

YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Pre MD/ MS Ayurveda
Semester II Course -Swasthavritta & Yoga
 (Academic Year 2024-25)

Unitized Syllabus for the month of July 2025

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
01/07/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assesstheproperties(Guna&karmas)ofAharadravyasinthedif ferentAharaVargas mentionedinclassicsandcriticallycomparewiththeirnutrition alvalue	CO1,CO3	Experiential- Learning3.1	
		1- 2PM	Lunch Break			
		2-4 PM	Assesstheproperties(Guna&karmas)ofAharadravyasinthedif ferentAharaVargas mentionedinclassicsandcriticallycomparewiththeirnutrition alvalue	CO1,CO3	Experiential- Learning3.1	
		4-5 PM	AnalysethedifferentfooditemsaccordingtoPrakriti,Karana,Samy ogaandRashi,Desha andKalainthepresentera.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
02/07/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	AnalysethedifferentfooditemsaccordingtoPrakriti,Karana,Samy ogaandRashi,Desha andKalainthepresentera.	CO1,CO3	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	IllustratesamplesofdifferentfooditemsaccordingtoPrakriti,Kar ana,Samyoga,Rashi, DeshaandKalainthepresentera.	CO1,CO3	Practical Training3.2	Dr. K. K. Jadhav (Professor)

03/07/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	IllustratesamplesofdifferentfooditemsaccordingtoPrakriti,Karana,Samyoga,Rashi, DeshaandKalaainthepresentera.	CO1,CO3	Practical Training3.2	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5 PM	AnalysethePrakriti,Karana,Samyoga,Rashi,DeshaandKalaoffo oditemsofpeoplein acommunity.	CO1,CO3	Experientia-Learning3.2	
04/07/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	AnalysethePrakriti,Karana,Samyoga,Rashi,DeshaandKalaoffo oditemsofpeoplein acommunity.	CO1,CO3	Experientia-Learning3.2	
		1- 2PM	Lunch Break			
		2-4 PM	AnalysethePrakriti,Karana,Samyoga,Rashi,DeshaandKalaoffo oditemsofpeoplein acommunity.	CO1,CO3	Experientia-Learning3.2	
<p>Unit 2 Principles of Dietetics -II</p> <p>1.Principlesofdietetics-dietaryguidelines/RecommendedDailyAllowance(RDA) 2.Componentsofahealthydiet&Ahararegulations2022. 3.PreparationofPathyakalpanaand assessmentofnutritionalstatusofindividuals</p> <p>References:38,39,40,41,42,43,44,45,46,47,48,49</p>						
Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
07/07/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	DescribethethePrinciplesofDietetics-DietaryGuidelines/RecommendedDailyAllowance(RDA)	CO1	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describethethecomponentsofahealthydiet&Ahararegulations2022.	CO1	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	DemonstratetheRecommendedDailyAllowance(RDA)ofproximateprinciplesoffood invariousconditionssuchas age,bodyweightandPhysiologicalStatus.	CO1	Practical Training3.3	Dr. K. K. Jadhav (Professor)

08/07/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the Recommended Daily Allowance (RDA) of proximate principles of food in various conditions such as age, body weight and Physiological Status.	CO1	Practical Training 3.3	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate the Recommended Daily Allowance (RDA) of proximate principles of food in various conditions such as age, body weight and Physiological Status.	CO1	Practical Training 3.3	Dr. K. K. Jadhav (Professor)
		3-5 PM	Analyse the Recommended Daily Allowance (RDA) according to conditions such as age, body weight and Physiological Status in a community.	CO1	Experiential-Learning 3.3	
09/07/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse the Recommended Daily Allowance (RDA) according to conditions such as age, body weight and Physiological Status in a community.	CO1	Experiential-Learning 3.3	
		1- 2PM	Lunch Break			
		2-3 PM	Analyse the Recommended Daily Allowance (RDA) according to conditions such as age, body weight and Physiological Status in a community.	CO1	Experiential-Learning 3.3	
		3-4 PM	Discuss Pathyakalpana and Assessment of Nutritional status of Individuals	CO1	Lecture	Dr. K. K. Jadhav (Professor)
10/07/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate a Pathyakalpana (Personal diet plan) for a healthy individual (Swastha) as per occupation.	CO1	Practical Training 3.4	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate a Pathyakalpana (Personal diet plan) for a healthy individual (Swastha) as per occupation.	CO1	Practical Training 3.4	Dr. K. K. Jadhav (Professor)
		3-5 PM	Analyse the health status of individuals and advise Pathyakalpana as per occupation.	CO1	Experiential-Learning 3.4	
11/07/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse the health status of individuals and advise Pathyakalpana as per occupation.	CO1	Experiential-Learning 3.4	

			peroccupation.		Learning3.4	
		1- 2PM	Lunch Break			
		2-3 PM	AnalysethehealthstatusofindividualsandadvisePathyakalpanasas peroccupation.	CO1	Experiential-Learning3.4	
<p>Unit 3 Factors affecting energy requirements</p> <p>1.ThermicEffectofFood(TEF),FactorsAffectingEnergyRequirements,BasalMetabolicRate(BMR) 2.SpecificDynamicAction(SDA)ofFood&Nutrients,FactorsAffectingSDA. 3.Anthropometricmeasurements,Biochemicalparameters,Nutritionalstatusindicators 4.Ayurvedawayofnutritionalstatusassessment</p> <p>References:50,51,52,53,54,55</p>						
Date	Day	Time	Unit – 3 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
14/07/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	DescribeThermicEffectofFood(TEF),FactorsAffectingEnergyRequirements,BasalMetabolicRate(BMR),SpecificDynamicAction(SDA)ofFood&Nutrients,FactorsAffectingSDA.	CO1,CO3	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	DemonstratetheenergyRequirementsofindividuals,EstimateBasalMetabolicRate(BMR)andsuggestRDA.	CO1,CO3	Practical Training3.5	Dr. A. A. Mane-Patil (Asso. Professor)
15/07/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	DemonstratetheenergyRequirementsofindividuals,EstimateBasalMetabolicRate(BMR)andsuggestRDA.	CO1,CO3	Practical Training3.5	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	AnalysetheenergyRequirementsofindividuals,EstimateBasalMetabolicRate(BMR)andsuggestRDA.	CO1,CO3	Experiential-Learning3.5	
16/07/25	WED	10- 12PM	Departmental OPD & IPD			

		12-01PM	Analyse the energy Requirements of individuals, Estimate Basal Metabolic Rate (BMR) and suggest RDA.	CO1, CO3	Experiential-Learning 3.5	
		1- 2PM	Lunch Break			
		2-3 PM	Describe Anthropometric Measurements, Biochemical Parameters, Nutritional Status Indicators, Ayurveda way of nutritional status assessment	CO1	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		3-5 PM	Analyse Anthropometric Measurements in Clinical Settings, Biochemical Testing for Nutritional Deficiencies	CO1	Experiential-Learning 3.6	
17/07/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse Anthropometric Measurements in Clinical Settings, Biochemical Testing for Nutritional Deficiencies	CO1	Experiential-Learning 3.6	
		1- 2PM	Lunch Break			
		2-3 PM	Analyse Anthropometric Measurements in Clinical Settings, Biochemical Testing for Nutritional Deficiencies	CO1	Experiential-Learning 3.6	
<p>Unit 4 Basics of Food Technology & Basics of Nutritional Laboratory</p> <p>1. Food technology and recent advances in food technology 2. Basics of a nutritional lab</p> <p>References: 57, 58</p>						
Date	Day	Time	Unit – 4 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
18/07/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe the Food technology and recent advances in food technology	CO1	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Demonstrate Preservation Methods, Processing and Packaging techniques of food items online	CO1	Practical Training 3.6	Dr. K. K. Jadhav (Professor)
		4-5 PM	Describe the basics of a nutritional lab	CO1	Lecture	Dr. A. A. Mane-Patil

						(Asso. Professor)
21/07/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the functioning of Nutritional Lab and its equipments	CO1	Practical Training 3.7	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate the functioning of Nutritional Lab and its equipments	CO1	Practical Training 3.7	Dr. A. A. Mane-Patil (Asso. Professor)
22/07/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Modular Assessment 1 - Preparation of Pathya Kalpana			25marks
		1- 2PM	Lunch Break			
		2-3 PM	Modular Assessment 2 - Diet planning			25marks

Module 4: Dynamics of disease transmission, disinfection & Health Education

Duration: Theory - 10 hr; Practical – 20 hrs; Experiential learning – 30 hrs

Module Learning Objectives

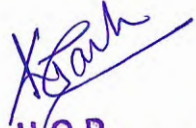
(At the end of the module, the students should be able to)

- 1 Describe dynamics of disease transmission
- 2 Identify, evaluate and apply disinfection practices
- 3 Apply Health Education methods in the community

Date	Day	Time	Unit – 1 References: 64, 65 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
23/07/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe the concept of disease transmission and Sankramaka Vvyadhi	CO1	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describe the concept of disease transmission and Sankramaka Vvyadhi	CO1	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Illustrate the various concepts of disease causation.	CO6	Lecture	Dr. K. K. Jadhav (Professor)
24/07/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate various personal protective measures for prevention of transmission of communicable diseases.	CO4	Practical Training 4.1	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate various personal protective measures for prevention of transmission of communicable diseases.	CO4	Practical Training 4.1	Dr. A. A. Mane-Patil (Asso. Professor)
25/07/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate various personal protective measures for prevention of transmission of communicable diseases.	CO4	Practical Training 4.1	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			

		2-5 PM	Adviceanddemonstratevariouspersonalprotectivemeasuresforpreventionof transmissionofcommunicablediseasesinaparticul locality	CO4, CO6	Experiential-Learning 4.1		
28/07/25	MON	10- 12PM	Departmental OPD & IPD				
		12-01PM	Adviceanddemonstratevariouspersonalprotectivemeasuresforpreventionof transmissionofcommunicablediseasesinaparticul locality	CO4, CO6	Experiential - Learning4.1		
		1- 2PM	Lunch Break				
		2-4 PM	Adviceanddemonstratevariouspersonalprotectivemeasuresforpreventionof transmissionofcommunicablediseasesinaparticul locality	CO4, CO6	Experiential - Learning4.1		
		4-5 PM	Demonstrate theresidualChlorineinpotablewater	CO4, CO6	Practical Training4.2	Dr. A. A. Mane-Patil (Asso. Professor)	
29/07/25	TUE	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate theresidualChlorineinpotablewater	CO4, CO6	Practical Training4.2	Dr. A. A. Mane-Patil (Asso. Professor)	
		1- 2PM	Lunch Break				
		2-5 PM	Demonstrate theresidualChlorineinpotablewater	CO4, CO6	Practical Training4.2	Dr. K. K. Jadhav (Professor)	
<p>Unit 2 Principles of Disinfection (Visankramana)and its Applied aspects</p> <p>1.Principlesofdisinfection(Visankramana),itstypesalongwithappliedaspectsofdisinfection 2.Methodsofdisinfection 3.Residualchlorineindifferentsamplesofpotablewater</p> <p>References:63,64,65,66,71,75</p>							
30/07/25	WED	10- 12PM	Departmental OPD & IPD				
		12-01PM	Discussetheprinciplesofdisinfection,itstypesalongwithAppliedaspectssofdisinfection	CO4	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)	

		1- 2PM	Lunch Break			
		2-3 PM	Discuss the principles of disinfection, its types along with Applied aspects of disinfection	CO4	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Demonstrate the disinfection procedure with various common disinfectants	CO4	Practical Training 4.3	Dr. K. K. Jadhav (Professor)
31/07/25	THIR	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the disinfection procedure with various common disinfectants	CO4	Practical Training 4.3	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Demonstrate the disinfection procedure with various common disinfectants	CO4	Practical Training 4.3	Dr. A. A. Mane-Patil (Asso. Professor)
		4-5 PM	Advise appropriate methods of disinfection and demonstrate them to hospital staff.	CO4	Experiential - Learning 4.2	Dr. A. A. Mane-Patil (Asso. Professor)


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Unitized Syllabus for the month of August 2025

Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
01/08/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Advise appropriate methods of disinfection and demonstrate them to hospital staff.	CO4	Experiential-Learning4.2	
		1- 2PM	Lunch Break			
		2-5 PM	Advise appropriate methods of disinfection and demonstrate them to hospital staff.	CO4	Experiential-Learning4.2	
02/08/25	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Advise appropriate methods of disinfection and demonstrate them to hospital staff.	CO4	Experiential-Learning4.2	
		1- 2PM	Lunch Break			
		2-5 PM	Estimate the residual Chlorine in different samples of potable water in the community	CO4, CO6	Experiential-Learning4.3	
04/08/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Estimate the residual Chlorine in different samples of potable water in the community	CO4, CO6	Experiential-Learning4.3	
		1- 2PM	Lunch Break			
		2-4 PM	Estimate the residual Chlorine in different samples of potable water in the community	CO4, CO6	Experiential-Learning4.3	

Unit 3 Health Education and Health behavioural Theories

1.Principlesofhealtheducation

2.Healthbehaviourtheories(HealthBeliefModel(HBM),TheoryofPlannedBehavior(TPB),SocialCognitiveTheory(SCT),TranstheoreticalModel(Stagesof Change) ,n frameworks

References:67,68,69,70

Date	Day	Time	Unit – 3 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
05/08/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	AnalysePrinciplesofHealthEducationandit'sroleincommunit yhealthmaintenance andpromotion	CO4	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	AnalysePrinciplesofHealthEducationandit'sroleincommunit yhealthmaintenance andpromotion	CO4	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	AnalyseHealthbehaviourtheories(HealthBeliefModel(HB M),Theoryof Planned Behavior(TPB),Social CognitiveTheory(SCT),TranstheoreticalModel (Stagesof Change),modelsandframeworks	CO4	Lecture	Dr. K. K. Jadhav (Professor)
06/08/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrateahealtheducationprogramforacase-basedscenario.	CO4	Practical Training4.4	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrateahealtheducationprogramforacase-basedscenario.	CO4	Practical Training4.4	Dr A. A. Mane Patil (Asso. Professor)
07/08/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrateahealtheducationprogramforacase-basedscenario.	CO4	Practical	Dr A. A. Mane Patil

					Training4.4	(Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	ConductandassessHealthEducationProgrammeintheCom munity.	CO8	Experiential- Learning4.4	Dr A. A. Mane Patil (Asso. Professor)
08/08/25	FRI	10- 11AM	Departmental OPD & IPD			
		11-01PM	ConductandassessHealthEducationProgrammeintheCom munity.	CO8	Experiential- Learning4.4	
		1- 2PM	Lunch Break			
		2-5 PM	ConductandassessHealthEducationProgrammeintheCom munity.	CO8	Experiential- Learning4.4	
11/08/2025	MON	10- 12PM	Departmental OPD & IPD			
		12-02PM	Modular Assessment 1 - Experiential- Learning4.1 Preventionof transmissionof communicablediseases inthecommunity.			25marks
		2- 3 PM	Lunch Break			
		3-5 PM	Modular Assessment 2 - Experiential- Learning4.4 Healtheducation programanditsimpact onthecommunity			25marks

Module 5: Janapadodhwamsa- epidemiological perspective

Module Learning Objectives

(At the end of the module, the students should be able to)

- 1 Describe the relevance of Janapadodhwamsa in today's era and measures of its prevention
- 2 Apply various principles of epidemiology in the prevention of Communicable diseases.
- 3 Apply various principles of epidemiology in the prevention of Non-Communicable diseases

Unit 1 Janapadodhwamsa and relevance in today's era

1. Janapadodhwamsa and measures of its prevention
2. Application of principles of Janapadodhwamsa in real cases/Scenarios

References: 71, 72, 73, 74, 75

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
12/08/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss Janapadodhwamsa and measures of its prevention	CO2, CO3, CO4	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Discuss Janapadodhwamsa and measures of its prevention	CO2, CO3, CO4	Lecture	Dr. K. K. Jadhav (Professor)
		4 – 5PM	Illustrate Janapadodhwamsa in various parts of the world in today's era through web-based activity.	CO2, CO4, CO5	Practical Training 5.1	Dr A. A. Mane Patil (Asso. Professor)
13/08/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Illustrate Janapadodhwamsa in various parts of the world in today's era through web-based activity.	CO2, CO4, CO5	Practical Training 5.1	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Illustrate Janapadodhwamsa in various parts of the world in today's era through web-based activity.	CO2, CO4, CO5	Practical Training 5.1	Dr A. A. Mane Patil (Asso. Professor)

		4 – 5PM	ApplytheprinciplesofmanagementofJanapadodhwamsabasedonrealcases/Scenarios(minimum05cases)	CO2,CO4,CO5	Experiential-Learning5.1		
14/08/25	THU	10- 12PM	Departmental OPD & IPD				
		12-01PM	ApplytheprinciplesofmanagementofJanapadodhwamsabasedonrealcases/Scenarios(minimum05cases)	CO2,CO4,CO5	Experiential-Learning5.1		
		1- 2PM	Lunch Break				
		2-5 PM	ApplytheprinciplesofmanagementofJanapadodhwamsabasedonrealcases/Scenarios(minimum05cases)	CO2,CO4,CO5	Experiential-Learning5.1		
16/08/25	SAT	10- 12PM	Departmental OPD & IPD				
		12-01PM	ApplytheprinciplesofmanagementofJanapadodhwamsabasedonrealcases/Scenarios(minimum05cases)	CO2,CO4,CO5	Experiential-Learning5.1		
		1- 2PM	Lunch Break				
		2-4 PM	ApplytheprinciplesofmanagementofJanapadodhwamsabasedonrealcases/Scenarios(minimum05cases)	CO2,CO4,CO5	Experiential-Learning5.1		
<p>Unit 2 Natural calamities and Disaster management</p> <p>1.Types,causes,andimpactsofvariousnaturalcalamities. 2.Publichealthprinciplesindisastermanagement. 3.Policiesandlegislationrelatedtodisastermanagement. 4.Strategiesfordisasterpreparednessandriskreduction.</p> <p>References:76,77,78,79,80,81</p>							
Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty	
18/08/25	MON	10- 12PM	Departmental OPD & IPD				
		12-01PM	Analysethetypes,causes,andimpactsofvariousnaturalcalamities.	CO3,CO4,CO7	Lecture	Dr. K. K. Jadhav (Professor)	
		1- 2PM	Lunch Break				
		2-4 PM	Describepublichealthprinciplesindisastermanagement.	CO4,CO7,CO8	Lecture	Dr A. A. Mane Patil (Asso. Professor)	

		4-5 PM	Explain policies and legislation related to disaster management.	CO3, CO6, CO7	Lecture	Dr A. A. Mane Patil (Asso. Professor)
19/08/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate strategies for disaster preparedness and risk reduction.	CO1, CO2, CO8	Practical Training 5.2	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate strategies for disaster preparedness and risk reduction.	CO1, CO2, CO8	Practical Training 5.2	Dr A. A. Mane Patil (Asso. Professor)
		3-5 PM	Demonstrate skills to analyze and evaluate disaster management strategies.	CO5, CO6, CO7	Practical Training 5.3	
20/08/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate disaster simulation exercises to practice emergency response.	CO2, CO5, CO7	Practical Training 5.4	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate disaster simulation exercises to practice emergency response.	CO2, CO5, CO7	Practical Training 5.4	Dr A. A. Mane Patil (Asso. Professor)
		3-5 PM	Demonstrate real-world disaster communication and Crisis Communication Evaluation	CO4, CO6, CO7	Practical Training 5.5	Dr. K. K. Jadhav (Professor)
21/08/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Implement effective response and recovery plans during and after disasters.	CO3, CO5, CO7	Experiential-Learning 5.2	
		1- 2PM	Lunch Break			
		2-3 PM	Implement effective response and recovery plans during and after disasters.	CO3, CO5, CO7	Experiential-Learning 5.2	
		3-5 PM	Conduct a mock drill simulating multiple emergencies to enhance critical thinking, teamwork, and communication skills in Hospital Setup	CO3, CO4, CO5	Experiential-Learning 5.3	

Unit 3 Scope of Ayurveda in community-based outbreaks

1. Marakavyadhi, its classification, symptoms and common examples
2. Various levels of prevention in Communicable diseases as per Ayurveda

References: 71,75,82,83,84,85

Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
22/08/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss the Application of various levels of prevention in Communicable diseases	CO3,CO4, CO5	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Discuss the Application of various levels of prevention in Communicable diseases	CO3,CO4, CO5	Lecture	Dr. K. K. Jadhav (Professor)
		3-4 PM	Describe the Maraka Vyadhi, its classification, symptoms and common examples	CO3,CO4, CO5	Lecture	Dr. K. K. Jadhav (Professor)
		4-5 PM	Demonstrate the protocol of the application of various levels of prevention in Communicable diseases	CO3,CO6, CO7	Practical Training 5.6	Dr A. A. Mane Patil (Asso. Professor)
23/08/25	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the protocol of the application of various levels of prevention in Communicable diseases	CO3,CO6, CO7	Practical Training 5.6	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate the protocol of the application of various levels of prevention in Communicable diseases	CO3,CO6, CO7	Practical Training 5.6	Dr A. A. Mane Patil (Asso. Professor)
25/08/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the protocol of the application of various levels of prevention in Communicable diseases	CO3,CO6, CO7	Practical Training 5.6	Dr A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Demonstrate the protocol of the application of various levels of prevention in Communicable diseases	CO3,CO6, CO7	Practical Training 5.6	Dr A. A. Mane Patil (Asso. Professor)
		4-5 PM	Analyse the various levels of prevention in Communicable diseases - session 1	CO3,CO5, CO6	Experiential- Learning 5.4	
26/08/25	TUE	10- 12PM	Departmental OPD & IPD			

		12-01PM	Analyse the various levels of prevention in Communicable diseases-session 1	CO3,CO5,CO6	Experiential-Learning 5.4	
		1- 2PM	Lunch Break			
		2-5 PM	Analyse the various levels of prevention in Communicable diseases-session 1	CO3,CO5,CO6	Experiential-Learning 5.4	
28/08/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse the various levels of prevention in Communicable diseases-session 1	CO3,CO5,CO6	Experiential-Learning 5.4	
		1- 2PM	Lunch Break			
		2-3 PM	Analyse the various levels of prevention in Communicable diseases-session 1	CO3,CO5,CO6	Experiential-Learning 5.4	
		3-5 PM	Analyse the various levels of prevention in Communicable diseases-session 2	CO4,CO5,CO6	Experiential-Learning 5.5	
29/08/25	FRI	10- 11AM	Departmental OPD & IPD			
		11-01PM	Analyse the various levels of prevention in Communicable diseases-session 2	CO4,CO5,CO6	Experiential-Learning 5.5	
		1- 2PM	Lunch Break			
		2-5 PM	Analyse the various levels of prevention in Communicable diseases-session 2	CO4,CO5,CO6	Experiential-Learning 5.5	
30/08/25	SAT	10- 12PM	Departmental OPD & IPD			
		12-02PM	Modular Assessment 1 - Experiential- Learning 5.2 - Response and recovery plans during and after disasters.			25marks
		2- 3 PM	Lunch Break			
		3-5 PM	Modular Assessment 2 - Experiential- Learning 5.4 - Various levels of prevention in Communicable diseases-session 1			25marks

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YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Pre MD/ MS Ayurveda
Semester II Course -Swasthavritta & Yoga
 (Academic Year 2024-25)

Unitized Syllabus for the month of October 2025

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
01/10/25	WED	08- 10AM	Departmental OPD & IPD			
		10-1PM	Demonstrate Standing, Sitting, Kneeling, Supine, Prone and Arm support postures by providing proper stretching and relaxation.	CO5	Practical Training 8.1	
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate Standing, Sitting, Kneeling, Supine, Prone and Arm support postures by providing proper stretching and relaxation.	CO5	Practical Training 8.1	
		3-5 PM	Conduct Yoga sessions including Standing, Sitting, Kneeling, Supine, Prone and Arm support postures to individuals/patients and explain how to practice them effortlessly.	CO5	Experiential - Learning 8.1	
03/10/25	FRI	08- 10AM	Departmental OPD & IPD			
		10-1PM	Conduct Yoga sessions including Standing, Sitting, Kneeling, Supine, Prone and Arm support postures to individuals/patients and explain how to practice them effortlessly.	CO5	Experiential - Learning 8.1	
		1- 2PM	Lunch Break			

		2-5 PM	ConductYogasessionsincludingStanding,Sitting,Kneeling,Supine,ProneandArmsupportposturestoindividuals/patientsandexplainhowtopracticethemeffortlessly.	CO5	Experiential - Learning8.1	
04/10/25	SAT	08- 10AM	Departmental OPD & IPD			
		10-11AM	Illustratetheimportanceofspine,DynamicsofbreathingandPhysiologicalaffectsofPranayama.	CO5	Lecture	Dr. K. K. Jadhav (Professor)
		11-1 PM	PerformNadishuddhiPranayamamaintainingproperratioofinhalation,retentionand exhalation.	CO5	Practical Training8.2	Dr. A . A. Mane Patil (Assp. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	ConductNadishuddhiPranayamasessionsforindividuals/patientsandexplainhowto practiceitproperly.	CO5	Experiential - Learning8.2	
06/10/25	MON	08- 10AM	Departmental OPD & IPD			
		10-11AM	ConductNadishuddhiPranayamasessionsforindividuals/patientsandexplainhowto practiceitproperly.	CO5	Experiential - Learning8.2	
		Unit 2 Bio Mechanics of Yoga 1.BioMechanicsofYoga 2.Anatomicaldirectionsandplanes,Movementindifferentplanes,stretchingandtypesofYogaPostures. References: 1 14				
		11-1 PM	Analysethetypesofjoints, jointmovements, Typesofmuscles, GroupActionofMuscles, CombinedactionofBones, Joints, Muscles, Ligaments, TendonsandNerves, Anatomicaldirectionsandplanes, Movementindifferentplanes, stretchingandtypesof YogaPostures.	CO5	Lecture	Dr. A . A. Mane Patil (Asso.Professor)
		1- 2PM	Lunch Break			
		3-5 PM	PerformatleastoneStanding,Sitting,Kneeling,Supine,Proneand	CO5	Practical	Dr. A . A. Mane Patil

			ArmsupportposturetoshowGroupActionofMuscles,CombinedactionofBones,Joints,Muscles, Ligaments,TendonsandNerves.		Training8.3	(Asso.Professor)
07/10/2025	THE	08- 10AM	Departmental OPD & IPD			
		10-11AM	PerformatleastoneStanding,Sitting,Kneeling,Supine,ProneandArmsupportposturetoshowGroupActionofMuscles,CombinedactionofBones,Joints,Muscles, Ligaments,TendonsandNerves.	CO5	Practical Training8.3	Dr. K. K. Jadhav (Professor)
		11-1 PM	ConductYogasessiontoindividuals/patientsthatincludeStanding,Sitting,Kneeling,Supine,ProneandArmsupportposturesensuringGroupActionof Muscles,Combined actionofBones,Joints,Muscles,Ligaments,Tendonsand Nerves..	CO5	Experiential - Learning8.3	
		1- 2PM	Lunch Break			
		2 - 4 PM	ConductYogasessiontoindividuals/patientsthatincludeStanding,Sitting,Kneeling,Supine,ProneandArmsupportposturesensuringGroupActionof Muscles,Combined actionofBones,Joints,Muscles,Ligaments,Tendonsand Nerves..	CO5	Experiential-Learning8.3	
		4 -5PM	AnalysetheMuscularpositionsinYogaPostures,Biomechanicsof Muscles,VertebralColumn,CervicalColumn,ThoracicSpine&RibCage,LumbarSpine,Sacrum,HipJoint,KneeJointandLegs,AnkleandFoot,Shoulderjoint,ElbowJointandForearmand WristandHandwithAsanaexamples.	CO5	Lecture	Dr. K. K. Jadhav (Professor)
08/10/2025	WED	08- 10AM	Departmental OPD & IPD			
		10-11AM	AnalysetheMuscularpositionsinYogaPostures,BiomechanicsofMuscles,VertebralColumn,CervicalColumn,ThoracicSpine&RibCage,LumbarSpine,Sacrum,HipJoint,KneeJointandLegs,AnkleandFoot,Shoulderjoint,ElbowJointandForearmand WristandHandwithAsanaexamples.	CO5	Lecture	Dr. K. K. Jadhav (Professor)
		11-1PM	Demonstratebiomechanicallyeffortlesspracticeofasana that involveVertebralColumn,CervicalColumn,ThoracicSpine&RibCage,LumbarSpine,Sacrum,HipJoint,Knee JointandLegs,AnkleandFoot,shoulderjoint,ElbowJointandForearmand Wristand Hand.	CO5	Practical Training8.4	Dr. A. A. Mane Patil (Asso.Professor)

		1- 2PM	Lunch Break			
		2-4 PM	Demonstrate biomechanically effortless practice of asana that involve Vertebral Column, Cervical Column, Thoracic Spine & Rib Cage, Lumbar Spine, Sacrum, Hip Joint, Knee Joint and Legs, Ankle and Foot, shoulder joint, Elbow Joint and Forearm and Wrist and Hand.	CO5	Practical Training 8.4	Dr. K. K. Jadhav (Professor)
		4-5 PM	Conduct Yoga session to individuals/patients that include biomechanically effortless asana that involve Vertebral Column, Cervical Column, Thoracic Spine & Rib Cage, Lumbar Spine, Sacrum, Hip Joint, Knee Joint and Legs, Ankle and Foot, shoulder joint, Elbow Joint and Forearm and Wrist and Hand.	CO5	Experiential-Learning 8.4	
09/10/2025	THU	08- 10AM	Departmental OPD & IPD			
		10-1PM	Conduct Yoga session to individuals/patients that include biomechanically effortless asana that involve Vertebral Column, Cervical Column, Thoracic Spine & Rib Cage, Lumbar Spine, Sacrum, Hip Joint, Knee Joint and Legs, Ankle and Foot, shoulder joint, Elbow Joint and Forearm and Wrist and Hand.	CO5	Experiential-Learning 8.4	
		1- 2PM	Lunch Break			
		<p>Unit 3 Yoga and Human Psychology</p> <p>1. Basics of human psychology, Types of human behavior, Psychological tests</p> <p>2. Effect of Yoga on human psychology</p> <p>3. Yoga and self-regulation.</p> <p>References: 115, 116, 117</p>				
		2-3 PM	Evaluate the Basics of human psychology, Types of human behaviour, Psychological tests, Effect of Yoga on human psychology, Yoga and self-regulation.	CO5	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Demonstrate the assessment of human behaviour through offline or online methods.	CO5	Practical Training 8.5	Dr. K. K. Jadhav (Professor)
10/10/2025	FRI	08- 10AM	Departmental OPD & IPD			

		10-1PM	Assessbehaviourofindividuals/studentsthroughofflineoronlinemethodsbyusing standardizesquestionnaire	CO5	Experiential - Learning8.5	
		1- 2PM	Lunch Break			
		2-3 PM	Assessbehaviourofindividuals/studentsthroughofflineoronlinemethodsbyusing standardizesquestionnaire	CO5	Experiential - Learning8.5	
		Unit 4 Evidence based Yoga – Research findings				
		1.EvidencebasedYoga–Researchfindings				
		References:118				
		3-4 PM	AnalysethearticlesonYogapracticespublishedinpeerreviewed/indexedjournals	CO5	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		4-5 PM	AnalyseandpresentarticlesonYogapracticesfrompeerreviewed/indexedjournals	CO5	Experiential- Learning8.6	
11/10/2025	SAT	08- 10AM	Departmental OPD & IPD			
		10-11AM	AnalyseandpresentarticlesonYogapracticesfrompeerreviewed/indexedjournals	CO5	Experiential- Learning8.6	
		11-1PM	Modular Assessment 1 – Assess the behaviour of at least one persons allotted to him either through offline method by using validated questionnaire .			25marks
		1- 2PM	Lunch Break			
		2-4 PM	Modular Assessment 2 – Select an article on Yoga practices from peer reviewed / indexed journals and explains the merits & demerits of the particular yoga practice and its therapeutic utility.			25marks


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Pre MD/ MS Ayurveda
Semester II Course -Swasthavritta & Yoga
 (Academic Year 2024-25)

Unitized Syllabus for the month of May 2025

Module1:Health&LifestylePart-1

Duration: Theory - 10 hr; Practical – 20 hrs; Experiential learning – 30 hrs

Module Learning Objectives

(At the end of the module, the students should be able to)

- 1.DescribetheSwastha,Swasthyaanddefinitionanddimensionsofhealth
- 2.Assessandanalyzethehealthstatusoftheindividuals
- 3.Adviselifestylemodification

Unit 1 Swastha&Swasthya

- 1.Swastha,Swasthya&health
- 2.Dimensionsofhealth
- 3.Parametersofhealth


References:1,2,3,4,5,6,71,75

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
15/05/25	THU	10- 12 PM	Departmental OPD & IPD			
		12- 1 PM	Discuss the definition of Swastha & Swasthya, health and dimension of health.	CO1, CO3	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1-2PM	Lunch Break			
		2- 3 PM	Discuss the definition of Swastha & Swasthya, health and dimension of health.	CO1, CO3	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)

		3- 5 PM	Evaluatehealthofindividualsusingadesignedproforma.	CO1,CO3	Practical Training1.1	Dr. A. A. Mane-Patil (Asso.Professor)
16/05/25	FRI	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Evaluatehealthofindividualsusingadesignedproforma.	CO1,CO3	Practical Training1.1	Dr. A. A. Mane-Patil (Asso.Professor)
		1- 2 PM	Lunch Break			
		2 -3 PM	Evaluatehealthofindividualsusingadesignedproforma.	CO1,CO3	Practical Training1.1	Dr. A. A. Mane-Patil (Asso.Professor)
		3 - 5	Conducthealthstatusassessmentofindividualsinthecommunity.	CO1,CO3	Experiential-Learning1.1	
19/05/25	MON	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Conducthealthstatusassessmentofindividualsinthecommunity.	CO1,CO3	Experiential-Learning1.1	
		1- 2 PM	Lunch Break			
		2 -3 PM	Conducthealthstatusassessmentofindividualsinthecommunity.	CO1,CO3	Experiential-Learning1.1	
<p>Unit 2 Lifestyle</p> <p>1.Differentdimensionsoflifestyle 2.Lifestyleandidentificationoffactorsthatneedcorrection/modification 3.Lifestylemodificationsasperindividualizedrequirement 4.Lifestyleprescription,counselingandmonitoring</p> <p>References:7,8,9,10,11,12,13,14,15,16,17,18,19,20,21</p>						
Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
20/05/25	TUE	10 - 12PM	Departmental OPD & IPD			
		12-1 PM	Definelifestylemedicineandexplainscoreprinciples.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2 PM	Lunch Break			
		2-5PM	Demonstrateddifferenttypesofphysicalactivities.	CO1,CO3	Practical Training1.2	Dr. K. K. Jadhav (Professor)
21/05/25	WED	10 - 12PM	Departmental OPD & IPD			

		12-01PM	Demonstratedifferenttypesofphysicalactivities.	CO1,CO3	Practical Training1.2	Dr. K. K. Jadhav (Professor)
		1-2pm	Lunch Break			
		2-3PM	Describetheimportanceofphysicalactivityinlifestyle.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Prescribephysicalactivitiestailoredtotheindividual'sneed.	CO1,CO3	Experiential-Learning1.2	
22/05/25	THU	10 - 12PM	Departmental OPD & IPD			
		12-1PM	Prescribephysicalactivitiestailoredtotheindividual'sneed.	CO1,CO3	Experiential-Learning1.2	
		1-2PM	Lunch Break			
		2-3 PM	Prescribephysicalactivitiestailoredtotheindividual'sneed.	CO1,CO3	Experiential-Learning1.2	
		3- 4PM	Illustratethecausesandeffectsofstressanditsmanagementstrategies.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		4-5PM	Demonstratestressmanagementtechniques.	CO1,CO3	Practical Training1.3	Dr. K. K. Jadhav (Professor)
23/05/25	FRI	10 - 12PM	Departmental OPD & IPD			
		12- 1PM	Demonstratestressmanagementtechniques.	CO1,CO3	Practical Training1.3	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5PM	Applystressmanagementtechniques.	CO1,CO3	Experiential-Learning1.3	
26/05/25	MON	10 - 12PM	Departmental OPD & IPD			
		12 - 1PM	Applystressmanagementtechniques.	CO1,CO3	Experiential-Learning1.3	
		1- 2PM	Lunch Break			
		2-3 PM	Elaboratetheimportanceofrelationshipsandsocialconnectionsinahealthylifestyle.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		3-5PM	Demonstratestrategiestocultivatepositiverelationshipsandsocialconnections	CO1,CO3	Practical Training1.4	Dr. K. K. Jadhav (Professor)
27/05/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-1 PM	Implementstrategiesforstressmanagement.	CO1,CO3	Experiential-Learning1.4	
		1- 2PM	Lunch Break			

		2-5	Implement strategies for stress management.	CO1,CO3	Experiential-Learning 1.4	
28/05/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe the neurobiology of sleep.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describe the neurobiology of sleep.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Analyze the neurobiological processes involved in sleep.	CO1,CO3	Practical Training 1.5	Dr. K. K. Jadhav (Professor)
29/05/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyze the neurobiological processes involved in sleep.	CO1,CO3	Practical Training 1.5	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Analyze the neurobiological processes involved in sleep.	CO1,CO3	Practical Training 1.5	Dr. K. K. Jadhav (Professor)
		3-5PM	Apply the understanding of sleep neurobiology in clinical or research settings.	CO1,CO3	Experiential-Learning 1.5	
30/05/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Apply the understanding of sleep neurobiology in clinical or research settings.	CO1,CO3	Experiential-Learning 1.5	
		1- 2PM	Lunch Break			
		2-3 PM	Apply the understanding of sleep neurobiology in clinical or research settings.	CO1,CO3	Experiential-Learning 1.5	
		3-5PM	Appraise the application of Ayurvedic concept of lifestyle.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)


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Pre MD/ MS Ayurveda
Semester II Course -Swasthavritta & Yoga
 (Academic Year 2024-25)

Unitized Syllabus for the month of June 2025

Date	Day	Time	Unit – 2 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
02/06/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assessandadvisehealthylifestyletoindividuals.	CO1,CO3	Practical Training1.6	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Assessandadvisehealthylifestyletoindividuals.	CO1,CO3	Practical Training1.6	Dr. K. K. Jadhav (Professor)
03/06/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyzetheroleoflifestyleinhealthanddiseaseinrealcasestudies	CO1,CO3	Experiential- Learning1.6	
		1- 2PM	Lunch Break			
		2-5 PM	Analyzetheroleoflifestyleinhealthanddiseaseinrealcasestudies	CO1,CO3	Experiential- Learning1.6	
04/06/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyzetheroleoflifestyleinhealthanddiseaseinrealcasestudies	CO1,CO3	Experiential- Learning1.6	
		1- 2PM	Lunch Break			
		2-3 PM	Analyzetheroleoflifestyleinhealthanddiseaseinrealcasestudies	CO1,CO3	Experiential- Learning1.6	

05/06/25	THU	10- 12PM	Departmental OPD & IPD	
		12-2PM	Modular Assessment 1 - Structured Modular Assessment	25 Marks
		2-3 PM	Lunch Break	
		4-5 PM	Modular Assessment 2 - Lifestylemodificationcase	25 Marks

Module2:Health&LifestylePart-2

Duration: Theory - 10 hr; Practical – 20 hrs; Experiential learning – 30 hrs

Module Learning Objectives

(At the end of the module, the students should be able to)

- 1 Advise lifestyle modification based on Ritucharya
- 2 Prescribe lifestyle modification as per Swastha Panchakarma
- 3 Prescribe lifestyle modification as per Rejuvenative therapies
- 4 Plan of lifestyle modification by using Urjaskara Rasayana

Unit 1 Ritucharya

1. Characteristics of Ritu
2. Physiological changes in different Ritus
3. Lifestyle modification as per Ritu

References: 22,23,24,25

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experientia l Learning	Teaching faculty
06/06/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse Ritucharya and its application in present day lifestyle	CO1,CO3	Lecture	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Analyse Ritucharya and its application in present day lifestyle	CO1,CO3	Lecture	Dr. K. K. Jadhav
		3-5 PM	Demonstrate the method to identify the Ritu and advise Ritucharya accordingly	CO1,CO3	Practical Training 2.1	Dr. A. A. Mane-Patil (Asso. Professor)
09/06/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse and identify the current Ritu	CO1,CO3	Experiential- Learning 2.1	
		1- 2PM	Lunch Break			
		2-4 PM	Analyse and identify the current Ritu	CO1,CO3	Experiential- Learning 2.1	
10/06/25	TUE	10- 12PM	Departmental OPD & IPD			

13/06/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the procedures of Vamana, Virechana, Basti and Nasya.	CO1,CO3	Practical Training 2.3	Panchakarma Dept.
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate the procedures of Vamana, Virechana, Basti and Nasya.	CO1,CO3	Practical Training 2.3	Panchakarma Dept.
16/06/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the procedures of Vamana, Virechana, Basti and Nasya.	CO1,CO3	Practical Training 2.3	Panchakarma Dept.
		1- 2PM	Lunch Break			
		2-5 PM	Appraise the procedures of Panchakarma.	CO1,CO3	Experiential-Learning 2.3	
17/06/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Appraise the procedures of Panchakarma.	CO1,CO3	Experiential-Learning 2.3	
		1- 2PM	Lunch Break			
		2-3 PM	Appraise the procedures of Panchakarma.	CO1,CO3	Experiential-Learning 2.3	
		3-5 PM	Collaborate the application of procedures for rejuvenation in Swasthasuchas, Abhyanga, Udvartana, Bashpa Sweda, Shirodhara, Shastika ShalipiPinda Sweda, Varnakara Mukhalepa and Sarvangaseka.	CO1,CO3	Lecture	Dr. K. K. Jadhav (Professor)
18/06/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the procedures for rejuvenation.	CO1,CO3	Practical Training 2.4	Dr. A. A. Mane-Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate the procedures for rejuvenation.	CO1,CO3	Practical Training 2.4	Dr. A. A. Mane-Patil (Asso. Professor)
19/06/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the procedures for rejuvenation.	CO1,CO3	Practical Training 2.4	Dr. K. K. Jadhav (Professor)

		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate the procedures for rejuvenation.	CO1,CO3	Practical Training 2.4	Dr. K. K. Jadhav (Professor)
		3-5 PM	Appraise and perform the rejuvenative procedures.	CO1,CO3	Experiential-Learning 2.4	
20/06/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Appraise and perform the rejuvenative procedures.	CO1,CO3	Experiential-Learning 2.4	
		1- 2PM	Lunch Break			
		2- 4 PM	Appraise and perform the rejuvenative procedures.	CO1,CO3	Experiential-Learning 2.4	
		4-5 PM	Appraise and advise Panchakarma procedures to Swastha.	CO1,CO3	Experiential-Learning 2.5	
23/06/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Appraise and advise Panchakarma procedures to Swastha.	CO1,CO3	Experiential-Learning 2.5	
		1- 2PM	Lunch Break			
		2-4 PM	Appraise and advise Panchakarma procedures to Swastha.	CO1,CO3	Experiential-Learning 2.5	
		4-5 PM	Appraise and advise rejuvenative procedures for Swastha	CO1,CO3	Experiential-Learning 2.6	
24/06/2025	Tue	10- 12PM	Departmental OPD & IPD			
		12-01PM	Appraise and advise rejuvenative procedures for Swastha	CO1,CO3	Experiential-Learning 2.6	
		1- 2PM	Lunch Break			
		2-4 PM	Appraise and advise rejuvenative procedures for Swastha	CO1,CO3	Experiential-Learning 2.6	
Unit 3 Urjaskara Rasayana 1.Urjaskara Rasayana in lifestyle 2.Nutraceutical & immunomodulatory action of Rasayana. References: 30,31,32,33						

Date	Day	Time	Unit – 3 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
25/06/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss the application of Urjaskara Rasayana – Kamyarasyana, Ajasrika Rasayana, Vayasthapana & Medhyarasyana	CO1, CO3	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Discuss the application of Urjaskara Rasayana – Kamyarasyana, Ajasrika Rasayana, Vayasthapana & Medhyarasyana	CO1, CO3	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Demonstrate the dose and usage of Urjaskara rasayana – Kamyarasyana, Ajasrika rasayana, Vayasthapana and Medhyarasyana.	CO1, CO3	Practical Training 2.5	Dr. A. A. Mane-Patil (Asso. Professor)
26/06/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Advise rasayanain Outpatient (OP) setting or in community for individual.	CO1, CO3	Experiential- Learning 2.7	
		1- 2PM	Lunch Break			
		2-3 PM	Advise rasayanain Outpatient (OP) setting or in community for individual.	CO1, CO3	Experiential- Learning 2.7	
27/06/2025	FRI	10- 12PM	Departmental OPD & IPD			
		12-02PM	Modular Assessment 1 - Case scenarios regarding advise on lifestyle modification			25 Marks
		2-3PM	Lunch Break			
		3-4 PM	Modular Assessment 2 - Real case studies on lifestyle modification panchakarma or rejuvenation therapies			25 Marks

Module 3: Principles of Dietetics

Duration: Theory - 10 hr; Practical – 20 hrs; Experiential learning – 30 hrs

Module Learning Objectives

(At the end of the module, the students should be able to)

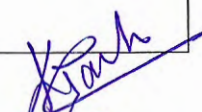
- 1 Describe the principles of dietetics
- 2 Identify factors affecting energy requirements, BMR, SDA, RDA and develop a personal diet plan
- 3 Conduct nutritional analysis of Pathyakalpanas
- 4 Describe the basics of food technology and nutritional laboratory

Unit 1 Principles of Dietetics -I

1. Aharavidhividhana, Aharasevanakala and concept of balanced diet
2. Different food items according to Prakriti, Karana, Samyoga, Rashi, Desha and Kalain the present era.

References: 34,35,36,37

Date	Day	Time	Unit – 1 Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
30/06/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse Aharavidhividhana, Aharasevanakala and Concept of balanced diet.	CO1	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Demonstrate the classification of Aharadravyas based on their Rasa, Guna, Virya and Vipaka	CO1, CO3	Practical Training 3.1	Dr. A. A. Mane-Patil (Asso. Professor)
		4-5 PM	Assess the properties (Guna & karmas) of Aharadravyas in the different Ahara Vargas mentioned in classics and critically compare with their nutritional value	CO1, CO3	Experiential- Learning 3.1	


H.O.D.

Department of Swasthavritta (PSM)
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Maharashtra - 416114

**Yashwant Ayurvedic College,
Post Graduate Training & Research Center, Kodoli.**

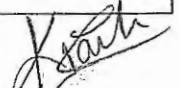
Tal. Panhala, Dist. Kolhapur.

M.D. Ayurved Course Final Year M.D. (Swasthavritta & Yoga) Time Table

Admitted in 2023-2024

Date: 03/09/2025

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00 to 01.00	Swastyarakshan OPD & IPD Pathyapathya					
01.00 to 02.00	Lunch Break					
2.00 to 03.00	Preparation of UG Lecture	Final Year Syllabus Lecture Dr.A. A. Mane Patil (Asso. Professor)	Practical Dr.A. A. Mane-Patil (Asso. Professor)	Practical Dr. A. A. Mane-Patil (Asso. Professor)	Group Discussion	Departmental seminar
03.00 to 04.00	Final Year Syllabus Lecture Dr.K. K. Jadhav (Professor)	Group Discussion	Final Year Syllabus Lecture Dr. K.K.Jadhav (Professor)	Final Year Syllabus Lecture Dr.A. A. Mane-Patil (Asso. Professor)	Final Year Syllabus Lecture Dr.M.M.Godbole (Professor)	Discussion With Guide


H.O.D.

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Maharashtra - 416114

YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Final MD/ MS Ayurveda
Semester III Course -Swasthavritta & Yoga
 (Academic Year 2025-26)

Unitized Syllabus for the month of April 2026

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
01/04/2026	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assess personality development /behavior adequate of students/staff aligned with Sadvritta and Achara rasayana	CO2	Practical Training 6.6	
		1- 2PM	Lunch Break			
		2-5 PM	Assess personality development /behavior adequate of students/staff aligned with Sadvritta and Achara rasayana	CO2	Practical Training 6.6	
02/04/2026	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Differentiate and Understand the Emotions, attitude, learning, habits, personality and intelligence	1,CO2	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Analyse Social psychology and present-day predominant influences on thoughts, feelings, and behaviours	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		3-5PM	Identify behavioural patterns in society and their counselling	CO2	Experiential-Learning 6.8	
04/04/2026	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Identify behavioural patterns in society and their counselling	CO2	Experiential-Learning 6.8	
		1- 2PM	Lunch Break			
		2-3 PM	Identify behavioural patterns in society and their counselling	CO2	Experiential-Learning 6.8	

		M 6 Unit 5 Applied aspects Prajnaparadha Concept of Prajnaparadha Applied aspects Prajnaparadha			
		References: 76,77			
		3-4PM	Analyse the causes, effects, examples and solution of Prajnaparadha in the present time	CO3	Lecture Dr. A. A. Mane Patil (Asso. Professor)
		4-5PM	Analyse the prevailing Pragyaparadha in young students (Mobile-addiction, smoking etc) and their effect on ealth	CO3	Practical Training 6.7
06/04/2026	MON	10- 12PM	Departmental OPD & IPD		
		12-01PM	Analyse the prevailing Pragyaparadha in young students (Mobile-addiction, smoking etc) and their effect on ealth	CO3	Practical Training 6.7
		1- 2PM	Lunch Break		
		2-5 PM	Counsel the community (Young students) about Pragyaparadha (mobile addiction, smoking etc) and their effects on health	CO3	Experiential- Learning 6.9
07/04/2026	TUE	10- 12PM	Departmental OPD & IPD		
		12-01PM	Modular Assessment 1 - Advising Precautions to avoid Vegodirana and Vegadharanjanya diseases		25 Marks
		1- 2PM	Lunch Break		
		2-5 PM	Modular Assessment 2 - Conducting Survey for identification of Adharaniyavega in the community / patients		25 Marks

Module 7 : Lifestyle module for various life conditions**Module Learning Objectives****(At the end of the module, the students should be able to)**

1. Prepare customize lifestyle modules for different health situations.
2. Develop and Prescribe Lifestyle modules for Lifestyle diseases.

M 7 Unit 1 Lifestyle modules for different individuals I. Customized Lifestyle modules for different individuals

References: 82

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
08/04/2026	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Lifestyle according to Prakriti, Age, Occupation, Pregnancy & Lactating mother.	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Describe Lifestyle according to Prakriti, Age, Occupation, Pregnancy & Lactating mother.	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
09/04/2026	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Lifestyle according to Prakriti, Age, Occupation, Pregnancy & Lactating mother.	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Synthesise lifestyle modules according to Prakriti, Age, and Occupation. pregnancy and lactation.	CO2,CO8	Practical Training 7.1	
10/04/2026	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Synthesise lifestyle modules according to Prakriti, Age, and Occupation. pregnancy and lactation.	CO2,CO8	Practical Training 7.1	
		1- 2PM	Lunch Break			
		2-5 PM	Synthesise lifestyle modules according to Prakriti, Age, and Occupation. pregnancy and lactation.	CO2,CO8	Practical Training 7.1	

11/04/2026	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Synthesise lifestyle modules according to Prakriti, Age, and Occupation. pregnancy and lactation.	CO2,CO8	Practical Training 7.1	
		1- 2PM	Lunch Break			
		2-4 PM	Synthesise lifestyle modules according to Prakriti, Age, and Occupation. pregnancy and lactation.	CO2,CO8	Practical Training 7.1	
		4-5 PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
13/04/2026	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
15/04/2026	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
16/04/2026	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle modules according to Prakriti, Age , Occupation, Pregnancy,and Lactation	CO2,CO8	Experiential-Learning 7.1	
		1- 2PM	Lunch Break			
		M 7 Unit 2 Modules for lifestyle disorders 1. Customized modules for Lifestyle disorders				
		References: 83,84				
		2-5 PM	Discuss Lifestyle for Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer Patients, Constipation, Stress, anxiety and Depression, Alcohol and drug abuse, Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility.	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
17/04/2026	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss Lifestyle for Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer Patients,	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)

			Constipation, Stress, anxiety and Depression, Alcohol and drug abuse, Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility.			
		1- 2PM	Lunch Break			
		2-5 PM	Discuss Lifestyle for Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer Patients, Constipation, Stress, anxiety and Depression, Alcohol and drug abuse, Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility.	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
18/04/2026	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss Lifestyle for Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer Patients, Constipation, Stress, anxiety and Depression, Alcohol and drug abuse, Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility.	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-4 PM	Discuss Lifestyle for Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer Patients, Constipation, Stress, anxiety and Depression, Alcohol and drug abuse, Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility.	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		4-5PM	Design Lifestyle Modules for different noncommunicable disease like Diabetes Mellitus, HTN and Heart Diseases, Metabolic Syndrome, Cancer etc	CO2,CO8	Practical Training 7.2	
20/04/2026	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design Lifestyle Modules for different noncommunicable disease like Diabetes Mellitus, HTN and Heart Diseases, Metabolic Syndrome, Cancer etc	CO2,CO8	Practical Training 7.2	
		1- 2PM	Lunch Break			
		2-5 PM	Design Lifestyle Modules for different noncommunicable disease like Diabetes Mellitus, HTN and Heart Diseases, Metabolic Syndrome, Cancer etc	CO2,CO8	Practical Training 7.2	
21/04/2026	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design Lifestyle Modules for different noncommunicable disease like Diabetes Mellitus, HTN and Heart Diseases, Metabolic Syndrome, Cancer etc	CO2,CO8	Practical Training 7.2	
		1- 2PM	Lunch Break			

		2-5 PM	Design Lifestyle Modules for different noncommunicable disease like Diabetes Mellitus, HTN and Heart Diseases, Metabolic Syndrome, Cancer etc	CO2,CO8	Practical Training 7.2	
22/04/2026	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
		1- 2PM	Lunch Break			
		2-5 PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
23/04/2026	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
		1- 2PM	Lunch Break			
		2-5 PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
24/04/2026	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
		1- 2PM	Lunch Break			
		2-3 PM	Design Lifestyle Modules for Constipation, Stress, Anxiety and Depression, Pregnancy and lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc	CO2,CO8	Practical Training 7.3	
		3-5PM	Prescribe Lifestyle Modules to the patients of non communicable diseases like Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer etc	CO2,CO8	Experiential-Learning 7.2	

25/04/2026	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle Modules to the patients of non communicable diseases like Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer etc	CO2,CO8	Experiential-Learning 7.2	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle Modules to the patients of non communicable diseases like Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer etc	CO2,CO8	Experiential-Learning 7.2	
27/04/2026	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle Modules to the patients of non communicable diseases like Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer etc	CO2,CO8	Experiential-Learning 7.2	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle Modules to the patients of non communicable diseases like Diabetes Mellitus, HTN and Heart Diseases Metabolic Syndrome, Cancer etc	CO2,CO8	Experiential-Learning 7.2	
28/04/2026	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle Modules to the patients of Stress, Anxiety , Depression , Constipation, Arthritis etc	CO2,CO8	Experiential-Learning 7.3	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle Modules to the patients of Stress, Anxiety , Depression , Constipation, Arthritis etc	CO2,CO8	Experiential-Learning 7.3	
29/04/2026	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle Modules to the patients of Stress, Anxiety , Depression , Constipation, Arthritis etc	CO2,CO8	Experiential-Learning 7.3	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle Modules to the patients of Stress, Anxiety , Depression , Constipation, Arthritis etc	CO2,CO8	Experiential-Learning 7.3	
30/04/2026	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prescribe Lifestyle Modules to the patients of Stress, Anxiety , Depression , Constipation, Arthritis etc	CO2,CO8	Experiential-Learning 7.3	
		1- 2PM	Lunch Break			
		2-5 PM	Prescribe Lifestyle Modules for conditions/diseases like Pregnancy & Lactating mother,Thyroid dysfunction, Menstrual irregularities, PCOD and Infertility etc.	CO2,CO8	Experiential-Learning 7.4	

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Final MD/ MS Ayurveda
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 (Academic Year 2025-26)

Unitized Syllabus for the month of March 2026

M 5 Unit 3 Unit 3: Meteorology with reference to Rituviparyaya

1. Describe Rituviparyaya, analyse it as per the environment
2. Basic concept of Meteorology

References: 73

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
02/03/26	MON	10 - 12PM	Departmental OPD & IPD			
		12 - 1PM	Discuss the concept of the Rituviparyaya in the present-day scenario	CO2,CO6	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Discuss the concept of the Rituviparyaya in the present-day scenario	CO2,CO6	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		3-5PM	Interpret the operations of the Meteorology department and analyze the altered or disrupted trends in meteorological statistics.	CO2,CO6	Experiential-Learning 5.3	
04/03/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Interpret the operations of the Meteorology department and analyze the altered or disrupted trends in meteorological statistics.	CO2,CO6	Experiential-Learning 5.3	
		1- 2PM	Lunch Break			
		2-3 PM	Interpret the operations of the Meteorology department and analyze the altered or disrupted trends in meteorological statistics.	CO2,CO6	Experiential-Learning 5.3	

		M 5 Unit 4 Ritu wise prevalence of disease and Ritu shodhan in Swastha					
		1.Ritu-wise prevalence of disease 2.Ritu Shodhan in Swastha 3.Survey of hospital records					
		References: 74,75					
		3-5PM	Describe Common health problems/diseases in various seasons.	CO2,CO6	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	
05/03/26	THU	10- 12PM	Departmental OPD & IPD				
		12-01PM	Evaluate the Prakopa Lakshanas in apparently healthy individuals during the current season.	CO2,CO6	Experiential-Learning 5.4		
		1- 2PM	Lunch Break				
		2-3 PM	Evaluate the Prakopa Lakshanas in apparently healthy individuals during the current season.	CO2,CO6	Experiential-Learning 5.4		
06/03/26	FRI	10- 12PM	Departmental OPD & IPD				
		12-01PM	Conduct a survey of hospital records to assess the prevalence of various diseases and their relationship with seasonal changes.	CO2,CO6	Experiential-Learning 5.5		
		1- 2PM	Lunch Break				
		2-5 PM	Conduct a survey of hospital records to assess the prevalence of various diseases and their relationship with seasonal changes.	CO2,CO6	Experiential-Learning 5.5		
07/03/26	SAT	10- 12PM	Departmental OPD & IPD				
		12-01PM	Apply Ritu Shodhana for oneself as well as healthy volunteers	CO2,CO6	Experiential-Learning 5.6		
		1- 2PM	Lunch Break				
		2-5 PM	Apply Ritu Shodhana for oneself as well as healthy volunteers	CO2,CO6	Experiential-Learning 5.6		
09/03/26	MON	10- 12PM	Departmental OPD & IPD				
		12-01PM	Modular Assessment 1 - Assessment of Prakopa Lakshana in Ritu				25 Marks
		1- 2PM	Lunch Break				
		2-4 PM	Modular Assessment 2 - Conducting a survey on the prevalence of various diseases across different				25 Marks

Module 6 : Applied aspect of Vegadharana - Vegoudirana and Behavioral practices of Individual / Community

Module Learning Objectives

(At the end of the module, the students should be able to)

1. Integrate the Vegadharana & Vegodirana concept in clinical practice
2. Conduct Public awareness program on Dharaniyavega and mental health
3. Describe the applied aspects of Sadvritta and construct ethics for medical student
4. Analyze behavioral patterns in the student community.
5. Perform mental health assessment of individuals with various tools
6. Identify the prevailing Prajnaparadha in young students and its effect on health

M 6 Unit 1 Vegadharana & Vegaudirana


1. Analysis of Vegadharana
2. Analysis of Vegaudirana

References: 76,77

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
10/03/26	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse Vegadharana & Vegodirana and their impact on health	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Analyse Vegadharana & Vegodirana and their impact on health	CO2	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Analyse the differentiating points of Vegadharana & Vegodirana among Samhitas / commentaries	CO2	Practical Training 6.1	
11/03/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse the research articles on Vegadharana&Vegodirana and discuss their scientific basis	CO2	Practical Training 6.2	
		1- 2PM	Lunch Break			
		2-3 PM	Analyse the research articles on Vegadharana&Vegodirana and discuss their scientific basis	CO2	Practical Training 6.2	
		3- 5PM	Demonstrate the Vegadharana & Vegodirana concept in clinical practice	CO2	Practical Training 6.3	

		3-4PM	Discuss Dharaniya Vega in the development of Mental illness	CO2	Lecture	Dr. K. K. Jadhav (Professor)	
		4-5PM	Describe Problem statement, definition, types, causes and risk factor of mental illness	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	
23/03/26	MON	10- 5PM	Camp				
24/03/26	TUE	10- 5PM	Camp				
25/03/26	WED	10- 12PM	Departmental OPD & IPD				
		12-01PM	Assess the impact of Dharaniyavega on mental health	CO2	Experiential-Learning 6.4		
		1- 2PM	Lunch Break				
		2-3 PM	Assess the impact of Dharaniyavega on mental health	CO2	Experiential-Learning 6.4		
		4-5PM	Design and develop questionnaire for identification of Dharaniyavega.	CO2	Practical Training 6.4		
27/03/26	FRI	10- 12PM	Departmental OPD & IPD				
		12-01PM	Design and develop questionnaire for identification of Dharaniyavega.	CO2	Practical Training 6.4		
		1- 2PM	Lunch Break				
		2-3PM	Design and develop questionnaire for identification of Dharaniyavega.	CO2	Practical Training 6.4		
		3-4PM	Discuss on Social psychology and present-day predominant influences on thoughts, feelings, and behaviours	CO2	Lecture		
		4-5PM	Conduct the assessment of mental health of individuals with various tools.	CO2	Experiential-Learning 6.5		
28/03/26	SAT	10- 12PM	Departmental OPD & IPD				
		12-01PM	Conduct the assessment of mental health of individuals with various tools .	CO2	Experiential-Learning 6.5		
		1- 2PM	Lunch Break				
		M 6 Unit 3 Utility of Sadvritta and Achara Rasayana Sadvritta Achara Rasayana References: 39,40,79					
		2-3 PM	Evaluate the practical aspects of Sadvritta, including personal, mental, and social dimensions.	CO2	Lecture	Dr. K. K. Jadhav (Professor)	
		3-4 PM	Describe the scientific basis of Achara-rasayana.	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	
		4-5 PM	Analyse the ethics for medical students	CO2	Practical Training 6.5		

30/03/26	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse the ethics for medical students	CO2	Practical Training 6.5	
		1- 2PM	Lunch Break			
		2-3 PM	Plan a training session for college and hospital staff focused on workplace conduct, in alignment with Sadvritta - Session 2.	CO2	Experiential-Learning 6.6	
		3-5PM	Facilitate a training session for college and hospital staff on workplace conduct that aligns with the principles of Sadvritta and Achara Rasayana - Session 1.	CO2	Experiential-Learning 6.7	


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YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Final MD/ MS Ayurveda -
Semester III Course -Swasthavritta & Yoga
 (Academic Year 2025-26)

Unitized Syllabus for the month of February 2026

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
02/02/26	MON	10 - 12PM	Departmental OPD & IPD			
		12 - 1PM	Demonstrate Vyayama /physical activity modules as per Prakruti, Age and Occupation.	CO2,CO4	Practical Training 4.1	
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate Vyayama /physical activity modules as per Prakruti, Age and Occupation.	CO2,CO4	Practical Training 4.1	
03/02/26	TUE	10- 12PM	Departmental OPD & IPD			
		12-1 PM	Demonstrate and discuss the types of Exercise (Aerobic vs. Anaerobic, Strength Training, Flexibility, neuromotor and Balance Training) and their role in fitness	CO2,CO4	Practical Training 4.2	
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate and discuss the types of Exercise (Aerobic vs. Anaerobic, Strength Training, Flexibility, neuromotor and Balance Training) and their role in fitness	CO2,CO4	Practical Training 4.2	
04/02/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assess the cardiovascular fitness, strength, flexibility, and body composition by different tools	CO2,CO4	Practical Training 4.3	
		1- 2PM	Lunch Break			
		2-3 PM	Assess the cardiovascular fitness, strength, flexibility, and body composition by different tools	CO2,CO4	Practical Training 4.3	
		3-5PM	Organize a public awareness program in the community focused on physical activity and exercise.	CO2,CO4	Experiential-Learning 4.1	

05/02/26	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Organize a public awareness program in the community focused on physical activity and exercise.	CO2,CO4	Experiential-Learning 4.1	
		1- 2PM	Lunch Break			
		2-3 PM	Organize a public awareness program in the community focused on physical activity and exercise.	CO2,CO4	Experiential-Learning 4.1	
		3-5PM	Conduct a community survey to assess the physical activity levels and health status of both active and inactive individuals	CO2,CO4	Experiential-Learning 4.2	
06/02/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct a community survey to assess the physical activity levels and health status of both active and inactive individuals	CO2,CO4	Experiential-Learning 4.2	
		1- 2PM	Lunch Break			
		2-3 PM	Conduct a community survey to assess the physical activity levels and health status of both active and inactive individuals	CO2,CO4	Experiential-Learning 4.2	
		3-5PM	Implement a comprehensive fitness program tailored for children, adults, seniors, expectant mothers, and individuals with chronic health conditions.	CO2,CO4	Experiential-Learning 4.3	
07/02/26	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Implement a comprehensive fitness program tailored for children, adults, seniors, expectant mothers, and individuals with chronic health conditions.	CO2,CO4	Experiential-Learning 4.3	
		1- 2PM	Lunch Break			
		2-3 PM	Implement a comprehensive fitness program tailored for children, adults, seniors, expectant mothers, and individuals with chronic health conditions.	CO2,CO4	Experiential-Learning 4.3	
		M 4 Unit 2 Gym environment and Training in Gymnasium 1.Gym environment-Infrastructure, facilities, safety measures 2.Training in Gymnasium References: 63				
		3-5PM	Develop and design the functional training programs for different goals by using squats, lunges, push-ups etc for the community.	CO2,CO4	Practical Training 4.4	
09/02/26	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Explore the Gym Environment (facilities, equipment, Gym etiquette and safety protocols, warm-up and cool-down routines)	CO2,CO4	Lecture	Dr. K. K. Jadhav (Professor)

		1- 2PM	Lunch Break				
		2-4 PM	Explore the Gym Environment (facilities, equipment, Gym etiquette and safety protocols, warm-up and cool-down routines)	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	
		4-5 PM	Demonstrate the different types of training in Gymnasium.	CO2,CO4	Practical Training 4.5		
10/02/26	TUE	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate the different types of training in Gymnasium.	CO2,CO4	Practical Training 4.5		
		1- 2PM	Lunch Break				
		2-4 PM	Demonstrate the different types of training in Gymnasium.	CO2,CO4	Practical Training 4.5		
		4-5 PM	Demonstrate training (static, dynamic, and PNF stretching) for improving flexibility	CO2,CO4	Experiential-Learning 4.4		
11/02/26	WED	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate training (static, dynamic, and PNF stretching) for improving flexibility	CO2,CO4	Experiential-Learning 4.4		
		1- 2PM	Lunch Break				
		2-4 PM	Demonstrate training (static, dynamic, and PNF stretching) for improving flexibility	CO2,CO4	Experiential-Learning 4.4		
		4- 5PM	Design functional training programs tailored to various goals by incorporating exercises like squats, lunges, push-ups, and more within the community.	CO2,CO4	Experiential-Learning 4.5		
12/02/26	THU	10- 12PM	Departmental OPD & IPD				
		12-01PM	Design functional training programs tailored to various goals by incorporating exercises like squats, lunges, push-ups, and more within the community.	CO2,CO4	Experiential-Learning 4.5		
		1- 2PM	Lunch Break				
		2-4 PM	Design functional training programs tailored to various goals by incorporating exercises like squats, lunges, push-ups, and more within the community.	CO2,CO4	Experiential-Learning 4.5		
		M 4 Unit 3 Physiotherapy practices 1.Physiotherapy Unit 2.Physiotherapy practices References: 64					
		4-5PM	Assess the scope and describe the types of physiotherapy practices	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	

13/02/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assess the scope and describe the types of physiotherapy practices	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Assess the scope and describe the types of physiotherapy practices	CO2,CO4	Lecture	Dr. K. K. Jadhav (Professor)
		3-5P M	Demonstrate the functioning of different equipment of Physiotherapy Unit and their utility.	CO2,CO4	Practical Training 4.6	
14/02/26	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the functioning of different equipment of Physiotherapy Unit and their utility.	CO2,CO4	Practical Training 4.6	
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate the functioning of different equipment of Physiotherapy Unit and their utility.	CO2,CO4	Practical Training 4.6	
		3-5 PM	Design training workshops on diverse physiotherapy techniques, such as manual therapy, electrotherapy, and heat and cold therapy, targeting various conditions in both hospital settings and the community	CO2,CO4	Experiential-Learning 4.6	
16/02/26	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Design training workshops on diverse physiotherapy techniques, such as manual therapy, electrotherapy, and heat and cold therapy, targeting various conditions in both hospital settings and the community	CO2,CO4	Experiential-Learning 4.6	
		1- 2PM	Lunch Break			
		2-5 PM	Design training workshops on diverse physiotherapy techniques, such as manual therapy, electrotherapy, and heat and cold therapy, targeting various conditions in both hospital settings and the community	CO2,CO4	Experiential-Learning 4.6	
		10- 12PM	Departmental OPD & IPD			
17/02/26	TUE	12-2PM	Modular Assessment 1 - Analyze various modes of Exercise, Physical Fitness and Physiotherapy			25 Marks
		2- 3 PM	Lunch Break			
		3-5 PM	Modular Assessment 2 - Preparation of modules fitness program for case based scenarios assessment			25 Marks

Semester No : 5						
Module 5 : Principles of Ritucharya						
Module Learning Objectives (At the end of the module, the students should be able to)						
<ol style="list-style-type: none"> 1 Apply Ritucharya in the present era and advise contemporary diet and lifestyle in different ritu 2. Identify Ritus prevalent in various Indian states and countries of the world 3. Analyse Rituviparyaya and disturbed trends in context of Meteorology 4. Apply ritushodhana on healthy volunteers 						
M 5 Unit 1 Ritucharya in Present Scenario						
<ol style="list-style-type: none"> 1. Ritucharya in the Present Scenario 2. Diet and Lifestyle modules 						
References: 65,66,67,68,69,70						
Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
18/02/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Utility of Ritucharya in the present era	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Describe Utility of Ritucharya in the present era	CO2	Lecture	Dr. K. K. Jadhav (Professor)
20/02/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyse and interpret the findings .of different research articles regarding Ritucharya	CO2	Practical Training 5.1	
		1- 2PM	Lunch Break			
		2-5 PM	Analyse and interpret the findings .of different research articles regarding Ritucharya	CO2	Practical Training 5.1	
21/02/26	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the contemporary diet and lifestyle modules in different Ritu	CO2,CO6	Practical Training 5.2	
		I- 2PM	Lunch Break			
		2-5 PM	Demonstrate the contemporary diet and lifestyle modules in different Ritu	CO2,CO6	Practical Training 5.2	

23/02/26	MOD	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate the contemporary diet and lifestyle modules in different Ritu	CO2,CO6	Practical Training 5.2	
		1- 2PM	Lunch Break			
		2-3 PM	Demonstrate the contemporary diet and lifestyle modules in different Ritu	CO2,CO6	Practical Training 5.2	
		3-5PM	Enlist and categorize harita, shaka, and phala vargas available according to Ritus	CO2,CO6	Practical Training 5.3	
24/02/26	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Enlist and categorize harita, shaka, and phala vargas available according to Ritus	CO2,CO6	Practical Training 5.3	
		1- 2PM	Lunch Break			
		2-3 PM	Enlist and categorize harita, shaka, and phala vargas available according to Ritus	CO2,CO6	Practical Training 5.3	
		3-5PM	Perform an organoleptic evaluation of Rituharitaki.	CO2,CO6	Practical Training 5.4	
25/02/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Perform an organoleptic evaluation of Rituharitaki.	CO2,CO6	Practical Training 5.4	
		1- 2PM	Lunch Break			
		2-3 PM	Perform an organoleptic evaluation of Rituharitaki.	CO2,CO6	Practical Training 5.4	
		3-5PM	Advise Rituharitaki as Rasayana in different groups /Communities.	CO2,CO6	Experiential-Learning 5.1	
26/02/26	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Advise Rituharitaki as Rasayana in different groups /Communities.	CO2,CO6	Experiential-Learning 5.1	
		1- 2PM	Lunch Break			
		2-3 PM	Advise Rituharitaki as Rasayana in different groups / Communities.	CO2,CO6	Experiential-Learning 5.1	
		3-5PM	Advise diet and lifestyle practices for different seasons (Ritu).	CO2,CO6	Experiential-Learning 5.2	
27/02/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Advise diet and lifestyle practices for different seasons (Ritu).	CO2,CO6	Experiential-Learning 5.2	
		1- 2PM	Lunch Break			
		2-5 PM	Advise diet and lifestyle practices for different seasons (Ritu).	CO2,CO6	Experiential-Learning 5.2	

M 5 Unit 2 Ritus prevalent in various Indian states and countries of the world						
1.Ritu cycle in various Indian states						
2.Ritu cycle in various countries of the world						
References: 73						
28/02/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Relate Ritus prevalent in various Indian states and countries of the world	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Relate Ritus prevalent in various Indian states and countries of the world	CO2	Lecture	Dr. K. K. Jadhav (Professor)
		3-5PM	Demonstrate Documentary/videos showing different seasons, Rashi, Uttarayana & Dakshinaayana	CO2	Practical Training 5.5	

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POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

- Final MD/ MS Ayurveda
Semester III Course -Swasthavritta & Yoga
 (Academic Year 2025-26)

Unitized Syllabus for the month of January 2026

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
01/01/26	THU	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Conduct KAP(Knowledge, Attitude & Practice) studies and analyse Rasayana in the community	CO2,CO8	Experiential-Learning 2.3	
		1- 2 PM	Lunch Break			
		2 -5 PM	Conduct KAP(Knowledge, Attitude & Practice) studies and analyse Rasayana in the community	CO2,CO8	Experiential-Learning 2.3	
02/01/26	FRI	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Analyze the effectiveness of integrating Rasayana and Vajikarana therapies with conventional treatment regimens in promoting overall well-being, immune function, and disease prevention	CO2,CO8	Experiential-Learning 2.4	
		1- 2 PM	Lunch Break			
		2 -3 PM	Analyze the effectiveness of integrating Rasayana and Vajikarana therapies with conventional treatment regimens in promoting overall well-being, immune function, and disease prevention	CO2,CO8	Experiential-Learning 2.4	
		3 -5PM	Prepare Urjaskara Rasayana and Vajeekarana food recipes	CO2,CO8	Experiential-Learning 2.5	
03/01/26	SAT	10 - 12PM	Departmental OPD & IPD			
		12-1 PM	Prepare Urjaskara Rasayana and Vajeekarana food recipes	CO2,CO8	Experiential-Learning 2.5	
		1- 2 PM	Lunch Break			

		2-3PM	Prepare Urjaskara Rasayana and Vajeekarana food recipes	CO2,CO8	Experiential-Learning 2.5	
M 2 Unit 3 Brahmacharya/ Abrahmacharya and its impact on Society Analysis of Brahmacharya/ Abrahmacharya and its impact on Society						
References: 39						
		3-5 PM	Analyze the impact of Brahmacharya and abrahmacharya on health	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
05/01/26	MON	10 - 12PM	Departmental OPD & IPD			
		12 - 1PM	Perform group discussions to explore the advantages and disadvantages of brahmacharya and abrahmacharya, encouraging participants to share their thoughts and insights.	CO2,CO8	Practical Training 2.5	
		1- 2PM	Lunch Break			
		2-3 PM	Perform group discussions to explore the advantages and disadvantages of brahmacharya and abrahmacharya, encouraging participants to share their thoughts and insights.	CO2,CO8	Practical Training 2.5	
		3-5PM	Perform group discussion on the role of Brahmacharya in maintaining community health and its observance in community wellness.	CO2,CO8	Practical Training 2.6	
06/01/26	TUE	10- 12PM	Departmental OPD & IPD			
		12-1 PM	Demonstrate Role Play/ Documentary Play in the community regarding Brahmacharya	CO2,CO8	Experiential-Learning 2.6	
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate Role Play/ Documentary Play in the community regarding Brahmacharya	CO2,CO8	Experiential-Learning 2.6	
M 2 Unit 4 Reproductive and Sexual health in Ayurveda Reproductive and Sexual health in Ayurveda						
References: 35,36,37,38						
07/01/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Reproductive and sexual health	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Discuss about Sexual identity and orientation	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		3-5PM	Interpret Sexual identity and orientation.	CO2,CO8	Practical Training 2.7	
08/01/26	THU	10- 12PM	Departmental OPD & IPD			

		12-01PM	Interpret Sexual identity and orientation.	CO2,CO8	Practical Training 2.7	
		1- 2PM	Lunch Break			
		2-3 PM	Interpret Sexual identity and orientation.	CO2,CO8	Practical Training 2.7	
		3-5PM	Counsel the individuals regarding Ahara-Vihara for sexual and reproductive health	CO2,CO8	Experiential-Learning 2.7	
09/01/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Counsel the individuals regarding Ahara-Vihara for sexual and reproductive health	CO2,CO8	Experiential-Learning 2.7	
		1- 2PM	Lunch Break			
		2-3 PM	Counsel the individuals regarding Ahara-Vihara for sexual and reproductive health	CO2,CO8	Experiential-Learning 2.7	
		3-5PM	Present health discussions for young adults about Brahmacharya and Abrahmacharya focus on their health and well-being.	CO2,CO8	Experiential-Learning 2.8	
10/01/26	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct and assess a Health awareness lecture to students	CO2,CO4	Experiential-Learning 1.4	
		1- 2PM	Lunch Break			
		2-4 PM	Advice lifestyle modification to targeted children	CO2,CO4	Experiential-Learning 1.5	
12/01/26	MON	10- 12PM	Departmental OPD & IPD			
		12-2PM	Modular Assessment 1 - Assessment of Bala / Vyadhikshamatva in healthy individuals.			25 Marks
		2-3 PM	Lunch Break			
		4-5 PM	Modular Assessment 2 - Integration of Rasayana /Vajikarana with other treatment regimen assessment.			25 Marks

Semester No : 4						
Module 3 : Health promotive and protective practices in Ayurveda						
Module Learning Objectives (At the end of the module, the students should be able to)						
<ol style="list-style-type: none"> 1. Analyze Dinacharya and Circadian Rhythm 2. Administer Dinacharya Procedures to target individuals 3. Prepare modules for Skin, hair, nails and eye care 5. Describe Ratricharya and asses sleep pattern and effect of artificial light on human health 6. Counsell about good sleep to target population 						
M 3 Unit 1 Dinacharya practices & Cicardian rythm 1.Dinacharya practices 2.Cicardian rythm						
References: 39,40,42,43,44,45						
Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
13/01/26	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Circadian Rhythm and Dinacharya Practices for the maintenance of health	CO2,CO4, CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describe Circadian Rhythm and Dinacharya Practices for the maintenance of health	CO2,CO4, CO8	Lecture	Dr. K. K. Jadhav (Professor)
		3-5PM	Analyse and discuss on different research articles regarding Physiological aspects of Dinacharya and Circadian Rhythm	CO2,CO4, CO8	Practical Training 3.1	
M 3 Unit 2 Practical application of Dinacharya in today's era 1.Dinacharya procedures 2.Practical application of Dinacharya						
References: 41,42,43,44,45						
14/01/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Propagate Dinacharya practices in the community.	CO2,CO4, CO8	Experiential-Learning 3.1	
		1- 2PM	Lunch Break			
		2-3 PM	Propagate Dinacharya practices in the community.	CO2,CO4, CO8	Experiential-Learning 3.1	

		3-5 PM	Prepare the different modules of Dinacharya according to age and occupation	CO2,CO4, CO8	Practical Training 3.2		
15/01/26	THU	10- 12PM	Departmental OPD & IPD				
		12-01PM	Prepare the different modules of Dinacharya according to age and occupation	CO2,CO4, CO8	Practical Training 3.2		
		1- 2PM	Lunch Break				
		2-3 PM	Prepare the different modules of Dinacharya according to age and occupation	CO2,CO4, CO8	Practical Training 3.2		
		3- 5PM	Demonstrate the Dinacharya procedures	CO2,CO4, CO8	Practical Training 3.3		
16/01/26	FRI	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate the Dinacharya procedures	CO2,CO4, CO8	Practical Training 3.3		
		1- 2PM	Lunch Break				
		2-3 PM	Demonstrate the Dinacharya procedures	CO2,CO4, CO8	Practical Training 3.3		
		3-5PM	Demonstrate Dinacharya procedures to UG Scholars	CO2,CO4, CO8	Experiential-Learning 3.2		
17/01/26	SAT	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate Dinacharya procedures to UG Scholars	CO2,CO4, CO8	Experiential-Learning 3.2		
		1- 2PM	Lunch Break				
		2-5 PM	Demonstrate Dinacharya procedures to UG Scholars	CO2,CO4, CO8	Experiential-Learning 3.2		
19/01/26	MON	10- 12PM	Departmental OPD & IPD				
		12-01PM	Practice Dinacharya to target individuals	CO2,CO4, CO8	Experiential-Learning 3.3		
		1- 2PM	Lunch Break				
		2-3 PM	Practice Dinacharya to target individuals	CO2,CO4, CO8	Experiential-Learning 3.3		
		M 3 Unit 3 Cosmetic aspect of Dinacharya practices 1.Fundamentals of cosmetology 2.Instruments used in cosmetology 3.Dinacharya procedures and cosmetic effects References: 39,40,51					
		3-5 PM	Integrate Cosmetology in the light of Ayurvedic Dinacharya procedure	CO2,CO4, CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)	
20/01/26	TUE	10- 12PM	Departmental OPD & IPD				

		12-01PM	Design modules for Skin, hair, nails, and eye care using integrated principles	CO2,CO4, CO8	Practical Training 3.4	
		1- 2PM	Lunch Break			
		2-3 PM	Design modules for Skin, hair, nails, and eye care using integrated principles	CO2,CO4, CO8	Practical Training 3.4	
		3-5PM	Compare and analyze the market available cosmetic products including herbal one	CO2,CO4, CO8	Experiential-Learning 3.4	
21/01/26	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Compare and analyze the market available cosmetic products including herbal one	CO2,CO4, CO8	Experiential-Learning 3.4	
		1- 2PM	Lunch Break			
		2-5 PM	Compare and analyze the market available cosmetic products including herbal one	CO2,CO4, CO8	Experiential-Learning 3.4	
22/01/26	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe the basic concepts of cosmetology	CO2,CO4, CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describe the basic concepts of cosmetology	CO2,CO4, CO8	Lecture	Dr. K. K. Jadhav (Professor)
		3-5PM	Demonstrate the equipments used in cosmetology.	CO2,CO4, CO8	Practical Training 3.5	
<p>M 3 Unit 4 Ratricharya(Sleep culture in present era) and effect of artificial light on human health.1.Ratricharya 2.Sleeping culture 3.Effect of artificial light and sleep pattern</p> <p>References: 39,40,42,43,44,45</p>						
23/01/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Ratricharya and the effect of artificial light on human health	CO2,CO4, CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Describe Ratricharya and the effect of artificial light on human health	CO2,CO4, CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		3-5PM	Analyse and discuss research articles regarding Ratricharya and effect of artificial lighting on human health.	CO2,CO4, CO8	Practical Training 3.6	
24/01/26	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct a community survey to assess sleep patterns and their relation to health status.	CO2,CO4, CO8	Experiential-Learning 3.5	
		1- 2PM	Lunch Break			

		2-5 PM	Conduct a community survey to assess sleep patterns and their relation to health status.	CO2,CO4, CO8	Experiential- Learning 3.5		
27/01/26	TUE	10- 12PM	Departmental OPD & IPD				
		12-01PM	Conduct a community survey to assess sleep patterns and their relation to health status.	CO2,CO4, CO8	Experiential- Learning 3.5		
		1- 2PM	Lunch Break				
		2-3 PM	Conduct a community survey to assess sleep patterns and their relation to health status.	CO2,CO4, CO8	Experiential- Learning 3.5		
		M 3 Unit 5 Life style remedies and counselling for good Sleep 1.Factors responsible for normal /good and abnormal /bad sleep in present scenario 2.Polysomnography 3.Sleep counselling References: 55,56,57,58,59,60					
		3-5PM	Discuss various factors responsible for normal/good and abnormal/bad sleep in present scenario	CO2,CO4, CO8	Lecture	Dr. K. K. Jadhav (Professor)	
28/01/26	WED	10- 12PM	Departmental OPD & IPD				
		12-01PM	Demonstrate the procedure of the Polysomnography and interpret the result	CO2,CO4, CO8	Practical Training 3.7		
		1- 2PM	Lunch Break				
		2-3 PM	Demonstrate the procedure of the Polysomnography and interpret the result	CO2,CO4, CO8	Practical Training 3.7		
		3-5PM	Facilitate sleep counseling sessions for identified individuals in the hospital and community settings	CO2,CO4, CO8	Experiential- Learning 3.6		
29/01/26	WED	10- 12PM	Departmental OPD & IPD				
		12-01PM	Facilitate sleep counseling sessions for identified individuals in the hospital and community settings	CO2,CO4, CO8	Experiential- Learning 3.6		
		1- 2PM	Lunch Break				
		2-3 PM	Facilitate sleep counseling sessions for identified individuals in the hospital and community settings	CO2,CO4, CO8	Experiential- Learning 3.6		
		3-5PM	Demonstrate the sleep counselling sessions	CO2,CO4, CO8	Practical Training 3.8		
30/01/26	THU	10- 12PM	Departmental OPD & IPD				
		12-2PM	Modular Assessment 1 - Preparation of modules of Dinacharya.			25 Marks	
		2-3 PM	Lunch Break				
		4-5 PM	Modular Assessment 2 - Generation of Modules for Skin, hair, nails and eyes care assessment			25 Marks	

Module 4 : Exercise, Physical Fitness and Physiotherapy**Module Learning Objectives****(At the end of the module, the students should be able to)**

1. Describe Exercise, Physical Fitness and Physiotherapy
2. Develop Vyayama module/fitness program for children, adults, aged, pregnant ladies and chronic disease conditions
3. Analyze Gym environment and participate in training sessions in Gymnasium
4. Illustrate scope of Physiotherapy and participate in training sessions of Physio therapy.

M 4 Unit 1 Vyayama / Exercise and Physical Fitness

1. Analysis of effects of different types of Vyayama, analysis of ill effects of ati vyayama.
2. Need for Physical fitness for the maintenance of health

References: 39,53,54,56,57,61,62

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
31/01/26	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Discuss the Principles of Vyayama / Exercise/ as per Ayurveda and contemporary science.	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2PM	Lunch Break			
		2-3 PM	Discuss the Principles of Vyayama / Exercise/ as per Ayurveda and contemporary science.	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		3-5PM	Discuss the Goals (endurance, muscular strength, flexibility etc) and Principles (Specificity, Progressive overload, Reversibility, Adaptability, Individuality, Recovery time etc) of Physical Fitness.	CO2,CO4	Lecture	Dr. K. K. Jadhav (Professor)


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YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Final MD/ MS Ayurveda
Semester III Course -Swasthavritta & Yoga
 (Academic Year 2025-26)

Unitized Syllabus for the month of December 2025

Paper No : 1 Ayurvedic Lifestyle management

Semester No : 3

Module 1 : Swasthya (Health) Assessment, Health Education, Communication Skills and Counselling in Life style Management

Module Learning Objectives

(At the end of the module, the students should be able to)

1. Analyse Holistic health, wellness, and lifestyle management
2. Develop Ayurveda Intervention modules according to levels of prevention
3. Conduct Health & Prakriti Assessment of Individuals, school children& Community by Different tools
4. Prescribe the Ayurvedic lifestyle to multiple target groups/communities
5. Conduct Health counselling sessions for individuals of various groups

M 1 Unit 1 Holistic health, well-being and lifestyle management
 1.Holistic health, well-being and lifestyle management
 2.Health indicators

References: 1,2,3,4,5,6,7,8,9

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
04/12/25	THU	10- 12 PM	Departmental OPD & IPD			
		12- 1 PM	Analyse Holistic health, wellness and lifestyle management in present scenario	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1-2PM	Lunch Break			
		2- 3 PM	Analyse Holistic health, wellness and lifestyle management in present scenario	CO2	Lecture	Dr. K. K. Jadhav (Professor)
		3- 5 PM	Analyse the status of health and wellness at the district, state, national, and international level	CO2	Practical Training1.1	

M 1 Unit 2 Modes of Intervention in Ayurveda Modes of intervention						
References: 10						
05/12/25	FRI	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Analyse various modes of intervention in Ayurveda with contemporary science	CO2	Lecture	Dr. K. K. Jadhav (Professor
		1- 2 PM	Lunch Break			
		2 -4 PM	Develop Ayurveda Interventions modules according to levels of prevention	CO2	Practical Training 1.2	
M 1 Unit 3 Health and Prakriti assessment of individual & community by various tools & health counselling 1.Parameters of health 2.WHO -QOL (World Health Organization)- (Quality of Life) 3.Swasthya assessment scale(SAS)						
References: 11,12,13,14,15						
06/12/25	SAT	10 - 12PM	Departmental OPD & IPD			
		12-01 PM	Analyse various parameters of health assessment for community	CO2	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
		1- 2 PM	Lunch Break			
		2 -4 PM	Apply WHO-QOL tools in the community to assess the Quality of Life	CO2	Practical Training 1.3	
		4 -5PM	Develop and Discuss Ayurveda health assessment and Prakriti assessment tool	CO2	Practical Training 1.4	
		10 - 12PM	Departmental OPD & IPD			
		12-1 PM	Develop and Discuss Ayurveda health assessment and Prakriti assessment tool	CO2	Practical Training 1.4	
		1- 2 PM	Lunch Break			
2-5PM	Assess health and prakriti of targeted individuals in the community using Ayurveda Health Assessment and Prakriti assessment tools	CO2,CO4	Experiential-Learning 1.1			
08/12/25	MON	10 - 12PM	Departmental OPD & IPD			
		12 - 1PM	Assess health and prakriti of targeted individuals in the community using Ayurveda Health Assessment and Prakriti assessment tools	CO2,CO4	Experiential-Learning 1.1	
		1- 2PM	Lunch Break			
		2-4 PM	Assess health and prakriti of targeted individuals in the community using Ayurveda Health Assessment and Prakriti assessment tools	CO2,CO4	Experiential-Learning 1.1	
		4-5PM	Summarize and apply the principles and need of Health Counselling	CO2,CO4	Lecture	Dr. A. A. Mane Patil (Asso. Professor)

09/12/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-1 PM	Construct and demonstrate the mental health counselling strategies for community	CO2,CO4	Practical Training 1.5	
		1- 2PM	Lunch Break			
		2-3 PM	Construct and demonstrate the mental health counselling strategies for community	CO2,CO4	Practical Training 1.5	
		4-5 PM	Conduct multiple mental Health counselling sessions for individuals of various groups	CO2,CO4	Experiential-Learning 1.2	
10/12/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct multiple mental Health counselling sessions for individuals of various groups	CO2,CO4	Experiential-Learning 1.2	
		1- 2PM	Lunch Break			
		2-5 PM	Conduct multiple mental Health counselling sessions for individuals of various groups	CO2,CO4	Experiential-Learning 1.2	
11/12/25	THU	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct multiple mental Health counselling sessions for individuals of various groups	CO2,CO4	Experiential-Learning 1.2	
		1- 2PM	Lunch Break			
		2-3 PM	Summarize and apply the process and different approaches of health counselling	CO2,CO4	Lecture	Dr. K. K. Jadhav (Professor
		M 1 Unit 4 Health appraisal of school going children 1.Health appraisal of school going children 2.Health check-up 3.Health awareness References: 16,17,18,19,20				
		3-4PM	Discuss Common health problems of school children and their prevention by the holistic approach of Ayurveda	CO2,CO4	Lecture	
		4-5 PM	Formulate the health check-up module/ structured questionnaire/ IEC material for School Health Checkup including Ayurveda principles	CO2,CO4	Practical Training 1.6	
12/12/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Formulate the health check-up module/ structured questionnaire/ IEC material for School Health Checkup including Ayurveda principles	CO2,CO4	Practical Training 1.6	
		1- 2PM	Lunch Break			
		2-4 PM	Conduct and assess school health check-up in rural/urban areas	CO2,CO4	Experiential-Learning 1.3	

		2-3 PM	Interpret various communication methods for health education (One way/Two way, Verbal/Non verbal, Formal/Informal)	CO2,CO4	Lecture	Dr. K. K. Jadhav (Professor)
		3-5 PM	Prepare and present health education material (Poster, pamphlets etc)	CO2,CO4	Practical Training 1.8	
19/12/25	FRI	10- 12PM	Departmental OPD & IPD			
		12-01PM	Prepare and present health education material (Poster, pamphlets etc)	CO2,CO4	Practical Training 1.8	
		1- 2PM	Lunch Break			
		2-5 PM	Prepare and present health education material (Poster, pamphlets etc)	CO2,CO4	Practical Training 1.8	
20/12/25	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Conduct the sessions and interpret the Ayurveda lifestyle across multiple target groups/communities using different communication skills	CO2,CO4	Experiential-Learning 1.7	
		1- 2PM	Lunch Break			
		2-5 PM	Conduct the sessions and interpret the Ayurveda lifestyle across multiple target groups/communities using different communication skills	CO2,CO4	Experiential-Learning 1.7	
22/12/25	MON	10- 12PM	Departmental OPD & IPD			
		12-2PM	Modular Assessment 1 - Conducting a health awareness lecture to the school students.			25 Marks
		2-3 PM	Lunch Break			
		4-5 PM	Modular Assessment 2 - Development of Ayurveda Interventions modules according to levels of prevention			25 Marks

Module 2 : Vyadhikshamatva, Urjaskara Rasayana-Vajeekarana, Brahmacharya for health promotion**Module Learning Objectives****(At the end of the module, the students should be able to)**


1. Explore and assess Vyadhikshamatva/ Bala in healthy individuals
2. Demonstrate and Prepare food recipes for Urjaskara Rasayana and Vajeekarana
3. Conduct KAP (Knowledge, Attitude & Practice) study on Urjaskara Rasayana and Vajeekarana in the community
4. Explore Brahmacharya and Abrahmacharya in relation with Reproductive and Sexual health in Ayurveda

M 2 Unit 1 Vyadhikshamatva/ Bala in Ayurveda Vyadhikshamatva / Bala in Ayurveda

References: 25,26,39,40

Date	Day	Time	Class details	Course Outcome	Lecture/ Practical Training/ Experiential Learning	Teaching faculty
23/12/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Analyze the different scientific research articles related to Vyadhikshamatva	CO2,CO8	Practical Training 2.1	
		1- 2PM	Lunch Break			
		2-3 PM	Analyze the different scientific research articles related to Vyadhikshamatva	CO2,CO8	Practical Training 2.1	
		3-5PM	Analyse Balavriddhikara bhava and develop a tool for assessment of Bala/Vyadhikshamatva	CO2,CO8	Practical Training 2.2	
24/12/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assess Bala/Vyadhikshamatva in healthy individuals	CO2,CO8	Experiential-Learning 2.1	
		1- 2PM	Lunch Break			
		2-5 PM	Assess Bala/Vyadhikshamatva in healthy individuals	CO2,CO8	Experiential-Learning 2.1	
27/12/25	SAT	10- 12PM	Departmental OPD & IPD			
		12-01PM	Assess Vyadhi-akshama-sharirani with Ayurveda	CO2,CO8	Experiential-Learning 2.2	
		1- 2PM	Lunch Break			
		2-3 PM	Assess Vyadhi-akshama-sharirani with Ayurveda	CO2,CO8	Experiential-Learning 2.2	

		M 2 Unit 2 Applied aspect of Urjaskar Rasayana and Vajeekarana Urjaskara Rasayana Vajeekarana				
		References: 26,27,28				
		3- 5PM	Describe the Urjaskara Rasayana concept with a Scientific basis	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
29/12/25	MON	10- 12PM	Departmental OPD & IPD			
		12-01PM	Describe Vajikarana concept with scientific basis	CO2,CO8	Lecture	Dr. K. K. Jadhav (Professor)
		1- 2PM	Lunch Break			
		2-5 PM	Discuss common Urjaskara Rasayana Ahara/Aushadha Dravyas used in health and disease conditions given in classical literature	CO2,CO8	Lecture	Dr. A. A. Mane Patil (Asso. Professor)
30/12/25	TUE	10- 12PM	Departmental OPD & IPD			
		12-01PM	Explore and analyze different aphrodisiac products available in market	CO2,CO8	Practical Training 2.3	
		1- 2PM	Lunch Break			
		2-5 PM	Explore and analyze different aphrodisiac products available in market	CO2,CO8	Practical Training 2.3	
31/12/25	WED	10- 12PM	Departmental OPD & IPD			
		12-01PM	Demonstrate Urjaskara Rasayana and Vajeekarana food recipes	CO2,CO8	Practical Training 2.4	
		1- 2PM	Lunch Break			
		2-5 PM	Demonstrate Urjaskara Rasayana and Vajeekarana food recipes	CO2,CO8	Practical Training 2.4	


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