

DEPARTMENT OF SWASTHAVRITTA & YOGA  
TILAK AYURVED MAHAVIDYALAYA, PUNE

**TILAK AYURVED  
MAHAVIDYALAYA, PUNE  
ACADEMIC TERM PLANNER- ATP**

**Teaching Programme for**

**Swasthavritta & Yoga**

**(January 2025 - December 2025)**

**Course: PG 2-3year**

**Sub: Theory and Practical**

**Term wise distribution of Syllabus**

**(Term 1 and 2)**



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SR.NO.	TOPIC	NAME OF TEACHER
<b>Jan 2025</b>		
1	WHO, Alma Ata declaration (Didactic)	Vd. Shisode
2	National programmes (Didactic)	Vd. Inamdar
3	Mansahara (Didactic)	Vd. Hajarnavis
4	Prevention & control of STDs (PBL)	Vd. Hajarnavis
5	Madak dravyanche shariravaril parinam(PBL)	Vd. Hajarnavis
6	Functions of PHC (Didactic)	Vd. Inamdar
7	Aupasargika roga (Didactic)	Vd. Shisode
8	Effect of tobacco on body (PBL)	Vd. Inamdar
9	Modes of disease transmission (PBL)	Vd. Hajarnavis
10	Poshanache samajik parinama(PBL)	Vd. Hajarnavis
11	Apadravya malnirharana (PBL)	Vd. Hajarnavis
12	Effect of alcohol on body (PBL)	Vd. Inamdar
13	Moksha Paribhasha & Mokshache marge(Didactic)	Vd. Shisode
14	Shavavinash vividha paddhati (Didactic)	Vd. Inamdar
15	Madyanche gunadharma(Didactic)	Vd. Hajarnavis
16	Rashtriya swasthya niti (Didactic)	Vd. Hajarnavis
17	Ecology of community medicine(Didactic)	Vd. Hajarnavis
18	Antarang Yog(Didactic)	Vd. Inamdar
19	Demography of family planning(Didactic)	Vd. Shisode
20	Disinfection(Didactic)	Vd. Inamdar
25	Practical- Bhujangasana -(DEMO)	Vd. Hajarnavis
26	Meteorology(Didactic)	Vd. Hajarnavis
27	Diarrhoeal disorder (Didactic)	Vd. Inamdar
28	Asana Suptavajrasana Chakrasana(DEMO)	Vd. Shisode
29	Statistics related to infectious diseases(Didactic)	Vd. Inamdar
<b>Feb 2025</b>		
30	Asan supt vajrasan chakrasan(DEMO)	Vd. Hajarnavis
31	STD control (ayu view) (PBL)	Vd. Hajarnavis
32	Genetics in Ayurveda(Didactic)	Vd. Hajarnavis
33	AIDS (PBL)	Vd. Inamdar



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34	Meteorology(Didactic)	Vd. Shisode
35	Leprosy (Kushta nidan & chikitsa) (PBL)	Vd.Inamdar
36	Isolation ward in hospitals (Didactic)	Vd. Hajarnavis
37	Meteorology(Didactic)	Vd. Hajarnavis
38	Preservation of food (PBL)	Vd. Hajarnavis
39	Housing standards (Didactic)	Vd.Inamdar
40	Jalashuddhi prakaras(PBL)	Vd. Shisode
41	Prakash(Didactic)	Vd.Inamdar
42	Diarrhoeal disorders (Didactic)	Vd. Hajarnavis
43	Cholera (visuchika)(PBL)	Vd. Hajarnavis
44	School health services(Didactic)	Vd. Hajarnavis
45	Alma ata declaration(Didactic)	Vd.Inamdar
46	Minerals(Didactic)	Vd.Inamdar
47	Viral hepatitis(PBL)	Vd. Hajarnavis
48	Sewage disposal(PBL /DEMO)	Vd. Hajarnavis
49	Worm infestation(PBL)	Vd. Hajarnavis
50	Aahara pramana (Didactic)	Vd.Inamdar
51	STD (Syphillis) (PBL)	Vd. Shisode
52	Aadarsha Bhojana(Didactic)	Vd.Inamdar
<b>March 2025</b>		
53	Janpadodhwansa (PBL)	Vd. Hajarnavis
54	Ritunusar shodhan (Didactic)	Vd. Hajarnavis
55	Vasant ritucharya (Didactic)	Vd. Hajarnavis
56	Vyadhikshmatva(Didactic)	Vd.Inamdar
57	National health policy(Didactic)	Vd. Shisode
58	RCH Programmes(Didactic)	Vd.Inamdar
59	Vital statistics(Didactic)	Vd. Hajarnavis
60	National & international health agencies(Didactic)	Vd. Hajarnavis
61	Disease surveillance(Didactic)	Vd. Hajarnavis
62	Disinfection (Didactic/DEMO)	Vd. Shisode
63	Swastikasana – practical(DEMO)	Vd.Inamdar
64	Meditational practices (Didactic)	Vd. Hajarnavis
65	Vital statistics(Didactic)	Vd. Hajarnavis
66	Ritucharya shodhan(Didactic)	Vd. Hajarnavis
67	Rutucharya (Didactic)	Vd.Inamdar
68	Disinfection(Didactic/DEMO)	Vd. Shisode
69	Yog in ayurved-concept of Moksha(Didactic)	Vd.Inamdar
70	Physiological effect of yoga(Didactic)	Vd. Hajarnavis
71	STDS( Gonorrhoea)(PBL)	Vd. Hajarnavis
72	Disease surveillance(Didactic)	Vd. Hajarnavis



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73	Meteorological environment (Didactic)	Vd.Inamdar
74	STD control(Ayu.vichar) (Didactic)	Vd. Shisode
75	AIDS(PBL)	Vd.Inamdar
76	Demography of Family Planning(Didactic)	Vd. Hajarnavis
<b>Apr 2025</b>		
77	Genetics in modern science(Didactic)	Vd. Hajarnavis
78	Communicable disease(Didactic)	Vd.Inamdar
79	Genetics In Ayurveda(Didactic)	Vd.Inamdar
80	Aasan- Siddhasan, Padmasan(DEMO)	Vd. Hajarnavis
81	Vital statistics(Didactic)	Vd. Hajarnavis
82	Aasan-Veerasan , Paschimottanasan(DEMO)	Vd. Hajarnavis
83	Principles of Health Education (Didactic)	Vd.Inamdar
84	Principles of Health Education(Didactic)	Vd. Shisode
85	Aasan-Makarasan(DEMO)	Vd.Inamdar
86	Infectious Diseases(Didactic)	Vd. Hajarnavis
87	Vyadhikshmatva-Ayurveda(Didactic)	Vd.Inamdar
88	School Health Services(Didactic)	Vd. Shisode
89	Nadishuddhi Pranayam(DEMO)	Vd.Inamdar
90	Pranayam(DEMO)	Vd. Hajarnavis
91	Statistics related with infectious diseases(Didactic)	Vd. Hajarnavis
92	Suryabhedi , ujjai(DEMO)	Vd.Inamdar
93	Immunity(Didactic)	Vd. Shisode
94	Mudra(DEMO)	Vd.Inamdar
95	Shatkarma (DEMO)	Vd. Hajarnavis

96	Prevention measures of malaria (PBL)	Vd. Hajarnavis
97	Vyadhikshmatva-Ayurveda(Didactic)	Vd. Hajarnavis
98	Shitali,Sitkari(DEMO)	Vd.Inamdar
99	Immunity(Didactic)	Vd. Shisode
<b>May2025</b>		
100	School Health Services ( Ayurvedic contribution) (Didactic)	Vd. Hajarnavis
101	Bhasrika, Bhramari Pranayam(DEMO)	Vd. Hajarnavis
102	Statistics related with infectious disease(Didactic)	Vd. Hajarnavis
103	Shitali, Sitkari Pranayam(DEMO)	Vd.Inamdar
104	Immunity (Didactic)	Vd. Shisode
105	Demography (Didactic)	Vd.Inamdar
106	Immunity (Didactic)	Vd. Hajarnavis
107	Mudra (DEMO)	Vd. Hajarnavis
108	Diasater Management(PBL)	Vd.Inamdar



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109	Shatkriya –Neti,Dhauti,Basti(DEMO)	Vd. Shisode
110	National and International Health Agencies(Didactic)	Vd.Inamdar
111	Family Planning acc.to Ayurveda(Didactic)	Vd. Hajarnavis
<b>June 2025</b>		
112	Meditational practices(DEMO)	Vd. Hajarnavis
113	Shatkriya –Nauli, Tratak, Kapalbhati(DEMO)	Vd. Hajarnavis
114	History and evaluation of yoga(Didactic)	Vd.Inamdar
115	Modern concept of epidemiology(Didactic)	Vd. Shisode
116	Concept Of holistic health A/C to Ayurveda(Didactic)	Vd.Inamdar
117	Concept of community health (Didactic)	Vd. Hajarnavis
118	Spectrum of health, iceberg, phenomenon of diseases(Didactic)	Vd. Hajarnavis
119	Communicable diseases(Didactic)	Vd. Hajarnavis
120	Different schools of yoga (Didactic)	Vd.Inamdar
121	General investigation of communicable disease(Didactic)	Vd. Shisode
122	Dimension of health(Didactic)	Vd.Inamdar
123	Concept of prevention A/C to ayurveda(Didactic)	Vd. Hajarnavis
124	Dincharya (charak, shushrut) (Didactic)	Vd. Hajarnavis
125	Critical evaluation of janopadodhwansa(PBL)	Vd. Hajarnavis
126	Rajyoga(Didactic)	Vd.Inamdar
127	Dincharya (Vagbhat, Bhavmishra) (Didactic)	Vd. Shisode
128	Concept of prevention A/C to modern (Didactic)	Vd.Inamdar
129	Probable physiologic effect of dincharya procedure(Didactic)	Vd. Hajarnavis
130	Epidemiology of different communicable disease(Didactic)	Vd. Hajarnavis
131	Ashtang yoga(Didactic/DEMO)	Vd.Inamdar
132	Aasan-swastikasan(DEMO)	Vd. Shisode
133	Ratricharya (Bhavmishra & others) (Didactic)	Vd.Inamdar
134	Levels of prevention (Didactic)	Vd. Hajarnavis
135	Day & night pattern of various countries(Didactic)	Vd. Hajarnavis
136	Sexually transmitted disease(PBL)	Vd. Hajarnavis
<b>July 2025</b>		
137	Saptang yoga (Didactic)	Vd.Inamdar
138	Sexually transmitted disease &	Vd. Shisode



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	control(PBL)	
139	Rutucharya (Charak, Shushrut) (Didactic)	Vd.Inamdar
140	Stages of intervention(Didactic)	Vd. Hajarnavis
141	Rutucharya (Vagbhat, Bhavmishra) (Didactic)	Vd. Hajarnavis
142	Ayurvedic view of sankramak rog (Didactic)	Vd. Hajarnavis
143	Philosophy of patanjali A/C to yog sutra(Didactic)	Vd.Inamdar
144	Investigation of epidemics (Didactic)	Vd. Shisode
145	Ritu prevalent in various countries (Didactic)	Vd.Inamdar
146	Web of causation of diseases(Didactic)	Vd. Hajarnavis
147	Ritu prevalent in various countries (Didactic)	Vd. Hajarnavis
148	Ayurvedic methods of vyadhikshmatva(Didactic)	Vd. Hajarnavis
149	Hathyoga – Gheranda samhita(Didactic)	Vd.Inamdar
150	Health advise to travellers (DEMO/PBL)	Vd. Shisode
151	Shodhan schedule for ritusandhi(Didactic)	Vd.Inamdar
152	Multifactorial causation of diseases(Didactic)	Vd. Hajarnavis
153	Concept of vegas, types, & physiology (Didactic)	Vd. Hajarnavis
154	Hospital waste management(PBL)	Vd. Hajarnavis
155	Hathyoga –Gheranda samhita (Didactic)	Vd.Inamdar
156	Ward waste management(PBL)	Vd. Shisode
157	Aahar ( charak, shushrut, vagbhat) (Didactic)	Vd.Inamdar
158	Natural history of disease (Didactic)	Vd. Hajarnavis
159	Aahar vargas & comparision with today's food(Didactic)	Vd. Hajarnavis
160	Biomedical waste management (PBL)	Vd. Hajarnavis
161	Karmayog –bhagwadgeeta(Didactic)	Vd.Inamdar
162	National health programme(Didactic/pbl)	Vd. Shisode
163	Staple diet in various countries(Didactic)	Vd.Inamdar
<b>Aug 2025</b>		
164	Diet A/C ayurveda(Didactic)	Vd. Hajarnavis
165	Staple diet in various countries(Didactic)	Vd. Hajarnavis
166	Countribution of Ayurveda to national health programme(Didactic)	Vd. Hajarnavis
167	Mantrayog (Didactic)	Vd.Inamdar
168	Health administration under ministry of health & food(Didactic)	Vd. Shisode
169	Principles of dietics(Didactic)	Vd.Inamdar



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170	Natural history of diseases(Didactic)	Vd. Hajarnavis
171	Balanced diet for healthy adult(Didactic)	Vd. Hajarnavis
172	Disaster management(PBL)	Vd. Hajarnavis
173	Layayog (Didactic)	Vd.Inamdar
174	AYUSH function and programmes(Didactic)	Vd. Shisode
175	Balanced diet for adolescent ,elderly people(Didactic)	Vd.Inamdar
176	Ecology and community helath(Didactic)	Vd. Hajarnavis
177	NRHM functions and programmes (Didactic)	Vd. Hajarnavis
178	NRHM functions and programmes(Didactic)	Vd. Shisode
179	Balanced diet for pregnant lady (Didactic/PBL)	Vd.Inamdar
180	Disinfection practices for the community(Ayurved) (Didactic)	Vd. Hajarnavis
181	National health agencies (Didactic)	Vd. Hajarnavis
182	Nisrgopchar (Didactic)	Vd. Hajarnavis
183	National health agencies (Didactic)	Vd.Inamdar
184	Yog and ayurved(Didactic)	Vd. Shisode
185	Disinfection practices for community(Didactic/demo)	Vd.Inamdar
186	Neshthiki chikitsa(Didactic)	Vd. Hajarnavis
187	International health agencies (Didactic)	Vd. Hajarnavis
<b>Sept 2025</b>		
188	Nisrgopchar (Didactic)	Vd. Hajarnavis
189	Food intervention in Malnutrition, Undernutrition(pbl)	Vd.Inamdar
190	Food intervention in over nutrition (pbl)	Vd. Shisode
191	Disinfection practices for the community(ayurved) (Didactic/DEMO)	Vd.Inamdar
192	Rules of food intake (charak) (Didactic)	Vd. Hajarnavis
193	National health agencies and current activities(Didactic)	Vd. Hajarnavis
194	Bhaktiyog (Didactic)	Vd. Hajarnavis
195	Disaster management (PBL)	Vd.Inamdar
196	Rules of food intake (shushrut,vagbhat) (Didactic)	Vd.Inamdar
197	Immunization practices for community	Vd. Hajarnavis
198	Pros and cones of vegetarian	Vd. Hajarnavis
199	Physiological effects on body on yoga (Didactic)	Vd. Hajarnavis
200	Disaster management(PBL)	Vd.Inamdar
201	Pros and cones of Non-vegetarian	Vd. Shisode



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	(Didactic)	
202	Possible contribution of Ayurveda in immunization (Didactic)	Vd.Inamdar
203	Virrudhahar(Didactic /PBL)	Vd. Hajarnavis
204	Physiological effects of yoga on mind(Didactic)	Vd. Hajarnavis
205	Aasan –Gomukhasan(demo)	Vd. Hajarnavis
206	Virrudhahar ( mod.view) (PBL)	Vd.Inamdar
207	Environmental and community health ( Bhumi) (Didactic)	Vd. Shisode
208	Sadvritta (charak) (Didactic)	Vd.Inamdar
209	Statistical related with infectious diseases(Didactic)	Vd. Hajarnavis
210	Modern concept of physiological effects of yoga(Didactic)	Vd. Hajarnavis
211	Aasan –kukkutasan,sarpasan(DEMO)	Vd. Hajarnavis
212	Sadvritta (shushrut) (Didactic)	Vd.Inamdar
<b>Oct 2025</b>		
213	Sadvritta (vagbhat) (Didactic)	Vd. Shisode
214	At international level statistics of infectious diseases(Didactic)	Vd. Hajarnavis
215	Shatkriya(DEMO)	Vd. Hajarnavis
216	Aasan-bhadrasan,sinhasan(DEMO)	Vd. Hajarnavis
217	Pradnyaparadh (causes) (Didactic)	Vd.Inamdar
218	Environmental and community health(vayu) (Didactic)	Vd. Shisode
219	Vital statistics(Didactic)	Vd.Inamdar
220	Shatkriyas and their therapeutic effects(DEMO)	Vd. Hajarnavis
221	Aasan- sarvangasan, shirshasan(DEMO)	Vd. Hajarnavis
222	Pradnyaparadh(effects and solution) (Didactic)	Vd. Hajarnavis
223	Environment and community health (vayu) (Didactic)	Vd.Inamdar
224	Aachar rasayan(Didactic)	Vd.Inamdar
225	Therapeutic effects of yogic practices on Om(DEMO)	Vd. Hajarnavis
226	Aasan- Pavanmuktasan,Bhujangasan(DEMO)	Vd. Hajarnavis
227	Nityarasayan(Didactic)	Vd.Inamdar
228	Environmental and community health (Prakash) (Didactic)	Vd. Shisode
229	Rasayan procedure of swastha(Didactic)	Vd.Inamdar
230	Trayopsthambha- Aahar(Didactic)	Vd. Hajarnavis
231	Therapeutic effects of yogic practices on	Vd. Hajarnavis





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	HTN(DEMO)	
232	Trayopsthambha-Nidra(Didactic)	Vd. Hajarnavis
233	Vajeekar for swastha	Vd.Inamdar
234	Environmental and community health(Vikiran) (Didactic)	Vd. Shisode
235	Aadharniya veg(Didactic)	Vd.Inamdar
<b>Nov 2025</b>		
236	Therapeutic effects of yogic practices on cardiovascular diseases(DEMO)	Vd. Hajarnavis
237	Manas vichar –health(Didactic)	Vd. Hajarnavis
238	Ritucharya –introduction(Didactic)	Vd. Hajarnavis
239	Vyadhikshmatva (Didactic)	Vd.Inamdar
240	Disaster management (PBL)	Vd. Hajarnavis
241	host defences (Didactic)	Vd. Hajarnavis
242	Vyadhikshmatva –modern concept (Didactic)	Vd. Hajarnavis
243	Sewage disposal (PBL)	Vd.Inamdar
244	Ritucharya –Hemant ritu(Didactic)	Vd. Shisode
245	Investigation of epidemic(Didactic)	Vd.Inamdar
246	Concept of sukshma sharir(Didactic)	Vd. Hajarnavis
247	Concept of epidemics (Didactic)	Vd. Hajarnavis
248	Ritucharya-hemant-shishir ritu(Didactic)	Vd. Hajarnavis
249	Immunisation programme(Didactic)	Vd.Inamdar
250	Ritucharya-shishir-vasant ritu(Didactic)	Vd.Inamdar
251	Control of epidemics (Didactic)	Vd. Hajarnavis
252	Concept of sthula sharir(Didactic)	Vd. Hajarnavis
253	Ishta aahar (Didactic)	Vd. Hajarnavis
254	Ritucharya –vasant-grishma ritu(Didactic)	Vd.Inamdar
255	Disinfection practices for community(Didactic)	Vd. Shisode
256	Ritucharya –grishma-varsha ritu(Didactic)	Vd.Inamdar
257	Disease surveillance (Didactic)	Vd. Hajarnavis
258	Apdravya malnirharan(PBL)	Vd. Hajarnavis
<b>Dec 2025</b>		
259	STD'S (PBL)	Vd. Hajarnavis
260	Ritucharya –varsha-sharad ritu(Didactic)	Vd.Inamdar
261	Vital statistics (Didactic)	Vd. Shisode
262	Moksha definition(Didactic)	Vd.Inamdar
263	Disease surveillance (Didactic)	Vd. Hajarnavis
264	Apdravya malnirharan(PBL)	Vd. Hajarnavis
265	National health policy (Didactic))	Vd. Hajarnavis
266	Satyabuddhi(Didactic)	Vd.Inamdar
267	Moksha marga(Didactic)	Vd. Shisode
268	Disease surveillance (Didactic)	Vd.Inamdar



*Majbani*  
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269	Shav vinash vividh padhati (PBL)	Vd. Hajarnavis
270	Sarvangasan( practical)(DEMO)	Vd. Hajarnavis
271	Ashtang yog from various samhitas(Didactic)	Vd. Hajarnavis
272	Probable physiologic effect of dincharya procedure	Vd.Inamdar
273	Epidemiology of different communicable disease(Didactic)	Vd. Shisode
274	Ashtang yoga(Didactic)	Vd.Inamdar
275	Aasan-swastikasan(DEMO)	Vd. Hajarnavis
276	Ratricharya (Bhavmishra & others) (Didactic)	Vd. Hajarnavis
277	Levels of prevention (Didactic)	Vd. Hajarnavis
278	Day & night pattern of various countries(Didactic)	Vd.Inamdar
279	Saptang yoga (Didactic)	Vd. Shisode
280	Rutucharya (Charak, Shushrut) (Didactic)	Vd. Hajarnavis
281	Stages of intervention(Didactic)	Vd. Hajarnavis
282	Rutucharya (Vagbhat, Bhavmishra) (Didactic)	Vd. Hajarnavis
283	Ayurvedic view of sankramak rog (Didactic)	Vd.Inamdar
284	Philosophy of patanjali A/C to yog sutra(Didactic)	Vd. Shisode



*meju*  
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