools used in today's era and their benefits.</p> <p>Concept of Anjana as a health promotive measure.</p>	Dr. Maithili Naik	
iv)	<p>Kavala and gandusha for oral hygiene including mouthwashes available in the market.</p> <p>Describe the ingredients, procedure and benefits of kavala and gandusha for oral hygiene including mouthwashes available in the market.</p>	Dr. Mihir Hajarnavis	
v)	<p>Abhyanga as as health promotive measure. Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects.</p> <p>Application of Abhyanga according to different age groups and occupation/activity.</p> <p>Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations.</p>	Dr. Soniya Kale	



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vi)	Importance of the Tambula. Prayogika Dhoomapana (Practicable & non- practicable Dhoomapana- inhalation of herbal fumes/ herbal inhalers with their benefits and contraindications. Ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health.	Dr. Maithili Naik	
vii)	Concept of Vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc.to be practiced as per prakriti, age and occupation. Ardhashakti lakshanas of vyayama and the consequences of ati vyayama.	Dr. Sharvari Inamdar	
viii)	Udwartana, Utsadana Udgharshana . Snana- Types of different types of bath and Physiological effects of snana on body and mind. Importance and benefits of Anulepana. Merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes etc. Importance of proper clothing (Vastradharana) in social life.	Dr. Neelima Shisode	
3	Ratricharya		7
i)	Ratri bhojanvidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health. Effects of Yukta & Ayukta nidra. Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons.	Dr. Mihir Hajarnavis	
ii)	Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle.	Dr. Maithili Naik	
iii)	Sleep apnea , insomnia, narcolepsy and restless leg syndrome. Solutions to Asatmya jagarana (sleep disorders).	Dr. Maithili Naik	
iv)	Importance of observing brahmacharya and abrahmacharya in ratricharya in relation to health. Brahmacharya with special reference to lifestyle guidelines. Reproductive and sexual health according Ayurveda.	Dr. Mihir Hajarnavis	
4	Ritucharya		7
i)	Classification of kaala , Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas. Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu. Relation of Agni , Bala and Ritu with its application. Ritu shodhana for the prevention of diseases. Pathya - Apathya in regards to Ahara - Vihara in all six ritus in present scenario.	Dr. Soniya Kale	



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ii)	Importance of ahara and vihara in ritu sandhi and Yamadanshtra kala. Rituharitaki as a rasayana with research updates. Effects of Rituviparyaya on health and its relation to janapadaudhwamsa/maraka vyadhis with present day examples.	Dr. Soniya Kale	
5	Roganutpadaniya		3
i)	Concept of vegadharana and vega-udirana in relation to health and morbidity.	Dr. Maithili Naik	
ii)	Symptoms and management principles of adharaniya vega janya vyadhis from bruhattrayee.	Dr. Maithili Naik	
ii)	Concept of vegaudirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.).Importance of dharaniya vegas in promotion of mental health.	Dr. Maithili Naik	
6	Sadvritta		3
i)	Sadvritta measures for the maintenance of personal ,social and spiritual health. Observance of Sadvritta for the prevention of Adharma.	Dr. Neelima Shisode	
ii)	Achara Rasayana" and its role in the prevention and control of diseases.	Dr. Sharvari Inamdar	
iii)	Characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental ill- health. Mental health services and comprehensive mental health programme. Role of trigunas and satvavajaya in mental health promotion in present era. Digital health promotion	Dr. Sharvari Inamdar	
7	Ahara		35
i)	Significance of Ahara for health and well-being according to Ayurveda & Contemporary science. Classification of aharadravyas as per Ayurveda & Contemporary science. Ahara vidhividhana, Ahara sevanakala & Dwadasha ashanapravicharana . Applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Ahara &vihara leading to Santarpanajanya evam Apatarpanajanyavyadhi and importance of upavasa and concept of intermittent fasting.	Dr. Mihir Hajarnavis	
ii)	Benefits of Shadrasabhojana. Importance of Ashta aharavidhivishesha ayatanani in present era.	Dr. Maithili Naik	
iii)	Importance of Nityasevaniyadravyas in the maintenance of health. Properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses),	Dr. Soniya Kale	
iv)	Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits),	Dr. Soniya Kale	



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v)	Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) & Madyavarga (Alcoholic Beverages), Dugdhavarga (Milk and Milk products),	Dr. Soniya Kale	
vi)	Ahara Upayogi Varga (Spices & Condiments), Kritannavarga (Prepared Food),	Dr. Soniya Kale	
vii)	Mamsavarga (Meat types) and Jala Varga.	Dr. Sharvari Inamdar	
viii)	Definition of Pro-biotics and Pre-biotics and their utility.	Dr. Sharvari Inamdar	
ix)	Proximate principles of Food - Recommended Daily Allowance according to various conditions, Sources and deficiency diseases of Protein, Carbohydrate, Fats,	Dr. Neelima Shisode	
x)	Vitamins, and Minerals. Definition of Balanced diet and diet for an individual depending on age, body weight and physiological status and Social Aspects of Nutrition	Dr. Neelima Shisode	
xi)	Food hygiene, Sanitation of eating places, Preservation of food, Food handlers	Dr. Maithili Naik	
xii)	Foodborne diseases, Food fortification, Food adulteration and Food toxicants.	Dr. Maithili Naik	
xiii)	Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk	Dr. Sharvari Inamdar	
xiv)	Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg. Safety and hygiene measures for Fruits and Vegetables	Dr. Sharvari Inamdar	
xv)	Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases.	Dr. Soniya Kale	
xvi)	Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006.	Dr. Neelima Shisode	
xvii)	Different Dietary Supplements and Ergogenic Aids.	Dr. Sharvari Inamdar	
xviii)	Impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, Pesco-vegetarian, Plant-based diet, Intermittent diet, the Nordic diet,	Dr. Maithili Naik	
xix)	importance of organic foods, merits and demerits of genetically modified foods and inflammatory foods such as fried foods, cookies, hot dogs, red meat, refined grains, pizza, burger etc., and instant foods like Maggi etc.,	Dr. Soniya Kale	



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xx)	Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health.	Dr. Neelima Shisode	
xxi)	Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics.	Dr. Sharvari Inamdar	
xxii)	Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases	Dr. Mihir Hajarnavis	
8	Rasayana for Swastha		4
i)	Definition of Rasayana	Dr. Neelima Shisode	
ii)	Benefits of Rasayana.	Dr. Neelima Shisode	
iii)	Classification and types of Rasayana with examples.	Dr. Neelima Shisode	
iv)	Urjaskara Rasayanas as per age and occupations /Activities	Dr. Neelima Shisode	
v)	Antioxidant & immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.	Dr. Neelima Shisode	
9	Yoga		28
i)	Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to PatanjaliYogasutras, Bhagavad Gita and Charaka Samhita.	Dr. Neelima Shisode	
ii)	Difference between Rajayoga, Hathayoga and Karmayoga	Dr. Neelima Shisode	
iii)	Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. Mitahara and Pathya-apathyas during Yogabhyasa	Dr. Maithili Naik	
iv)	Concept of Panchakosha theory. Description of Ashtangas of Yoga - Yama , Niyama , Asana .Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.	Dr. Sharvari Inamdar	
v)	Suryanamaskara . Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati	Dr. Sharvari Inamdar	
vi)	Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha.	Dr. Soniya Kale	
vii)	Mudras - Shanmukhi mudra and Jnana mudra.	Dr. Soniya Kale	



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viii)	Shatchakras and their importance in Yoga practice.	Dr. Mihir Hajarnavis	
ix)	Description of Ida-Pingala-Sushumna nadis and their importance in yoga practice.	Dr. Neelima Shisode	
x)	Concept of Moksha according to Charaka , Muktatmalakshana and Moksha upayas.	Dr. Mihir Hajarnavis	
xiii)	Importance of International Day of Yoga (IDY).	Dr. Maithili Naik	
xiii)	Adverse effects of improper Yoga practices	Dr. Mihir Hajarnavis	
10	Naturopathy		
i)	Basic principles of Naturopathy. Concept of Panchabhutopasana.	Dr. Maithili Naik	
ii)	Therapeutic effects of Mud therapy. Therapeutic effects of Sun bath.	Dr. Soniya Kale	
iii)	Fasting therapy - its types and benefits.	Dr. Sharvari Inamdar	
iv)	Hydrotherapy - types of water used based on the temperature and therapeutic effects of Hydrotherapy.	Dr. Mihir Hajarnavis	
v)	Therapeutic effects of Massage	Dr. Neelima Shisode	



Majid
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Sr No	A2 List of Topics	Faculty	No. of Hours
11	Janapadodhwamsa / Maraka Vyadhi		47
i)	Causes of Janapadodhwamsa/ maraka vyadhi. Manifestation and control measures of Janapadodhwamsa.	Dr. Mihir Hajarnavis	
ii)	Principles and uses of epidemiology.	Dr. Sharvari Inamdar	
iii)	Dynamics of disease transmission.Theory of disease causation - epidemiological triad and natural history of disease.Concept of prevention, modes of intervention, risk factors, incidence and prevalence.Susceptible host and host defense.	Dr. Sharvari Inamdar	
iv)	Immunizing Agents. Concept of vyadhikshamatwa. Investigation of an epidemic. Prevention and control of an epidemic. Sankramaka roga as per Ayurveda. Epidemiological determinants, brief pathology, transmission, incubation period , clinical features, diagnosis and preventive measures	Dr. Neelima Shisode	
v)	1. Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy. 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid.	Dr. Maithili Naik	
vi)	3.Intestinal infestations – Ascariasis, Hook worm and Tape worm. 4.Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus , H1N1,H3N2,etc., 5.Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhoea. Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity, Coronary artery disease (CAD) and Cancer. Epidemic Diseases (Amendment) Ordinance Act,2020 .,	Dr. Mihir Hajarnavis	
12	Environmental health		15
i)	Air: Properties of Vayu and composition of air. Changes in air of the occupied room. Comfort zone and indices of thermal comfort. Air pollution -causes, prevention and control. Effects of air pollution on health and social aspects	Dr. Maithili Naik	



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ii)	Soil : Types of soil and relation between soil and health. Land pollution - its prevention and control. Land purification as per the classics. Social goals of Housing and Housing standards. The Building and other construction workers (Regulation of employment and conditions of services) Act, 1996 Effects of housing on health. Overcrowding and its impact on health.	Dr. Sharvari Inamdar	
iii)	Light : Good lighting, natural lighting and artificial lighting. Biological effects of lighting.Noise : Definition of noise and its sources, effects on health and control measures. Radiation: Radiation - sources and effects on health and control measures.	Dr. Soniya Kale	
iv)	Waste disposal : Types of solid waste, Storage and collection of refuse. Methods of disposal of solid waste (Rural & urban). Excreta Disposal methods & Sanitary Latrines. Modern Sewage disposal methods. Disposal methods of Excreta during camps, fairs, and festivals.	Dr. Mihir Hajarnavis	
v)	Bio-medical waste management and Bio- medical waste management rules, 2016. Environment protection Act,1986.	Dr. Maithili Naik	
13	Disaster management		3
i)	Definition of disaster and disaster management. Effects of natural and man-made disasters.Epidemiologic surveillance and disease control measures.	Dr. Maithili Naik	
14	Occupational Health		6
i)	Definition of occupational health and Ergonomics.	Dr. Neelima Shisode	
ii)	Occupational Hazards and Occupational diseases. Prevention and control of Occupational diseases	Dr. Mihir Hajarnavis	
iii)	ESI Act, 1948 and The factories Act.1948. Role of Ayurveda in various Occupational health problems. The Merchant Shipping / Medical Examination Rules,2000	Dr. Maithili Naik	
15	School health services		5
i)	Health problems of school children. Aspects of school health services.	Dr. Soniya Kale	
ii)	Duties of school medical officers. Healthy environment in the school.	Dr. Sharvari Inamdar	
16	Disinfection		5



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i)	Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection.	Dr. Mihir Hajarnavis	
ii)	Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.	Dr. Maithili Naik	
17	Primary health care		3
i)	Definition of Primary Health Care. Principles and elements of primary health care. Levels of health care. Structure of Primary health care at village, sub-center, Primary health center (PHC), Community health center (CHC) and Rural hospital levels.	Dr. Mihir Hajarnavis	
ii)	Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.	Dr. Sharvari Inamdar	
18	Mother and Child health care		2
i)	Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care.	Dr. Soniya Kale	
19	Family welfare programme		4
i)	Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy.	Dr. Mihir Hajarnavis	
ii)	Definition of family planning, eligible couple and target couple. Objectives of family planning. Problems of population explosion . National population policy. Methods of Contraceptive (Fertility Regulating Methods).	Dr. Sharvari Inamdar	
20	Preventive Geriatrics		2
i)	Health problems of the aged and prevention and control measures. Relation between lifestyle and healthy aging. Role of Rasayana in preventive geriatrics.	Dr. Maithili Naik	
21	World Health Organization and International health agencies		4
i)	Definition of World Health organization. Structure, regions, and works of the World Health Organization.	Dr. Maithili Naik	
ii)	Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies.	Dr. Maithili Naik	
iii)	Contribution of the World health organization to the global acceptance of Ayurveda.	Dr. Maithili Naik	
22	Vital Statistics		2



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i)	Definition of Vital Statistics. Sources of Vital statistics. Fertility , Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	Dr. Mihir Hajarnavis	
23	Health Administration		3
i)	Health administration including AYUSH	Dr. Mihir Hajarnavis	
ii)	AYUSH at the Central, State, District, and Village levels.	Dr. Sharvari Inamdar	
24	National Health Programmes		10
i)	National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination program	Dr. Mihir Hajarnavis	
ii)	Vector born disease control program	Dr. Neelima Shisode	
iii)	RCH program, ICDS program, Universal Immunization program, National mental health program	Dr. Soniya Kale	
iv)	National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) , Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM).	Dr. Mihir Hajarnavis	
v)	National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.	Dr. Maithili Naik	
25	National Health Policy		
i)	National Health Policy (NHP) and the scope of Ayurveda in NHP.	Dr. Maithili Naik	



Signature

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Sr. No	Name	Total Hours	Topics	Name of the Faculty
1	Dinacharya	25	<ol style="list-style-type: none"> 1. Analyze the composition of different Dantadhawana Churnas/ Tooth pastes available in the market. 2. Analyze the different JiwhaNirlekhanaYantra(Tongue cleaners) available in the local area/ market. 3. Demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha. 4. Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha. 5. Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha. 6. Demonstrate Prayogika Dhoomapana and advise prayogika dhoomapana dravya for swastha. 7. Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable taila for Abhyana for Swatha. 8. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. 9. Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity. 10. Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles (one student should counsel at least five person and should be documented). 	<p style="text-align: center;">Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>



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2	Disinfectants	2	<p>Identify and demonstrate the suitability, dose, dilution, and contact period of the following disinfectants: Bleaching powder, Dettol, Lysol, Savlon. Observe the procedure of fumigation of the operation theatre. Write the mode of working and uses of an autoclave.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>
3	Ahara	30	<p>Collect and compile and document region wise different varieties of Ahara Varga. (Millets, cereals, pulses, vegetables, varieties of milk/ oil/ honey/ available in the market)</p> <p>Demonstrate the therapeutic indication and nutritive values of Pathya kalpanas a. Yusha b.Yavagu c.Odana d.Krushara e.Peya f.Panaka g.Takra h.Manda i.Vilepi. Preparation of diet chart considering all ahara Vargas for eka doshaja , dvidoshaja prakrit. Prepare the dietary regime for different occupations/ activities. age groups, and physiological conditions.</p> <p>Prepare /Prescribe the diet and lifestyle regimen (pathya- apathya) with reference to Ahara and Vihara for each ritu.</p> <p>Conduct diet counselling according to prakriti, agni, Sara, satva, age, sex, occupation/ activity, and season based on the regional food habits with serving sizes with different food exchange/options for 5 persons.</p> <p>Assess various anthropometric variables like weight, height and BMI and mid-arm circumference ect. in order to assess the state of nutrition of five individuals.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>
4	Health education	10	<p>Demonstrate communication methods for health education.</p> <p>Demonstrate/present different health education materials (dinacharya practices, sadvritta practices, family planning methods, breast feeding techniques, environmental hygiene, preventive and control measures of communicable and non - communicable diseases etc.) to the target population in the community.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>



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5	Yoga performance	<p>35</p> <p>Perform four Standing Postures namely- Ardhakatichakrasana, Padahastasana, Ardhashakrasana, and Trikonasana step by step with Sthiti, main procedure, and vishrama.</p> <p>Perform eleven Sitting Postures namely - Swasthikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana step by step with Sthiti, main procedure, and vishrama.</p> <p>Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with Sthiti, main procedure and visrama</p> <p>Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Nadishuddhi Pranayama with inhalation-retention- exhalation in the ratio of 1:4:2 in a comfortable sitting posture.</p> <p>Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari. Perform Jalaneti, Kapalabhati and Trataka.</p> <p>Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).</p> <p>Treatment modalities adopted in Naturopathy and Yoga centers.</p> <p>Note: Swasthavritta, Agada tantra</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>
6	Community survey	<p>20</p> <p>Conduct minimum 05 Family surveys using structured questionnaire in specific rural populations and report the survey finding and discuss possible solutions to the family</p> <p>Conduct minimum 05 Family surveys using structured questionnaire in specific urban populations and report the survey finding and discuss possible solutions to the family.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>



DEPARTMENT OF SWASTHAVRITTA & YOGA
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7	Local Health Educational Visits	36	<p>Report the functioning of milk dairy such as methods of processing and preservation of milk, testing of milk before and after pasteurization and the standards of milk & milk products.</p> <p>Report and explain the various process involved in large-scale water purification.</p> <p>Report the processes involved in modern sewage treatment.</p> <p>Report the various measures adopted in the industry for the prevention and control of occupational diseases in industry.</p> <p>Report the food safety standards and methods of food processing techniques.</p> <p>Dravyaguna & Rasashastra - Combined out campus visits can be palld wherever feasible.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>
8	Visit to Observe National Health Programs and Ayurveda Centre		<p>Report the functioning of National Health Programs at Primary health centers/Community health centers/District hospitals and Govt. Ayurveda Dispensary.</p> <p>Report the functioning of a Primary Health Centre/ Community Health Centre/ Rural Hospital/ District Hospital with regards to the implementation of different National Health Programmes viz. infectious disease control, immunization, ANC, Family planning etc..</p> <p>Report the structure and functioning of an Ayurvedic Dispensary/ Taluk Hospital/ District Hospital available in the district.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>
9	Monitoring of health and hygiene		<p>Conduct periodic check-ups, Collect the demographic profile of allotted 2 subjects/Individuals.</p> <p>Assess Prakriti, Sattva, Saara, etc.prescribed then coordinate the threatment under the overall guidance of the teacher/Mentor. counsel and advice the allotted 2 subjects a healthy regime under the guidance of teacher/mentor</p> <p>Document the maintenance of water sanitation, waste disposal including biomedical waste in thwe hospital.</p>	<p>Dr. Mihir Hajarnavis / Dr. Neelima Shisode/ Dr. Soniya Kale/ Dr. Maithili Naik</p>



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