

JAI SHRI SIDDHIVINAK FOUNDATIONS
B.R. HARNE AYURVEDIC MEDICAL COLLEGE
Karav- Vangani

DEPARTMENT OF SWASTHAVRITTA
ADVANCE TEACHING PROGRAMME (ATP)-UG Theory
Batch: SECOND B.A.M.S. 2022-23(A.Y. 2024-26)

September 2024

Sr.No	Topic Name	Teaching Hour	Teachers name	Designation
	1st Term			
	Swasthavritta Introduction	1 hour	Dr. Tejas More	Lecturer
1	SWASTHA AND SWASTHYA	3 hour		
1.1	Definition of Swasthavritta and its objective. Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas. Concept of Health & Operational definition of health.	1 hour	Dr. Tejas More	Lecturer
1.2	Dimensions of health -Physical, Mental and Social. Concept of well-being : objective component of well-being - standard of living and level of living and subjective component of well-being -	1 hour	Dr. Tejas More	Lecturer
1.3	Importance of Shodhana in Swastha in relation to Sanchita & Asanchitha Dosha & Classification of Swastha purusha as Sanchita dosha and Asanchita Dosha, Quality of Life. One health concept / Vasudhaiva Kutumbakam” or “One Earth · One Family- One Future”	1 hour	Dr. Tejas More	Lecturer
2	HEALTHY LIFESTYLE - DINCHARYA(DAILY REGIMEN)	8 hour		
2.1	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.	1 hour		Reader
2.2	Importance of Niyata kala vihara (Dinacharya, Ritucharya) and Aniyata kalaVihara (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshana) for health promotion and disease prevention.	1 hour		Reader
2.3	Concept of waking up at 'Brahme muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory. UshaJalapana' (Drinking water in early morning). Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits.). Mukhaprakshalana and face washes used currently. Chakramana,Snana	1 hour		Reader
2.4	Concept of Dantadhavana and modern-day brushing techniques and dentifrices. Concept of Jihwanirlekhana and the tools used in today's era and their benefits. Concept of Anjana as a health promotive measure. Kavala and gandusha for oral hygiene including mouthwashes available in the market. Abhyanga as as health promotive measure.	1 hour		Reader

2.5	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. Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects. Application of Abhyanga according to different age groups and occupation/activity. Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations.	1 hour	Dr. Tejas More	Lecturer
2.6	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. Udwartana, Utsadana Udgharshana .	1 hour	Dr. Tejas More	Lecturer
2.7	Snana- Types of different types of bath and Physiological effects of snana on body and mind.	1 hour	Dr. Prachi Dalvi	Professor
2.8	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.	1 hour	Dr. Prachi Dalvi	Professor
PROFESSOR & HOD		2 hour		
READER		4 hour		
LECTURER		6 hour		

OCTOBER				
3	RATRICHARYA	6 hour		
3.1	Ratri bhojanvidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health.	1 hour	Dr. Tejas More	Lecturer
3.2	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.	1 hour	Dr. Tejas More	Lecturer
3.3	Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons.Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master	1 hour	Dr. Tejas More	Lecturer
3.4	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.	1 hour	Dr. Tejas More	Lecturer
3.5	Sleep apnea , insomnia, narcolepsy and restless leg syndrome.	1 hour	Dr. Tejas More	Lecturer
3.6	Solutions to Asatmya jagarana (sleep disorders). 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. Brahmacharya with special reference to lifestyle guidelines. Reproductive and sexual health according Ayurveda.	1 hour	Dr. Tejas More	Lecturer
4	RASAYANA FOR SWASTHA	2 hour		
4.1	Definition of Rasayana and benefits of Rasayana. Classification and types of Rasayana with examples. Urjaskara Rasayanas as per age and occupations /Activities	1 hour	Dr. Prachi Dalvi	Professor

4.2	Antioxidant & immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.	1 hour	Dr. Prachi Dalvi	Professor
5	BRAHMCHARYA	1 hour		
5.1	Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavayasambandhiniyama, Effects of Ativyavaya. Methods of ViryaRaksha, Surataspriha(Libido) through Vajikarana, Viryanasaphala	1 hour		Reader
6	ROGANUTPADANYA	2 hour		
6.1	Concept of Vega- Adharaniya Vega and Dharaneeya Vega	1 hour		Reader
6.2	Diseases due to vegadharana and their chikitsa, sharir shodhan.	1 hour		Reader
	PROFESSOR & HOD	2 hour		
	READER	3 hour		
	LECTURER	6 hour		

NOVEMBER				
7	RITUCHARYA	6 hour		
7.1	Classification of kaala , Adana kala and visarga kala , identification of seasons based on the ritu lakshanas in different geographical areas.	1 hour	Dr. Prachi Dalvi	Professor
7.2	Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu. Relation of Agni , Bala and Ritu with its application.	1 hour	Dr. Tejas More	Lecturer
7.3	Ritu shodhana for the prevention of diseases.	1 hour	Dr. Tejas More	Lecturer
7.4	Pathya - Apathya in regards to Ahara -Vihara in all six ritus in	1 hour		Reader
7.5	Rituharitaki as a rasayana with research updates.	1 hour		Reader
7.6	Effects of Rituviparyaya on health and its relation to	1 hour	Dr. Tejas More	Lecturer
8	ROGONUTPADNIYA	2 hour		
8.1	Concept of vegadharana and vega-udirana in relation to health and morbidity.Symptoms and management principles of adharaniya vega janya vyadhis from Bhruhatrayee	1 hour		Reader
8.2	Concept of vegaudirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.).	1 hour		Reader
9	SADVRITTA	2hour		
9.1	Sadavritta measures for the maintenance of personal ,social and spiritual health. Observance of Sadvritta for the prevention of Adharma. Achara Rasayana" and its role in the prevention and control of diseases.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.	1 hour	Dr. Prachi Dalvi	Professor
9.2	Role of trigunas and satvavajaya in mental health promotion in present era. Digital health promotion	1 hour	Dr. Tejas More	Lecturer
10	NIDRA	2 hour		
10.1	Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra.	1 hour		Reader

10.2	Effects of RatriJagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.	1 hour	Dr. Tejas More	Lecturer
	PROFESSOR & HOD	2 hour		
	READER	5 hour		
	LECTURER	5 hour		

DECEMBER				
11	TRYPOSTHANBHAS - AHARA	10 hour		
11.01	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	1 hour	Dr. Prachi Dalvi	Professor
11.02	Applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Ahara &vihara leading to Santarpanajanya evam Apatarpanajanyavyadhi and importance of upavasa and concept of intermittent fasting.	1 hour	Dr. Tejas More	Lecturer
11.03	Benefits of Shadrasabhojana. Importance of Ashta aharavidhivishesha ayatanani in present era. Importance of Nityasevaniyadravyas in the maintenance of health.	1 hour		Reader
11.04	Properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) &Madyavarga(Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Ahara UpayogiVarga (Spices & Condiments), Kritannavarga(Prepared Food), Mamsavarga (Meat types) and JalaVarga.Definition of Pro-biotics and Pre-biotics and their utility.	4 hour	Dr. Tejas More	Lecturer
11.05	Proximate principles of Food - Recommended Daily Allowance according to various conditions, Sources and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals.	1 hour	Dr. Tejas More	Lecturer
11.06	Definition of Balanced diet and diet for an individual depending on age, body weight and physiological status and Social Aspects of Nutrition.Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration and Food toxicants.	2 hour		Reader
	PROFESSOR & HOD	2 hour		
	READER	2 hour		
	LECTURER	6 hour		

January 2025				
11.07	Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk	1 hour	Dr. Tejas More	Lecturer

11.08	Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg.	1 hour	Dr. Tejas More	Lecturer
11.09	Safety and hygiene measures for Fruits and Vegetables.	1 hour	Dr. Tejas More	Lecturer
11.10	Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases.	1 hour		Reader
11.11	Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006.	1 hour	Dr. Prachi Dalvi	Professor
11.12	Different Dietary Supplements and Ergogenic Aids. 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, importance of organic foods	1 hour		Reader
11.13	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.,	1 hour	Dr. Tejas More	Lecturer
11.14	Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health	1 hour	Dr. Tejas More	Lecturer
11.15	Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics.	1 hour		Reader
11.16	Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases	1 hour	Dr. Tejas More	Lecturer
	FIRST TERM END (TENTATIVE)			
	PROFESSOR & HOD	1 hour		
	READER	3 hour		
	LECTURER	6 hour		

FEB				
	IInd Term			
12	YOGA	22 hour		
12.1	Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita.	1 hour	Dr. Tejas More	Lecturer
12.2	Difference between Rajayoga, Hathayoga and Karmayoga.	1 hour	Dr. Tejas More	Lecturer
12.3	Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. Mitahara and Pathya-apathyas during Yogabhyasa	1 hour	Dr. Prachi Dalvi	Professor
12.4	Concept of Panchakosha theory.	1 hour	Dr. Prachi Dalvi	Professor
12.5	Description of Ashtangas of Yoga - Yama, Niyama, Asana, Pranayama	4 hour		Reader
12.6	Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati.	4 hour	Dr. Tejas More	Lecturer
	PROFESSOR	2 hour		
	READER	4 hour		
	LECTURER	6 hour		

MARCH				
12.7	Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha.	4 hour	Dr. Tejas More	Lecturer
12.8	Mudras - Shanmukhi mudra and Jnana mudra.	1 hour		Reader
12.9	Shatchakras and their importance in Yoga practice.	1 hour		Reader
13	Description of Ida-Pingala-Sushumna nadis and their importance	1 hour		Reader
13.1	Concept of Moksha according to Charaka , Muktatmalakshana and Moksha upayas.	1 hour	Dr. Tejas More	Lecturer
13.2	Importance of International Day of Yoga (IDY)	1 hour	Dr. Prachi Dalvi	Professor
13.3	Adverse effects of improper Yoga practices	1 hour	Dr. Prachi Dalvi	Professor
14	NATUROPATHY	5 hour		
14.1	Basic principles of Naturopathy.Concept of Panchabhutopasana.	1 hour	Dr. Prachi Dalvi	Professor
14.2	Hydrotherapy - types of water used based on the temperature and therapeutic effects of Hydrotherapy.	1 hour	Dr. Tejas More	Lecturer
14.3	Therapeutic effects of Mud therapy. Therapeutic effects of Mud therapy.	1 hour	Dr. Tejas More	Lecturer
14.4	Therapeutic effects of Sun bath.	1 hour	Dr. Tejas More	Lecturer
14.5	Fasting therapy - its types and benefits.	1 hour		Reader
PROFESSOR		3 hour		
READER		4 hour		
LECTURER		8 hour		

APRIL				
15	Janapadodhwamsa / Maraka Vyadhi	37 hour		
15.1	Causes of Janapadodhwamsa/ maraka vyadhi. Manifestation and control measures of Janapadodhwamsa.	1 hour		Reader
15.2	Principles and uses of epidemiology. Dynamics of disease transmission.Theory of disease causation - epidemiological triad and natural history of disease	2 hour		Reader
15.3	Concept of prevention, modes of intervention, risk factors, incidence and prevalence.Susceptible host and host defense.	1 hour		Reader
15.4	Immunizing Agents. Concept of vyadhikshamatwa	1 hour		Reader
15.5	Investigation of an epidemic. Prevention and control of an epidemic.	1 hour	Dr. Prachi Dalvi	Professor
16	Sankramaka roga as per Ayurveda	1 hour	Dr. Prachi Dalvi	Professor
16.1	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. 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid.	6 hour	Dr. Tejas More	Lecturer
PROFESSOR		2 hour		
READER		5 hour		
LECTURER		6 hour		

MAY				
16.2	Epidemiological determinants, brief pathology,transmission, incubation period , clinical features, diagnosis and preventive measures of 2. Water borne Infections / intestinal infections - Cholera, Polio	2 hour	Dr. Tejas More	Lecturer
16.3	Epidemiological determinants, brief pathology,transmission, incubation period , clinical features, diagnosis and preventive measures of 2. Water borne Infections / intestinal infections - Viral Hepatitis	2 hour		Reader
16.4	Epidemiological determinants, brief pathology,transmission, incubation period , clinical features, diagnosis and preventive measures of 2. Water borne Infections / intestinal infections - Typhoid.	1 hour	Dr. Prachi Dalvi	Professor
	PROFESSOR	1 hour		
	READER	2 hour		
	LECTURER	2 hour		

JUNE				
16.5	Epidemiological determinants, brief pathology,transmission, incubation period , clinical features, diagnosis and preventive measures of 3.Intestinal infestations – Ascariasis, Hook worm and Tape worm.	5 hour	Dr. Tejas More	Lecturer
16.6	Epidemiological determinants, brief pathology,transmission, incubation period , clinical features, diagnosis and preventive measures of 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	3 hour		Reader

16.7	Epidemiological determinants, brief pathology, transmission, incubation period, clinical features, diagnosis and preventive measures of 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhea.	2 hour	Dr. Prachi Dalvi	Professor
	PROFESSOR	2 hour		
	READER	3 hour		
	LECTURER	5 hour		

JULY				
17.2	Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity.	5 hour	Dr. Tejas More	Lecturer
17.2	Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as Coronary artery disease (CAD), Cancer.	3 hour		Reader
17.3	Epidemic Diseases (Amendment) Ordinance Act, 2020.	1 hour	Dr. Prachi Dalvi	Professor
IInd TERM END EXAM(TENTATIVE) JULY				
	PROFESSOR	1 hour		
	READER	3 hour		
	LECTURER	5 hour		

AUGUST				
18	Environmental health	10 hour		
18.1	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. Effects of Global warming with recent updates. Definition of ventilation and types of Ventilation. Effects of high altitude and mountain air on health.	2 hour	Dr. Tejas More	Lecturer
18.2	Water : Safe and wholesome water and water requirements. Properties of water from different sources. Water pollution and health hazards. Contemporary and Ayurvedic methods of water purification. Hard Water - its effects on health and methods of removal of hardness. Quality of water stored in different vessels as per classics. Rain water harvesting - methods and its importance.	2 hour	Dr. Tejas More	Lecturer
18.3	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	2 hour	Dr. Tejas More	Lecturer
18.4	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.	2 hour		Reader

18.5	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. Bio-medical waste management and Bio-medical waste management rules, 2016. Environment protection Act,1986.	2 hour		Reader
19	Disaster management	1 hour		
19.1	Definition of disaster and disaster management. Effects of natural	1 hour	Dr. Tejas More	Lecturer
20	Occupational Health	3 hour		
20.1	Definition of occupational health and Ergonomics. Occupational	2 hour	Dr. Prachi Dalvi	Professor
20.2	ESI Act,1948 and The factories Act.1948. Role of Ayurveda in	1 hour	Dr. Prachi Dalvi	Professor
21	School health services	2 hour		
21.1	Health problems of school children. Aspects of school health	2 hour	Dr. Tejas More	Lecturer
	PROFESSOR	3 hour		
	READER	4 hour		
	LECTURER	9 hour		

SEPTEMBER				
22	Disinfection	2 hour		
22.1	Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection. Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.	2 hour	Dr. Tejas More	Lecturer
23	Primary health care	2 hour		
23.1	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. Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.	2 hour		Reader
24	Mother and Child health care	1 hour		
24.1	Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care.	1 hour		Reader
25	Family welfare programme	2 hour		
25.1	Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy. 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).	2 hour	Dr. Tejas More	Lecturer
26	Preventive Geriatrics	1 hour		
26.1	Health problems of the aged and prevention and control	1 hour	Dr. Prachi Dalvi	Professor
	PROFESSOR	1 hour		
	READER	3 hour		
	LECTURER	4 hour		

OCTOBER				
27	World Health Organization and International health agencies	3 hour		
27.1	Definition of World Health organization. Structure, regions, and works of the World Health Organization. Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies. Contribution of the World health organization to the global acceptance of Ayurveda.	3 hour	Dr. Tejas More	Lecturer
28	Vital Statistics	1 hour		
28.1	Definition of Vital Statistics. Sources of Vital statistics. Fertility , Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	1 hour	Dr. Prachi Dalvi	Professor
29	Health Administration	2 hour		
29.1	Health administration including AYUSH at the Central, State, District, and Village levels.	2 hour		Reader
30	National Health Policy	1 hour		
30.1	National Health Policy (NHP) and the scope of Ayurveda in NHP.	1 hour	Dr. Prachi Dalvi	Professor
PROFESSOR		2 hour		
READER		2 hour		
LECTURER		3 hour		

NOVEMBER				
31	National Health Programmes	7 hour		
31.1	National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio , National TB Elimination program , Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National nutrition programs: National Iodine Deficiency Disorders Control program,	4 hour	Dr. Tejas More	Lecturer
31.2	National mental health program , 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).	2 hour		Reader
31.3	National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.	1 hour	Dr. Prachi Dalvi	Professor
32	REVISION			
PROFESSOR		1 hour		
READER		2 hour		
LECTURER		4 hour		

DECEMBER				
UNIVERSITY EXAM - DECEMBER 2025 (TENTATIVE)				

ATP of UG Swasthavritta Practical Batch SYBAMS 2021-22(A.Y.2024-26)

S.No	Name of practical	Month	Activity	Practical hrs	Teacher
1	Dinacharya	Sep & Nov 2024	1. Analyze the composition of different Dantadhawana Churnas/ Tooth pastes and tooth brushes available in the market 2. Analyze different Jivwa Nirlekhana Yantra (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 (Practicable and Non- practicable 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 Abhyanga for Swastha. 8. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swastha. 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).	25	Dr. Tejas
2	Disinfectants	Nov 2024	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.	2	Dr. Tejas

3	Ahara	Dec 2024 To Mar 2025	Collect, compile and document region wise different varieties of Ahara Varga (Millets, cereals, pulses, vegetables, varieties of milk/oil/honey/ available in the market). 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 . Prepare the dietary regime according to different Prakriti. Prepare/Prescribe the dietary regime for different occupations / activities, age groups, and physiological conditions. Prepare/Prescribe the diet and lifestyle regimen(pathya- apathya) with reference to Ahara and Vihara for each ritu. 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. 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.	30	Reader
4	Monitoring of health and hygiene	March 2025	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. Document the maintenance of water sanitation, waste disposal including biomedical waste in the hospital.	5	Dr. Tejas
5	Health Education (IEC)	April 2025	Demonstrate communication methods for health education. Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc.) patients and general public .	10	Reader

6	Yoga performance	May 2025 To July 2025	Perform four Standing Postures namely - Ardhatichakrasana, Padahastasana, Ardhashakrasana, and Trikonasana step by step with sthiti, main procedure and vishrama. 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. Perform seven Supine Postures namely - Pawanmuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by step with sthiti, main procedure and visrama Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Jalaneti and kapalbhati . Perform Anuloma – Viloma Pranayama in a comfortable sitting posture. Perform Nadishuddhi Pranayama with inhalation-retention-exhalation in the ratio of 1:4:2 in a comfortable sitting posture. Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari. Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).	35	Dr. Tejas
---	------------------	-----------------------------	---	----	-----------

7	Community survey	July 2025 to Aug 2025	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. Conduct minimum 05 family surveys using a structured questionnaire in specific urban populations and report the survey findings and discuss possible solutions to the family.	20	Reader
8	Local Health Educational Visits	Sep 2025 to Oct 2025	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. Report the various process involved in water purification plant. Report the processes involved in modern sewage treatment plant. Report the various measures adopted for the prevention and control of occupational diseases in any industry. Report the food safety standards and methods of food processing techniques adopted in any food industry. Report the various treatment modalities adopted in Naturopathy and Yoga canter. Note : Swasthavritta, Agada Tantra. Dravyaguna & Rasashastra - Combined out campus visits can be palld wherever feasible.	36	Dr. Tejas
9	Visit to Observe National Health Programs and Ayurveda Centre	Nov- Feb 2025	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. Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district	12	Reader
Total Marks				68	100