

Tilak Ayurveda Mahavidyalaya, Rasta Peth, Pune

Department of Swasthavritta and Yoga

Subject Code: AyUG-SW

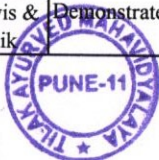
Second Professional BAMS (2021) Admitted 2023-24

Academic Term Plan for year 2025-2026

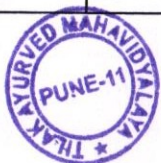
From May 2025 to Oct 2025

Term I

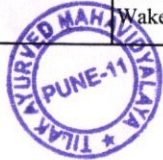
| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|--|--|------------------------------|---------|
| NLH T | Dr. Sharvari Inamdar | Define Swasthavritta and describe its objective. Describe and compare Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas. Describe Concept of Health & Operational definition of health. | Lecture ppt. | Theory-MCQ | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Analyze the composition of different Dantadhawana Churnas/ Tooth pastes and tooth brushes available in the market. | PrBL | PRN | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Analyze different Jivwa Nirlekhana Yantra (Tongue cleaners) available in the local area/ market | | | Paper I |
| LH | Dr. Nileema Shisode | Describe the Importance of Shodhana in Swastha in relation to Sanchita& Asanchitha Dosha & Classify Swastha purusha as Sanchita dosha and Asanchita Dosha. Explain the Physical, Mental and Social dimensions of health. | Lecture ppt | Theory MCQ | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe the objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life. | Lecture ppt | Theory MCQ | Paper I |
| | | Explain one health concept / Vasudhaiva Kutumbakam” or “One Earth · One Family One Future” | | | Paper I |
| NLH T | Dr. Maithili Naik | Explain the Primordial, Primary, Secondary, and Tertiary Preventive measures in the context of Ayurveda with examples | L&PP T, SD L- Lecture & power point and Self directed learning | TT-Theory | Paper I |
| | | Explain the importance of Ahara and Vihara as the health promotive and disease preventive measures. | L&PP T- Lecture & power point | TT-Theory | Paper I |
| | | Describe the importance of Niyata kala vihara (Dinacharya, Ritucharya) and Aniyata kala Vihara (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshanaa) for health promotion and disease prevention. | L&PP T- Lecture & power point | T- EW - Theory Essay Writing | Paper I |
| LH | Dr. Soniya Kale | Explore and analyse the concept of waking up at 'Brahma muhurta" in the present scenario and the effect of early rise on health, sleep, alertness and memory | IBL -Inquiry based learning | DEB-Debate | Paper I |
| NLH T | Dr. Sharvari Inamdar | Describe the time, quantity and benefits of 'Usha Jalapana' (Drinking water in early morning). | L&PP T- Lecture & power point | T- EW (Theory Essay Writing) | Paper I |
| | | Explain the Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits) | L&PP T- Lecture & power point | TT-Theory | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha. | PrBL, PT,D | PRN | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha. | | | Paper I |



| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|---------------------------------------|--|--------------------------------------|---------------------------------|---------|
| LH | Dr. Nileema Shisode | Explain the procedure, dravyas and benefits of Mukhaprakshalana and face washes used currently. | L&PP T- Lecture & power point | T- EW (Theory Essay Writing) | Paper I |
| | | Describe the time, procedure, benefits, contraindications and herbs used as per rasa for dantadhavana and modern-day brushing techniques and dentifrices. | L&PP T- Lecture & power point | T- EW (Theory Essay Writing) | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe jihwanirlekhana, explain the tools used in today's era and their benefits. | SDL -Self Directed Learning | TT-Theory | Paper I |
| | | Explain the Anjana dravyas for Swastha and their benefits | L-Lecture | INT- Interactions | Paper I |
| | | Describe the occupation /activity in which Anjana can be used as a health promotive measure | SDL- Self Directed Learning | O-QZ- Online quiz | Paper I |
| NLH T | Dr. Maithili Naik | Explain the dravyas used with their doses for Pratimarsha Nasya and their benefits. | L&PP T- Lecture & power point | T- EW (Theory Essay Writing) | Paper I |
| | | Describe the various kaal for administering Pratimarsha Nasya as per day and season (ritu) | L&PP T- Lecture & power point | P-VIVA- Practical Viva | Paper I |
| LH | Dr. Soniya Kale | Describe the occupation /activity in which Pratimarsha Nasya can be used as a health promotive measure. | L&G D- Lecture & Group discussion | INT- Interactions | Paper I |
| | | Describe the ingredients, procedure and benefits of kavala and gandusha for oral hygiene including mouthwashes available in the market | L&PP T- Lecture & power point | TT-Theory | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha. Demonstrate Prayogika Dhoomapana (Practicable and Non- practicable Dhoomapana) and advise prayogika dhoomapana dravya for swastha. | PrBL, PT,D | DOPS | Paper I |
| LH | | Mention different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. | L&PP T- Lecture & power point | INT- Interactions | Paper I |
| LH | Dr. Mihir Hajarnavis | Justify the importance of the classical tambula by comparing it with the present-day betel chewing. | TBL-Task based Learning | TT-Theory | Paper I |
| | | Explain the practical application of Prayogika Dhoomapana (inhalation of herbal fumes/ herbal inhalers) with their benefits and contraindications | BL- Blended Learning | TT-Theory | Paper I |
| NLH T | Dr. Maithili Naik | Explain the ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health | ECE- Early clinical exposure | P-CASE (Practical Case) | Paper I |
| | | Describe the applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and | DIS - Discussions | T- EW (Theory Essay Writing) | Paper I |
| | | Explain the application of Abhyanga according to different age groups and occupation/activity. | SDL- Self Directed Learning | T-CS (Theory Case Study) | Paper I |
| LH | Dr. Soniya Kale | Explain the indications, contraindications and benefits of Vyayama. | L&PP T- Lecture & power point | T- EW (Theory Essay Writing) | Paper I |



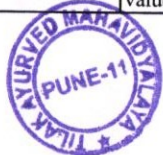
| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|--|-------------------------------|----------------------------------|---------|
| NLH T | Dr. Sharvari Inamdar | Describe the types & benefits of vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc. to be practiced as per prakriti, age and occupation. | DIS- Discussions | CR-RED (Critical reading papers) | Paper I |
| | | Describe the assessment of ardashakti lakshanas of vyayama and the consequences of ati vyayama. | DIS- Discussions | TT-Theory (Theory) | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha. Demonstrate Prayogika Dhoomapana (Practicable and Non- practicable Dhoomapana) and advise prayogika dhoomapana dravya for swastha. | PrBL, PT,D | DOPS | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable Taila for Abhyanga for Swastha. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swastha. | PrBL, PT,D | DOPS | Paper I |
| LH | Dr. Nileema Shisode | Describe and compare the dravyas, benefits, and application of Udwartana, Udgharshana and Utsadana. | L&PP T- Lecture & power point | M-CHT (Making Charts) | Paper I |
| | | Explain the physiological effects of snana on body and mind and explain the reasons for contraindications of Snana. | L&PP T- Lecture & power point | CR-W (Creativity Writing) | Paper I |
| | | Explain the importance and benefits of Anulepana. | L&PP T- Lecture & power point | P-VIVA (Practical Viva) | Paper I |
| | | Periodical Assessment I | | | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe the merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes. | PrBL- Project- Based Learning | CL-PR (Class Presentation,) | Paper I |
| | | Explain the importance of proper clothing (vastradharana) in social life. | L&PP T- Lecture & power point | INT (Interactions) | Paper I |
| NLH T | Dr. Maithili Naik | Describe ratri bhojanvidhi and its relation to health. | L&PP T | T- EW | Paper I |
| | | Describe ratri shayana vidhi in relation to the proper time of sleep. | L&PP T | T- EW | Paper I |
| LH | Dr. Soniya Kale | Explain the relation between Nidra and health. | L&PP T | T- EW | Paper I |
| | | Describe effects of Yukta & Ayukta nidra. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. | L&PP T | T- EW | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable Taila for Abhyanga for Swastha. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swastha. | PrBL, PT,D | DOPS | Paper I |
| LH | | Identify Ahara and Vihara Causing sound sleep as well as disturbed sleep. | SDL | INT | Paper I |
| | | Formulate the duration of sleep according to age, Sleep in healthy and ailing persons. | SDL | INT | Paper I |
| LH | Dr. Soniya Kale | Explain 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 | L&PP T | C-INT | Paper I |



| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|--|----------------------|----------------------------|---------|
| NLH T | Dr. Sharvari Inamdar | Explain Sleep apnoea , insomnia, narcolepsy and restless leg syndrome. Explain solutions to Asatmya jagarana (sleep disorders) | L&PP T | C-INT | Paper I |
| | | Explain the importance of observing brahmacharya and abrahmacharya in relation to health | L&G D | TT-Theory | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles (one student should counsel at least five person and should be documented). | PrBL | P-CASE | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | PrBL | P-CASE | Paper I |
| LH | Dr. Nileema Shisode | Describe Brahmacharya with specail reference to lifestyle guidelines | L&G D | TT-Theory | Paper I |
| | | Describe reproductive and sexual health according to Ayurveda | L&G D | TT-Theory | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain classification of kaala , distinguish Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas. | L&PP T | M-CHT | Paper I |
| NLH T | Dr. Maithili Naik | Analyse the Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu. | L&PP T | PUZ | Paper I |
| | | Describe the Relation of Agni , Bala and Ritu with its application. | L&PP T | CL-PR | Paper I |
| LH | Dr. Soniya Kale | Explain ritu shodhana for the prevention of diseases. | L | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Analyse Pathya - Apathya in regards to Ahara -Vihara in all six ritus in present scenario. | FC | CL-PR | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | 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. | SDL, D, CBL | PP-Practical, P-VIVA, T-EW | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the importance of ahara and vihara in ritu sandhi and yamadanshra kala. | SDL | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe rituharitaki as a rasayana with research updates. | SDL | CR-RED | Paper I |
| NLH T | Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | Explain the effects of Rituviparyaya on health and its relation to janapadaudhwansa/maraka vyadhis with present day examples. | L&PP T | CL-PR | Paper I |
| NLH T | Dr. Sharvari Inamdar | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Collect, compile and document region wise different varieties of Ahara Varga (Millets, cereals, pulses, vegetables, varieties of milk/oil/honey/ available in the market). | SDL | COM | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain vegadharana and vega-udirana in relation to health and morbidity. | L&PP T | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Compare the symptoms and management principles of adharaniya vega janya vyadhis from bruhatrayee. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | Explain with examples the concept of vega-udirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.). | L&PP T | T- EW | Paper I |
| LH | Dr. Soniya Kale | Explain the importance of dharaniya vegas in promotion of mental health | L&PP | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Understand and adopt the Sadavritta measures for the maintenance of personal ,social and spiritual health. | RP | INT | Paper I |



| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|---|-------------------------|-------------------|---------|
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate the therapeutic indication and nutritive values of Pathya kalpanas a.Manda b. Peya c. Vilepi d.Yavagu e.Odana f. Krishara g.Yusha h.Takra . | PT | P-EN | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Describe digital health | L&G D | TT-Theory | Paper I |
| | | Explain Promotion of Digital health | L&G D | TT-Theory | Paper I |
| | | Describe Digital health problems | L&G D | TT-Theory | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain how the observance of Sadvritta helps for the prevention of Adharma. | DIS | T- EW | Paper I |
| | | Describe 'Achara Rasayana" and its role in the prevention and control of diseases. | L&PP T | TT-Theory | Paper I |
| | | Explain characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental ill-health. | L&PP T | TT-Theory | Paper I |
| | | Describe the mental health services and comprehensive mental health programme. | L&PP T | TT-Theory | Paper I |
| | | Explain the role of trigunas and satvavajaya in mental health promotion in present era. | CBL | INT | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity. | DIS | PP-Practical | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain significance of Ahara for health and well-being according to Ayurveda & Contemporary science Explain significance of Ahara for health and well-being according to Ayurveda & Contemporary science | L | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Classify aharadravyas as per Ayurveda & Contemporary science | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | Enumerate and explain the features of Ahara vidhividhana, Ahara sevanakala &Dwadashashanapravicharana . | L&PP T | T- EW | Paper I |
| LH | Dr. Soniya Kale | Discuss the applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Discuss the Ahara &vihara leading to Santarpanajanya vyadhi and importance of upavasa and effects of practice of intermittant fasting on health | L&PP T | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Prepare the dietary regime according to different Prakriti | TBL | P-MOD,P- POS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Discuss the Ahara &vihara leading to Apatarpanajanya vyadhi and importance of upavasa and effects of practice of intermittant fasting on health | L&PP T | T- EW | Paper I |
| | | Periodical Assessment II | | | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain the benefits of Shadrasabhojana | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | Enumerate and explain the importance of Ashtaharavidhivisheshayatanani in present era | L&PP T | T- EW | Paper I |
| LH | Dr. Soniya Kale | Explain the importance of Nityasevaniyadravyas in the maintenance of health | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value:Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses). | L&PP T | T- EW | Paper I |



| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|---|----------------------|-------------------|---------|
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Prepare/Prescribe the dietary regime for different occupations / activities, age groups, and physiological conditions. | CBL | P-CASE | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), | L&PP T | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Madyavarga (Alcoholic Beverages), Dugdhavarga (Milk and Milk products) | L&PP T | T- EW | Paper I |
| LH | Dr. Soniya Kale | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Kritannavarga (Prepared Food) | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Ahara Upayogi Varga (Spices & Condiments) | L&PP T | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Prepare/Prescribe the diet and lifestyle regimen (pathya- apathya) with reference to Ahara and Vihara for each ritu | PrBL | M-CHT | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Mamsavarga (Meat types) and Jala Varga | L&PP T | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Define Pro-biotics and Pre-biotics and explain their utility | IBL | INT | Paper I |
| NLH T | Dr. Maithili Naik | Explain the Proximate principles of Food, Recommended Daily Allowance according to various conditions, Sources, and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals. | L_VC | COM | Paper I |
| LH | Dr. Soniya Kale | Define Balanced diet and explain diet for an individual depending on age, body weight and physiological status and explain the Social Aspects of Nutrition | L&G D | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. | IBL | P-CASE | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration, and Food toxicants | L&PP T,ML | P-REC,CHK | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk | L&PP T,ML | P-REC,CHK | Paper I |
| NLH T | Dr. Maithili Naik | Explain Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg | L&PP T,ML | P-REC,CHK | Paper I |
| LH | Dr. Soniya Kale | Explain safety and hygiene measures for Fruits and Vegetables | ML | O-QZ | Paper I |
| NLH T | Dr. Sharvari Inamdar | Formulate a Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases | SDL | P-REC,CHK | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. | IBL | P-CASE | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |




| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|---|----------------------|-------------------|---------|
| LH | Dr. Nileema Shisode | Describe Food safety and standards regulation(Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006. | ML | INT | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain different Dietary Supplements and Ergogenic Aids | IBL | TT-Theory | Paper I |
| NLH T | Dr. Maithili Naik | Explain the impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet. | L&GD | INT | Paper I |
| LH | Dr. Soniya Kale | Explain the impact of different dietary patterns: The MIND diet, Vegan diet, Ovo- lacto- vegetarian. | L&GD | INT | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the impact of different dietary patterns: Pesco-vegetarian, plant-based diet, Intermittent diet, the Nordic diet. | L&GD | INT | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Assess various anthropometric variables like weight, height, and BMI and mid-arm circumference etc., in order to assess the state of nutrition of five individuals. | PSM | PP-Practical | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the impact of different dietary patterns: Importance of organic foods, merits and demerits of genetically modified foods | L&GD | INT | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe the Slow and Fast foods . Explain the impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health and effect of instant foods like Maggi etc.,... | DIS | TT-Theory | Paper I |
| NLH T | Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | Define Nutraceuticals, Nutrigenomics, Nutrigenetics | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the concept of Viruddhaahara with classical and modern- day examples and the application of this in the prevention of diseases | ECE | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. | IBL | P-CASE | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the importance of lifestyle counselling with its methods | L&G D | TT-Theory | Paper I |
| LH | Dr. Soniya Kale | Define Rasayana and mention the benefits of Rasayana | L&G D | TT-Theory | Paper I |
| | | Classify the types of Rasayana with examples | DIS | PP-Practical | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain Urjaskara Rasayanas as per age and occupations /Activities | RP | INT | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Assess various anthropometric variables like weight, height, and BMI and mid-arm circumference etc., in order to assess the state of nutrition of five individuals. | PSM | PP-Practical | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the antioxidant & Immuno- modulatory effects of Rasayana with reference to research articles | DIS | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Revision Lecture | | | Paper I |
| NLH T | Dr. Maithili Naik | Revision Lecture | | | Paper I |
| LH | Dr. Soniya Kale | Revision Lecture | | | Paper I |
| NLH T | Dr. Sharvari Inamdar | Revision Lecture | | | Paper I |



| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|---|-------------------------|------------------------|---------|
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate communication methods for health education. | DIS, W | P-RP,M- POS,OSPE, DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Revision Lecture | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc.) patients and general public . | DIS,T PW,R P | DOPS,Log | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | Periodical Assessment III | | | Paper I |




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Department of Swasthavritta and Yoga

Subject Code: AyUG-SW

Second Professional BAMS (2021) Admitted 2023-24

Academic Term Plan for year 2024-2025

From Nov 2025 to April 2026

Term II

| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|--|----------------------|-------------------|---------|
| NLH T | Dr. Sharvari Inamdar | Describe Global importance of International Day of Yoga (IDY) | L&PP T | INT | Paper I |
| | | Explain the etymology / derivation of the word „Yoga“. | L&PP T | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc.) patients and general public . | DIS,T PW,R P | DOPS,Log | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Define Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita. | L&PP T | TT-Theory | Paper I |
| | | Describe adverse effects of improper Yoga practices | L&GD | TT-Theory | Paper I |
| LH | Dr. Mihir Hajarnavis | Distinguish between Rajayoga, Hathayoga and Karmayoga. | L&PP T | M-CHT | Paper I |
| | | Explain Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | Describe Mitahara and Pathya-apathyas during Yogabhyasa. | L&PP T | T- EW | Paper I |
| | | Explain Panchakosha theory. | L&PP T | M-POS | Paper I |
| LH | Dr. Soniya Kale | List out the Ashtangas of Yoga. Describe Yama and Niyama with meaning according to Yogasutras and Hathayogapradipika. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | 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. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Define Asana and explain the importance of asana. Distinguish between asana and physical exercise. | L&PP T | TT-Theory | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe the procedure, benefits, indications, and contraindications of Standing Yoga Postures such as Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, and Trikonasana. | L_VC | PRN | Paper I |



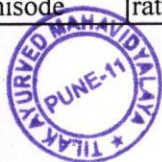
| | | | | | |
|--------|--|--|--------|-----------|---------|
| NLH T | Dr. Maithili Naik | Describe the procedure, benefits, indications and contra indications of Supine Yoga postures such as Pavanamuktasana, Sarvangasana, | L_VC | PRN | Paper I |
| LH | Dr. Soniya Kale | Describe the procedure, benefits, indications and contraindications of Sitting Yoga postures such as Swasthikasana, Gomukhasana, Padmasana, | L_VC | PRN | Paper I |
| NLH T | Dr. Sharvari Inamdar | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | 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. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Describe the procedure, benefits, indications and contra indications of Supine Yoga postures such as Matsyasana, Halasana, Chakrasana, Shavasana and Setubandh asana. | L_VC | PRN | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe the procedure, benefits, indications, and contraindications of Prone Yoga postures such as Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana. | L_VC | PRN | Paper I |
| NLH T | Dr. Maithili Naik | Describe the procedure, benefits and contraindications of Suryanamaskara. | L_VC | PRN | Paper I |
| LH | Dr. Soniya Kale | Define pranayama and explain its types, benefits, time of practice, and avara-pravara-madhyamalakshanas. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | 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. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Enumerate the Kumbhakabhedas. | L&PP T | TT-Theory | Paper I |
| LH | Dr. Soniya Kale | Describe the procedure and benefits of Suryabhedana, Ujjayi, Sheetal, Sitkari, Bhastrika, Bhramari, Murcha, and Plavini. | L_VC | PRN | Paper I |
| NLH T | Dr. Sharvari Inamdar | Describe the procedure of Nadishudhi Pranayama, its benefits, and Nadishudhilakshana. | L_VC | PRN | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with sthiti, main procedure and visrama | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain the term bandha & Describe the procedure and benefits of Mulabandha, Jalandharabandha, and Uddiyanabandha. | L_VC | T- EW | Paper I |
| | | Enlist Shatkarmas of Yoga , indications and their importance. | L&PP T | TT-Theory | Paper I |



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|--------|--|---|--------------|-----------|---------|
| LH | Dr. Soniya Kale | Describe the procedure, benefits, indications, contraindications, and precautions of Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati. | L_VC | T- EW | Paper I |
| | | | | | Paper I |
| NLH T | Dr. Sharvari Inamdar | Describe Shatchakras and explain their importance in Yoga practice. | L&PP T | T-OBT | Paper I |
| | | Describe Ida-pingala-sushumna nadis and their importance in yoga practice. | L&PP T | T- EW | Paper I |
| | | Describe Mudras and explain the benefits of Shanmukhi mudra and Jnana mudra. | L_VC | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform seven Supine Postures namely - Pawanmuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with sthiti, main procedure and visrama | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Define Pratyahara and explain its importance in Yoga practice. | L&PP T | TT-Theory | Paper I |
| | | Define Dharana and explain its importance in Yoga practice. | L&PP T | TT-Theory | Paper I |
| | | Define Dhyana and explain its importance in Yoga practice. | L&PP T | TT-Theory | Paper I |
| LH | Dr. Mihir Hajarnavis | Describe Cyclic Meditation and Mindfulness meditation and their benefits. | L&PP T, L_VC | CL-PR | Paper I |
| | | Define Samadhi and explain its types and importance. | L&PP T | TT-Theory | Paper I |
| | | Define Moksha according to Charaka and explain Muktaamalakshana and Moksha upayas. | L&G D | INT | Paper I |
| NLH T | Dr. Maithili Naik | Explain the basic principles of Naturopathy. | L&PPT | INT | Paper I |
| | | Describe the concept of Panchabhutopasana. | L&PP T | INT | Paper I |
| LH | Dr. Soniya Kale | Explain the procedure and therapeutic effects of Mud therapy. | L_VC | TT-Theory | Paper I |
| | | Explain the procedure and therapeutic benefits of Sun bath. | L_VC | TT-Theory | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain Fasting therapy and its types and benefits. | L&PP T | TT-Theory | Paper I |
| | | Describe types, methods and benefits of massage. | L_VC | TT-Theory | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain hydrotherapy, types of water used based on the temperature and therapeutic effects of Hydrotherapy. | L_VC | TT-Theory | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain the causes of Janapadodhwamsa/ maraka vyadhi State the manifestation and control measures of Jnapadodhwamsa Explain the | L&PP T | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | Periodic assessment IV | | | Paper I |



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|--------|--|--|-----------------------|-----------|---------|
| NLH T | Dr. Sharvari Inamdar | Define Epidemiology, enumerate and describe the principles and uses of epidemiology. | L&G D | T- EW | Paper I |
| | | Understanding the Epidemic Diseases (Amendment) Ordinance Act,2020 .. | L&GD | TT-Theory | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Jalaneti and kapalbhati | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Describe the basic terms of epidemiology.Explain and discuss the dynamics of disease transmission. Explain the theory of disease causation, epidemiological triad and natural history of disease. | L&PP T | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain the concept of prevention, modes of intervention, risk factors, incidence and prevalence. | L&PP T | T-EMI | Paper I |
| NLH T | Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | Explain Susceptible host and host defense.Describe Immunizing Agents.Explain the concept of vyadhikshamatwa.Enlist methods to improve Vyadhikshamatwa.Classify Bala, enlist factors of Bala vriddhikara bhava. | L&PP T | T- EW | Paper I |
| NLH T | Dr. Sharvari Inamdar | Explain the investigation of an epidemic. Explain prevention and control of an epidemic. | L&PP T | T- EW | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform Anuloma – Viloma Pranayama in a comfortable sitting posture. Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga). | KL, EDU | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Nileema Shisode | Explain Sankramaka roga as per Ayurveda. | L&PP T | T- EW | Paper I |
| LH | Dr. Mihir Hajarnavis | Explain Epidemiological determinants, their pathology, transmission, incubation period , clinical features, diagnosis and preventive measures of 1.Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19. | L&PP T,ED U,D_ BED | T- EW | Paper I |
| NLH T | Dr. Maithili Naik | | | | Paper I |
| LH | Dr. Soniya Kale | | | | Paper I |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform Nadishuddhi Pranayama with inhalation- retention-exhalation in the ratio of 1:4:2 in a comfortable sitting posture. | KL | DOPS | Paper I |



| | | | | | |
|--------|--|---|-----------------------|-------|----------|
| LH | Dr. Nileema Shisode | Explain Epidemiological determinants, brief pathology, transmission, incubation period , clinical features, diagnosis and preventive measures of 1.Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy | L&PP T,ED U,D_ BED | T- EW | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain Epidemiological determinants, brief pathology, transmission, incubation period , clinical features, diagnosis and preventive measures of 1.Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy | L&PP T,ED U,D_ BED | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid | L&PP T,D_ BED | T- EW | Paper II |
| LH | Dr. Soniya Kale | | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | 3. Intestinal infestations – Ascariasis, Hook worm , Tape worm 4. Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus , H1N1, H3N2, etc | L&G D,D_ BED | T- EW | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform Nadishuddhi Pranayama with inhalation- retention-exhalation in the ratio of 1:4:2 in a comfortable sitting posture. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari. | KL | DOPS | Paper I |
| LH | Dr. Nileema Shisode | 3. Intestinal infestations – Ascariasis, Hook worm , Tape worm 4. Emerging and re-emerging diseases. | L&G D,D_ BED | T- EW | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus , H1N1, H3N2, etc | L&G D,D_ BED | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhea. | L&G D,D_ BED | T- EW | Paper II |
| LH | Dr. Nileema Shisode | | | | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to the family. (1) | ECE | DOPS | Paper II |
| LH | Dr. Mihir Hajarnavis | 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhea. | L&G D,D_ BED | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | Explain the 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 | L&PP T,D_ BED | T- EW | Paper II |
| LH | Dr. Soniya Kale | | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | | | | Paper II |



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|--------|--|--|---------------|-----------|----------|
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari. | KL | DOPS | Paper I |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to the family. (2) | ECE | DOPS | Paper II |
| LH | Dr. Nileema Shisode | Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM. | L&PP T,D_ BED | T- EW | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM. | | | Paper II |
| NLH T | Dr. Maithili Naik | Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as Obesity. | | | Paper II |
| LH | Dr. Soniya Kale | Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as Obesity. | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain the role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as Coronary artery disease (CAD) and Cancer | | | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to the family. (1) | ECE | DOPS | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk & milk products. | ECE | DOPS | Paper II |
| LH | Dr. Nileema Shisode | Understanding the Environment protection Act,1986 | L&G D | TT-Theory | Paper II |
| LH | Dr. Mihir Hajarnavis | Describe the properties of Vayu and state the composition of air. | L | INT | Paper II |
| LH | Dr. Mihir Hajarnavis | Periodic assessment V | | | Paper II |
| NLH T | Dr. Maithili Naik | Specify the changes in air of the occupied room. | L | INT | Paper II |
| NLH T | Dr. Maithili Naik | Explain comfort zone and indices of thermal comfort. | L | INT | Paper II |
| NLH T | Dr. Sharvari Inamdar | Comprehend the causes, prevention and control of air pollution. Discuss the effects of air pollution on health and social aspects | L | DEB | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain the effects of high altitude and mountain air on health. | L&G D | DEB | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to the family. (2) | ECE | DOPS | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the various process involved in water purification plant. | D- M,FV | P-VIVA,RK | Paper II |



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|--------|---|--|---------------|------------------------|----------|
| LH | Dr. Nileema Shisode | Elaborate the effects of Global warming with recent updates | L&G D | CR-RED | Paper II |
| | | Define ventilation and illustrate its types. | L&G D | DEB | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain safe and wholesome water and state water requirements. | L&PP T | TT-Theory, V V-Viva | Paper II |
| NLH T | Dr. Maithili Naik | Explain the properties of water from different sources. | L&PP T | TT-Theory, V V-Viva | Paper II |
| LH | Dr. Soniya Kale | Explain water pollution and health hazards. | L&PP T,DIS | CL-PR | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the processes involved in modern sewage treatment plant. | D- M,FV | P-EXAM,RK | Paper II |
| LH | Dr. Nileema Shisode | Describe the quality of water stored in different vessels as per classics. | L | DEB | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain the rain water harvesting methods and its importance | L | DEB | Paper II |
| NLH T | Dr. Maithili Naik | Describe the contemporary methods of water purification along with Ayurvedic methods. | L&PP T,DIS | CL-PR | Paper II |
| | | Elucidate the effects of Hard Water on health and methods of removal of hardness. | L&PP T,DIS | CL-PR | Paper II |
| LH | Dr. Soniya Kale | Enlist the types of soil. | L&PP T | INT | Paper II |
| | | Interpret the relation between soil and health. | L&PP T | INT | Paper II |
| | | Explain Land pollution and its prevention and control | L&PP T | INT | Paper II |
| | | Explain land purification as per the classics. | L&G D | T-OBT | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain the Social goals of Housing and Housing standards. Understanding of The building and other construction workers Act,1996 | L&G D | T- EW | Paper II |
| | | Analyze the effects of housing on health. | L&G D | T- EW | Paper II |
| | | Explain overcrowding and its impact on health | L&G D | TT-Theory | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk & milk products. | ECE | DOPS | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the various measures adopted for the prevention and control of occupational diseases in any industry. | TPW, FV | P-VIVA,RK | Paper II |
| LH | Dr. Nileema Shisode | Enlist Different types of solid waste and Explain the Storage and collection of refuse. | L,D- M | TT-Theory | Paper II |
| | | Explain the Methods of disposal of solid waste (Rural & urban) | D-M | M-MOD | Paper II |



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|--------|--|--|------------------|-----------|----------|
| LH | Dr. Mihir Hajarnavis | Explain good lighting, natural lighting and artificial lighting | L&PP T | M-POS | Paper II |
| | | Explain the biological effects of lighting. | L&PP T | M-POS | Paper II |
| | | Define noise. Illustrate its sources, effects on health and control measures. | L&PP T | PRN | Paper II |
| | | Enlist the sources of Radiation and explain its effects on health and describe control measures. | L | PRN | Paper II |
| NLH T | Dr. Maithili Naik | Describe Bio-medical waste management and Bio-Medical waste management rules, 2016 | D-M | TT-Theory | Paper II |
| LH | Dr. Soniya Kale | Enlist excreta Disposal methods and explain Sanitary Latrines | D-M | DEB | Paper II |
| | | Explain the Modern Sewage disposal method | D-M | DEB | Paper II |
| NLH T | Dr. Sharvari Inamdar | Describe the disposal methods of Excreta during camps, fairs, and festivals | D-M | DEB | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the various process involved in water purification plant. | D- M,FV | P-VIVA,RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the food safety standards and methods of food processing techniques adopted in any food industry. | PrBL, RLE, FV | P-VIVA,RK | Paper II |
| LH | Dr. Nileema Shisode | Define disaster and explain disaster management | L&G D | PRN | Paper II |
| LH | Dr. Mihir Hajarnavis | Explain effects of natural and man-made disasters | L&G D | | Paper II |
| NLH T | Dr. Maithili Naik | Explain epidemiologic surveillance and identify disease control measures | L&G D | | Paper II |
| LH | Dr. Soniya Kale | Define Occupational Health and Ergonomics. | L&G D | | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain occupational Hazards. | L&G D | | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the processes involved in modern sewage treatment plant. | D- M,FV | P-EXAM,RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the various treatment modalities adopted in Naturopathy and Yoga canthers. | L_ VC, , EDU, FV | P-EXAM,RK | Paper II |
| LH | Dr. Nileema Shisode | Understand the Merchant Shipping / Medical Examination Rules, 2000 | L&G D | TT-Theory | Paper II |
| LH | Dr. Mihir Hajarnavis | Enlist occupational diseases and explain their prevention & control. | L&G D | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | Describe the role of Ayurveda in various Occupational health problems. | L&G D | TT-Theory | Paper II |
| LH | Dr. Soniya Kale | Periodic assessment VI | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain ESI Act, 1948 and The factories Act,1948 | L&PP T | T- EW | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the various measures adopted for the prevention and control of occupational diseases in any industry. | TPW, FV | P-VIVA,RK | Paper II |

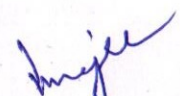


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|--------|--|--|----------------|--------------------------|----------|
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Report the functioning of a Primary health centre/Community health centre/Rural hospital/District hospital with regards to the implementation of different National Health Programmes viz. infectious disease control, immunization, ANC, Family planning etc. | L_VC, IBL, FV | T- EW,P-VIVA,RK,Log book | Paper II |
| LH | Dr. Nileema Shisode | State the Health problems of school children. | L&PP T | T- EW | Paper II |
| LH | Dr. Soniya Kale | Mention the aspects of school health services. | L&PP T | T- EW | Paper II |
| LH | Dr. Mihir Hajarnavis | Mention the duties of school medical officers. | FV | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | Explain how to Maintain a healthy environment in the school. | FV | T- EW | Paper II |
| LH | Dr. Soniya Kale | | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | | | | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Define the term disinfection | L | TT-Theory | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the food safety standards and methods of food processing techniques adopted in any food industry. | PrBL, RLE, FV | P-VIVA,RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Revision Practicals | | | Paper II |
| LH | Dr. Nileema Shisode | Enlist and explain the types of disinfection. | L&PP T | P-VIVA,P-PS | Paper II |
| LH | Dr. Mihir Hajarnavis | Describe the Natural agents, Physical agents, and chemical agents of disinfection | L&PP T | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | Demonstrate the recommended disinfection procedures of feces & urine, sputum, and room. | L_VC | P-VIVA,QZ | Paper II |
| LH | Dr. Soniya Kale | | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain Ayurvedic disinfection methods. | L&PP T | QZ | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the various treatment modalities adopted in Naturopathy and Yoga canters. | L_VC, ,EDU, FV | P-EXAM,RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Revision Practicals | | | Paper II |
| LH | Dr. Nileema Shisode | Define Primary Health Care. | L | TT-Theory | Paper II |
| | | Describe the principles and elements of primary health care and the levels of health care. | L&PP T | T- EW | Paper II |
| NLH T | Dr. Maithili Naik | Describe the Structure at village, sub-centre, PHC, CHC, Rural hospital levels | L&PP T | T- EW | Paper II |
| | | Describe primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs, and the AYUSH sector | L&PP T | T-OBT | Paper II |
| LH | Dr. Mihir Hajarnavis | Describe the role of Ayurveda in Primary Health Care. | L&PP T | TT-Theory | Paper II |
| LH | Dr. Soniya Kale | Describe the objectives of Maternal and Child Care services. | L&PP T | T- EW | Paper II |
| NLH T | Dr. Sharvari Inamdar | Explain the MCH problems & enlist the indicators of MCH care | L&PP T | T- EW | Paper II |



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|--------|--|--|---------------|--------------------------|----------|
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | 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. | L_VC, IBL, FV | T- EW,P-VIVA,RK,Log book | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Revision Practicals | | | Paper II |
| LH | Dr. Nileema Shisode | Define demography and enlist the sources of demographic statistics in India. | L&PP T | TT-Theory | Paper II |
| NLH T | Dr. Maithili Naik | Describe the demographic cycle & define life expectancy. | L&PP T | CL-PR | Paper II |
| LH | Dr. Mihir Hajarnavis | Define family planning, eligible couple and target couple. Enlist & explain the objectives of family planning. | L&PP T | TT-Theory | Paper II |
| | | Explain the problems of population explosion and describe national population policy. | DIS | TT-Theory | Paper II |
| LH | Dr. Soniya Kale | Classify and describe the Contraceptive methods (Fertility Regulating Methods). | L_VC | M-CHT | Paper II |
| NLH T | Dr. Sharvari Inamdar | Enlist the health problems of the aged and explain their prevention and control measures | DIS | INT | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Revision Practicals | | | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper II |
| LH | Dr. Nileema Shisode | Explain the relation between lifestyle and healthy aging. | DIS | INT | Paper II |
| LH | Dr. Mihir Hajarnavis | Describe the role of rasayana in preventive geriatrics. | L&PP T,W | INT | Paper II |
| NLH T | Dr. Maithili Naik | Periodical Assessment VII | | | Paper II |
| LH | Dr. Soniya Kale | Revision | | | Paper II |




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Department of Swasthavritta and Yoga

Subject Code: AyUG-SW

Second Professional BAMS (2021) Admitted 2023-24

Academic Term Plan for year 2024-2025

From May 2026 to Sep 2026

Term III

| Activity Description | Faculty | Topic | Resources/ A.V. Aids | Assessment Method | Paper |
|----------------------|--|---|----------------------|----------------------------|----------|
| NLH T | Dr. Sharvari Inamdar | Define and describe the structure, regions, and works of the World Health Organization | L&G D | T- EW,P- VIVA | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district. | FV | Log book | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper II |
| LH | Dr. Nileema Shisode | Describe the functions of various international health agencies - United Nations health agencies, bilateral health agencies, and Non- Governmental agencies | L&G D | T- EW,P- VIVA | Paper II |
| LH | Dr. Mihir Hajarnavis | | | | Paper II |
| NLH T | Dr. Maithili Naik | Describe the contribution of the world health organization to the global acceptance of Ayurveda | L&G D | T- EW,P- VIVA | Paper II |
| LH | Dr. Soniya Kale | Understanding of Registration of Birth and Death Act, 1969 | L&G D | TT-Theory | Paper II |
| | | Define Vital Statistics. | DIS | T- EW,P- VIVA | Paper II |
| | | Enumerate the sources of Vital statistics | | | Paper II |
| NLH T | Dr. Sharvari Inamdar | Describe Fertility , Morbidity and Mortality rates | L&G D | T- EW,P-VIVA | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Conduct periodic check-ups, collect demographic profile and clinical examination of allotted 2 subjects/Individuals - Assess Prakriti, Satva, Sara, etc.) for their health status / occupational health status and if any treatment is prescribed then coordinate the treatment under the overall guidance of the teacher/Mentor. Counsel and advice the allotted 2 subjects a healthy regime prescription and analyze their health status after following the healthy regime under the overall guidance of the teacher/mentor. | IBL, PT | P-CASE,RK, OSCE, P- SUR,RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper II |




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|--------|--|--|-----------------|---------------|----------|
| LH | Dr. Nileema Shisode | Describe the health administration including AYUSH at the Central, State, District, and Village levels | L&G D | TT-Theory | Paper II |
| LH | Dr. Mihir Hajarnavis | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – Leprosy (NLEP), Blindness (NPCB), Polio , | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH T | Dr. Maithili Naik | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – AIDS (NACP), National TB Elimination Program, | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| LH | Dr. Soniya Kale | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – Vector born disease control program, RCH program, | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH T | Dr. Sharvari Inamdar | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – ICDS program, Universal Immunization Program, National mental health program | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Document the maintenance of water sanitation, waste disposal including biomedical waste in the hospital | PrBL | RK | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | | | | Paper II |
| LH | Dr. Nileema Shisode | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS) | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| LH | Dr. Mihir Hajarnavis | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH T | Dr. Maithili Naik | State the vision/objective and outline the goals, strategies and plan of action of National Health Programs – National health mission (NRHM&NUHM), National AYUSH Mission (NAM). | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| LH | Dr. Soniya Kale | National nutrition programs- National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, . | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH T | Dr. Sharvari Inamdar | National nutrition programs- National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Revision Practicals | | | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Revision Practicals | | | Paper II |
| LH | Dr. Nileema Shisode | National nutrition programs- Understanding of Registration of Birth and Death Act, 1969 | L&PP T, DIS, FV | T- EW,P- VIVA | Paper II |



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|--------|--|---|----------|---------------|----------|
| LH | Dr. Soniya Kale | Describe the National Health Policy (NHP) and the scope of Ayurveda in NHP. | L,L& PPT | T- EW,P- VIVA | Paper II |
| NLH- T | Dr. Sharvari Inamdar | Revision Lecture | | | Paper II |
| NLH- P | Dr. Soniya Kale & Dr. Nileema Shisode | Revision Practicals | | | Paper II |
| NLH- P | Dr. Mihir Hajarnavis & Dr. Maithili Naik | Revision Practicals | | | Paper II |
| LH | Dr. Nileema Shisode | Periodical Assessment IX | | | Paper II |




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