



Estd : 1989
NCISM College Code : AYU0133
NUHS College Code : 124101

NAAC ACCREDITED WITH B++, QC1 "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)

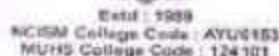


		Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects. Application of Abhyanga according to different age groups and occupation/activity. Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. Concept of Vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc. to be practiced as per prakriti, age and occupation. Ardhashakti lakshanas of vyayama and the consequences of ati vyayama. Udwartana, Utsadana Udgharshana. Snana- Types of different types of bath and Physiological effects of snana on body and mind. Importance and benefits of Anulepana. Merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes etc. Importance of proper clothing (Vastradharana) in social life.		
3.	I	Ratricharya Ratri bhojanavidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health. Effects of Yukta & Ayukta nidra. Effects of Ratri jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons. Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle. Sleep apnea, insomnia, narcolepsy and restless leg syndrome. Solutions to Asatmya jagarana (sleep disorders). Importance of observing brahmacharya and abrahmacharya in ratricharya in relation to health. Brahmacharya with special reference to lifestyle guidelines. Reproductive and sexual health according Ayurveda.	06	Dr.Puri
4.	II	Ritucharya Classification of kaala, Adana kala and visarga kala, identification of seasons based on the ritu lakshanas in different geographical areas. Sanchaya-Prakopa-Prishamana of Dosha with their gunas in each ritu. Relation of Agni, Bala and Ritu with its application. Ritu shodhana for the prevention of diseases. Pathya - Apathya in regards to Ahara -Vihara in all six ritus in present scenario. Importance of ahara and vihara in ritu sandhi and Yamadanshtra kala. Rituharitaki as a rasayana with research updates. Effects of Rituviparyaya and its relation to janapadaudhwamsa/marakata vyadhis with present day examples.	05	Dr.Puri

Principal

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhaji Nagar.



छत्रपती शाहू महासाय शिक्षण संस्था संचालित

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik)



Chhatrapati Shahu Maharaj Shikshan Sanstha,
Ajmer Mahamediyalla R. Runglala,
Ranchanwadi, Chhatrapati Sambhajnagar.

Address: P.O. & Professor, Chhatrapati Samhathal, 431001, (M.S.) | कांवनवाडी, वैद्य रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)
Dept. of Swasth Vaidya, Chhatrapati Samhathal, 431001, (M.S.) | कांवनवाडी, वैद्य रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)
Chhatrapati Shahu Maharaj Shikshan Sanstha, (0240) 2646201, 2646202, 2646464 Fax: (0240) 2646222
Ayurved Mahavidyalaya, Chhatrapati Samhathal, samasayurved.com, Dr. Rajiv Chavan, Email: drrajivchavan@gmail.com, Website: www.csmasayurved.com
Chhatrapati Samhathal, Chhatrapati Samhathal, Chhatrapati Samhathal



Estd : 1959
NCISM College Code : AYU0152
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		composition, Source of infection for Milk, Milk borne diseases, Clean and Safe milk and Pasteurization of milk Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg. Safety and hygiene measures for Fruits and Vegetables. Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases. Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006. Different Dietary Supplements and Ergogenic Aids. Impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, Pescovegetarian, Plant-based diet, Intermittent diet, the Nordic diet, importance of organic foods, merits and demerits of genetically modified foods and inflammatory foods such as fried foods, cookies, hot dogs, red meat, refined grains, pizza, burger etc., and instant foods like Maggi etc., Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health. Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics. Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases.		
8	I	Rasayana for Swastha Definition of Rasayana and benefits of Rasayana. Classification and types of Rasayana with examples. Urjaskara Rasayanas as per age and occupations /Activities. Antioxidant & immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.	02	Dr. Bhosale
09	II	Yoga Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita. Difference between Rajayoga, Hathayoga and Karmayoga. Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhavas. Mitahara and Pathya-apatthyas during Yogabhyasa. Concept of Panchakosha theory. Description of Ashtangas of Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Suryanamaskara. Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati. Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha. Mudras - Shanmukhi mudra and Jnana mudra. Shatchakras and their importance in Yoga practice. Description of Ida-Pingala-Sushumna nadis and their importance in yoga practice. Concept of Moksha according to Charaka, Mukti, Moksha and Moksha upayas. Importance of International Day of Yoga (IDY). Adverse	22	Dr. Puri

Dr. Puri

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.





Estb : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		effects of improper Yoga practices		
10	II	Naturopathy Basic principles of Naturopathy. Concept of Panchabhutopasana. Therapeutic effects of Mud therapy. Therapeutic effects of Sun bath. Fasting therapy - its types and benefits. Hydrotherapy - types of water used based on the temperature and therapeutic effects of Hydrotherapy. Therapeutic effects of Massage	05	Dr.Kale
		Paper 2		
11	II	Janapadodhwamsa / Maraka Vyadhi Causes of Janapadodhwamsa/ maraka vyadhi. Manifestation and control measures of Janapadodhwamsa. Principles and uses of epidemiology. Dynamics of disease transmission. Theory of disease causation - epidemiological triad and natural history of disease. Concept of prevention, modes of intervention, risk factors, incidence and prevalence. Susceptible host and host defense. Immunizing Agents. Concept of vyadhikshamatwa. Investigation of an epidemic. Prevention and control of an epidemic. Sankramaka roga as per Ayurveda. Epidemiological determinants, brief pathology, transmission, incubation period, clinical features, diagnosis and preventive measures of 1. Droplet Infections such as Chicken Pox, Measles, Rubella, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Covid-19 and Leprosy. 2. Water borne Infections / intestinal infections - Cholera, Polio, Viral Hepatitis, Typhoid. 3. Intestinal infestations - Ascariasis, Hook worm and Tape worm. 4. Emerging and re-emerging diseases. Explain Role of Ayurveda in Epidemics like COVID-19, Zika Virus, H1N1, H3N2, etc., 5. Sexually transmitted diseases (STDs) with prevention and control - HIV/ AIDS, Syphilis and Gonorrhea. Role of Ayurveda in the prevention and control with recent research updates of Lifestyle diseases such as DM, Obesity, Coronary artery disease (CAD) and Cancer. Epidemic Diseases (Amendment) Ordinance Act, 2020.	37	Dr.Bhosale
12	II	Environmental health Air: Properties of Vayu and composition of air. Changes in 24 hr of the occupied room. Comfort zone and indices of thermal comfort. Air pollution - causes, prevention and control. Effects of air pollution on health and social aspects. Effects of Global warming with recent updates. Definition of ventilation and types of Ventilation. Effects of high altitude and mountain air on health. Water: Safe and wholesome water and water requirements. Properties of	10	Dr.Kale

Dr. Anand Kale
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Chhatrapati Sambhajinagar.





Estd. 1988
NCISM College Code: AYU0133
MUHS College Code: 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		water from different sources. Water pollution and health hazards. Contemporary and Ayurvedic methods of water purification. Hard Water - its effects on health and methods of removal of hardness. Quality of water stored in different vessels as per classics. Rain water harvesting - methods and its importance. Soil : Types of soil and relation between soil and health. Land pollution - its prevention and control. Land purification as per the classics. Social goals of Housing and Housing standards. The Building and other construction workers (Regulation of employment and conditions of services) Act, 1996 Effects of housing on health. Overcrowding and its impact on health. Light : Good lighting, natural lighting and artificial lighting. Biological effects of lighting. Noise : Definition of noise and its sources, effects on health and control measures. Radiation : Radiation - sources and effects on health and control measures. Waste disposal : Types of solid waste, Storage and collection of refuse. Methods of disposal of solid waste (Rural & urban). Excreta Disposal methods & Sanitary Latrines. Modern Sewage disposal methods. Disposal methods of Excreta during camps, fairs, and festivals. Bio-medical waste management and Biomedical waste management rules, 2016. Environment protection Act, 1986.		Dr.Kale
13	II	Disaster management Definition of disaster and disaster management. Effects of natural and man-made disasters. Epidemiologic surveillance and disease control measures.	01	Dr.Kale
14	II	Occupational Health Definition of occupational health and Ergonomics. Occupational Hazards and Occupational diseases. Prevention and control of Occupational diseases . ESI Act ,1948 and The factories Act,1948. Role of Ayurveda in various Occupational health problems. The Merchant Shipping / Medical Examination Rules,2000	03	Dr.Kale
15	II	School health services Health problems of school children. Aspects of school health services. Duties of school medical officers. Healthy environment in the school.	02	Dr.Kale
16	II	Disinfection Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection. Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.	02	Dr.Kale
17	II	Primary health care Definition of Primary Health Care. Principles and elements of primary health care. Levels of health care. Structure of Primary health care at village, sub-center, Primary health	02	Dr.Kale



NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

Estd - 1988
NCISM College Code : AYU0193
MUHS College Code : 124101

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		center (PHC), Community health center (CHC) and Rural hospital levels. Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.		
18	II	Mother and Child health care Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care	01	Dr.Kale
19	II	Family welfare programme Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy. Definition of family planning, eligible couple and target couple. Objectives of family planning. Problems of population explosion. National population policy. Methods of Contraceptive (Fertility Regulating Methods).	02	Dr.Kale
20	II	Preventive Geriatrics Health problems of the aged and prevention and control measures. Relation between lifestyle and healthy aging. Role of Rasayana in preventive geriatrics.	01	Dr.Kale
21	III	World Health Organization and International health agencies Definition of World Health organization. Structure, regions, and works of the World Health Organization. Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies. Contribution of the World health organization to the global acceptance of Ayurveda.	03	Dr.Kale
22	III	Vital Statistics Definition of Vital Statistics. Sources of Vital statistics. Fertility, Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	01	Dr.Kale
23	III	Health Administration Health administration including AYUSH at the Central, State, District, and Village levels	02	Dr.Kale
24	III	National Health Programmes National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio, National TB Elimination program, Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National mental health program, National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS), Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM). National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi	07	Dr.Kale

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



Est'd - 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संपत्तित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		nutrition program.		
25	III	National Health Policy National Health Policy (NHP) and the scope of Ayurveda in NHP.	01	Dr.Kale

[Signature]

H.O.D. & PROFESSOR
Dept. of Swasthavritta Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi Chhatrapati Sambhajinagar.



[Signature]

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघर्षित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

Estd - 1989
NCSISM College Code : AYU9153
MUHS College Code : 124101

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2025-2026

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

NLH- AKODE BATCH 2025-2026

SR. NO	TERM	TOPIC	ACTIVITY	HRS 75	TEACHER'S NAME
1.	I	Dinacharya	Demonstration, Making posters, Real-life experiences, Roleplay, We- based activities Example - Collection and analyze of different tooth paste/tooth brushes, mouth washes and collyriums available in the market including GMP pharmacies	5	Dr.PURI
2.	I	Ratricharya	Chart preparation and real-life experiences of Ratri bhojana and Sleep principles	1	Dr.PURI
3.	I	Ritucharya	Assessment of changes happening in the human body in particular ritu Poster preparation of food recipes in different ritus	2	Dr.PURI
4.	I	Sadvritta	Role play I	1	Dr.PURI
5.	I	Ahara	Listing of Ahitakara (Junk) food habits, Gathering information of Organic farming and Organic food items, Application of Ashtaahara vidhiveshesha ayatana in real life - Team base project, Roleplay, Presentation & Collection of Research updates in the field of Ayurvedic food	15	Dr.PURI
6.	I	Roganutpada niya	Survey and documentation on effect of Adharaneeya vega on different occupations	1	Dr.PURI
7.	I	Rasayana for swastha	Poster making and Library work	2	Dr.PURI
8.	I	Nidra	Survey on sleep and awakening patterns among the staff and students	1	Dr.PURI
9.	II	Yoga	Participation in International day of Yoga, Poster presentation of Yogic practices as per diseases, Preparation of Short videos on Yoga and Conducting Quiz	7	Dr.PURI
10.	II	Disaster management	Group discussion	2	Dr.PURI
11.	II	Janapadodwa	Assignment, Symposia and Problem based learning	10	Dr.PURI

Principal
Principal





Estd : 1989
NCISM College Code : AYU0183
MUNS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		msa	learning		
12	II	Environment of health	Seminars, Quiz andm PBL	5	Dr.PURI
13	II	Disinfection	PBL	3	Dr.PURI
14	II	Family welfare programme	Roleplay , Web-based learning and Discussion	2	Dr.PURI
15	II	Mother and child health care	PBL	1	Dr.PURI
16	II	Preventive geriatrics	Group discussion and Seminar	1	Dr.PURI
17	II	School health services	Role play and Presentations	2	Dr.PURI
18	II	Occupational health	Poster making , PBL and Group discussion	3	Dr.PURI
19	II	Primary health care	Group discussions	2	Dr.PURI
20	II	Naturopathy	Web-based learning , Tutorials and Group disussions	4	Dr.PURI
21	III	World health organizations and International health agencies	Web-based learning and Quiz	1	Dr.KALE
22	III	Health Statistics	Presentations and Seminars	1	Dr.PURI
23	III	Health Administration	Presentations and Seminars	1	Dr.PURI
24	III	National health programs	Web-based learning , Assignments and Participating in celebration of health related days	3	Dr.KALE

[Signature]

H.O.D. & Professor

Dept. of Swasthavritta Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar



[Signature]

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Pathan Road, Chhatrapati Sambhajinagar, Nashik - 422 004 [पानवडी, पठन रोड, छत्रपती संभाजीनगर - ४२२ ००४ (एम. एस.)]

Tel: (0240) 2646201, 2646202, 2646204 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalsmsayju@gmail.com, Website: www.csmsayurved.com



Estd : 1959
NCISM College Code : AYU6153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2025-2026

DEPARTMENT OF SWASTHYVRITTA EVAM YOGA

PRACTICALS- AKODE BATCH 2025-2026

SR. NO	TERM	TOPIC	ACTIVITY	HRS 175	TEACHER'S NAME
1.	I	Dinacharya	1. Analyze the composition of different Dantadhawana Churnas/ Tooth pastes and tooth brushes available in the market 2. Analyze different Jivwa Nirlekhana Yantra (Tongue cleaners) available in the local area/ market 3. Demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha 4. Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha. 5. Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha. 6. Demonstrate Prayogika Dhoomapana (Practicable and Non- practicable Dhoomapana)and advise prayogika	25	Dr.Kale

[Signature]
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

[Signature]

H.O.D. & Professor

Dept. of Swasthyvritha Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.



कंचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)

(0240) 2646201, 2646202, 2646464

(0240) 2646222

Website: www.csmasayurved.com



Estd. 1955
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			dhoomapana dravya for swastha. 7. Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable Taila for Abhyana for Swatha. 8. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swatha. 9. Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity. 10. Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles (one student should counsel at least five person and should be documented).		
2.	1	Disinfectants	Identify and demonstrate the suitability, dose, dilution, and contact period of the following disinfectants : Bleaching powder, Dettol, Lysol, Savlon . Observe the procedure of fumigation of the operation theatre. Write the mode of working and uses of an autoclave.	2	Dr.Puri

[Signature]
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhaji Nagar.

Address: Kanchanwadi, Pathan Road, Chhatrapati Sambhaji Nagar, Nashik (M.S.)

Dept. of Swasthavritta Evam Yoge

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya

Kanchanwadi, Chhatrapati Sambhaji Nagar



Estd : 1998
NCISM College Code : AYUB153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



3.	I	Ahara	Collect, compile and document region wise different varieties of Ahara Varga (Millets, cereals, pulses, vegetables, varieties of milk/oil/honey/ available in the market). Demonstrate the therapeutic indication and nutritive values of Pathya kalpanas a. Manda b. Peya c. Vilepi d.Yavagu e.Odana f. Krishara g.Yusha h.Takra . Prepare the dietary regime according to different Prakriti. Prepare/Prescribe the dietary regime for different occupations / activities, age groups, and physiological conditions. Prepare/Prescribe the diet and lifestyle regimen(pathya- apathya) with reference to Ahara and Vihara for each ritu. Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. Assess various anthropometric variables like weight, height, and BMI and mid-arm circumference etc., in order to assess the	30	Dr.Kale
----	---	-------	--	----	---------

Prashant
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Sambharnwadi Chhatrapati Sambharnwadi



Est'd : 1989
NCISM College Code : AYU8153
MUR's College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2015 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			state of nutrition of five individuals.		
4.	11	Health Education (IEC)	Demonstrate communication methods for health education. Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc.) patients and general public .	10	Dr.Puri
5.	11	Yoga performance	Perform four Standing Postures namely - Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, and Trikonasana step by step with sthiti, main procedure and vishrama. Perform eleven Sitting Postures namely - Swasthikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana step by step with sthiti, main procedure and vishrama. Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by	35	Dr.Puri

Dr. Puri

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Ranchanwadi, Chhatrapati Sambhajinagar.

Dr. Puri

H.O.P. & Professor

Dept. of Swasthavya Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya

Ranchanwadi, Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar-401 001, M.S.

Tel: (0240) 2646201, 2646202, 2646204 Fax: (0240) 2646222

Email: mssayurved@gmail.com, mssayurved@yahoo.com

Website: www.mssayurved.com

रांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)





Estd. - 1983
NCISM College Code - AYU0153
MUHS College Code - 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			step with sthiti, main procedure and visrama Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Jalaneti and kapalbhati . Perform Anuloma – Viloma Pranayama in a comfortable sitting posture. Perform Nadishuddhi Pranayama with inhalationretention- exhalation in the ratio of 1:4:2 in a comfortable sitting posture. Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetali, Bhastrika and Bhramari. Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).		
6.	11	Community survey	Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to	20	Dr.Puri

Dr. Puri
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



M.O.D. & Professor

Dept. of Swasthacharya & Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar

Tel: (0240) 2646201, 2646202, 2646464 Fax: (0240) 2646222

Email: principal@cmssayurved.com, principal@cmssayurved.com, Website: www.cmssayurved.com

कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)



Estd. - 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			the family. Conduct minimum 05 family surveys using a structured questionnaire in specific urban populations and report the survey findings and discuss possible solutions to the family.		
7.	11	Local Health Educational Visits	Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk & milk products. Report the various process involved in water purification plant. Report the processes involved in modern sewage treatment plant. Report the various measures adopted for the prevention and control of occupational diseases in any industry. Report the food safety standards and methods of food processing techniques adopted in any food industry. Report the various treatment modalities adopted in Naturopathy and Yoga canthers. Note : Swasthavritta, Agada Tantra. Dravyaguna & Rasashastra - Combined out campus visits can be palled wherever	36	Dr.Puri

Reshmi

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Puri

H.O.D. & Professor

Dept. of Swasthavritta & Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.

Tel: (0240) 2646201, 2646202, 2646404 Fax: (0240) 2646222

Email: principal@cmsayurved.com, principal@cmsayurved.com, Website: www.cmsayurved.com

Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.

Tel: (0240) 2646201, 2646202, 2646404 Fax: (0240) 2646222

Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.

Tel: (0240) 2646201, 2646202, 2646404 Fax: (0240) 2646222



Chhatrapati Shahu Maharaj Shikshan Sanstha's

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar.

Tel: (0240) 2646201, 2646202, 2646404 Fax: (0240) 2646222



Estd : 1988
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संयुक्त

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			feasible.		
8	III	Visit to Observe National Health Programs and Ayurveda Centre	Report the functioning of a Primary health centre/Community health centre/Rural hospital/District hospital with regards to the implementation of different National Health Programmes viz. Infectious disease control, immunization, ANC, Family planning etc. Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district.	12	Dr.Puri DR.BHOSALE Dr.Kale
9	I	Monitoring of health and hygiene	Conduct periodic check-ups , collect demographic profile and clinical examination of allotted 2 subjects/Individuals - Assess Prakriti, Satva, Sara, etc.)for their health status / occupational health status and if any treatment is prescribed then coordinate the treatment under the overall guidance of the teacher/Mentor. Counsel and advice the allotted 2 subjects a healthy regime prescription and analyze their health status after following the healthy regime under the overall guidance of the teacher/mentor.	5	Dr.Kale

Sashank
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

H.O.D. & Professor

Address: Kanchanwadi, Chhatrapati Sambhajinagar, Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address: Kanchanwadi, Chhatrapati Sambhajinagar, Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar. Tel: (0240) 2646201, 2646202, 2646203 Fax: (0240) 2646222
Email: principal@csmsayurved.com, principal@csmsayurved@gmail.com, Website: www.csmsayurved.com





Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NAAB & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संपत्तित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2023-2024

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

THIRD TERM THEORY- AMLE BATCH 2023-2024

1	III	Vital Statistics Definition of Vital Statistics. Sources of Vital statistics. Fertility, Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	01	Dr.Kale
2	III	Health Administration Health administration including AYUSH at the Central, State, District, and Village levels	02	Dr.Kale
3	III	National Health Programmes National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio, National TB Elimination program, Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National mental health program, National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS), Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM). National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.	07	Dr.Kale
4	III	National Health Policy National Health Policy (NHP) and the scope of Ayurveda in NHP.	01	Dr.Kale

[Signature]

H.O.D. & Professor
Dept. of Swasthavritha Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchamwadi, Chhatrapati Sambhajinagar



[Signature]

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchamwadi, Chhatrapati Sambhajinagar

Address : Kanchamwadi, Paithan Road, Chhatrapati Sambhajinagar-431 011. (M.S.) | कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)

Tel: (0240) 2646201, 2646202, 2646464 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalcsmsayu@gmail.com, Website: www.csmsayurved.com



Estd. 1988
ACISM College Code : AYU0153
MUNIS College Code : 124101

NAAC ACCREDITED WITH B++, GC1 "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संपत्तित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2023-2024

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

THIRD TERM NLH- AMLE BATCH 2023-2024

1	III	National health programs	Web-based learning , Assignments and Participating in celebration of health related days	3	Dr.Rathod
2	III	World health organizations and International health agencies	Web-based learning and Quiz	1	Dr.Rathod
3	III	Health Statistics	Presentations and Seminars	1	Dr.Rathod
4	III	Health Administration	Presentations and Seminars	1	Dr.Rathod

Dr. P. S. Rathod
H.O.D. & Professor
Dept. of Swasthavritha Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



Dr. P. S. Rathod
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



Estd : 1959
NCISM College Code : AYU0153
MUIS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2023-2024

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

THIRD TERM PRACTICALS- AMLE BATCH 2023-2024

1.	III	Local Health Educational Visits	Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk & milk products. Report the various process involved in water purification plant. Report the processes involved in modern sewage treatment plant. Report the various measures adopted for the prevention and control of occupational diseases in any industry. Report the food safety standards and methods of food processing techniques adopted in any food industry. Report the various treatment modalities adopted in Naturopathy and Yoga centers. Note : Swasthavritta, Agada Tantra, Dravyaguna & Rasashastra - Combined out campus visits can be pulled wherever feasible.	36	Dr.Puri
2.	III	Visit to Observe National Health Programs and Ayurveda Centre	Report the functioning of a Primary health centre/Community health centre/Rural hospital/District hospital with regards to the implementation of different National Health Programmes viz. infectious disease control, immunization, ANC, Family planning etc. Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district.	12	Dr.Puri DR.Rathod Dr.Kale

(Signature)

N.O.C. & Professor
Dept. of Swasthavritta Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar



(Signature)

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

Address : Kanchanwadi, Palthan Road, Chhatrapati Sambhajinagar-431 011. (M.S.) | कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)

Tel: (0240) 2646201, 2646202, 2646464 Fax: (0240) 2640222

Email: principal@cmsayurved.com, principalcmsayu@gmail.com, Website: www.cmsayurved.com



Est'd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

MAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2015 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2024-2025

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

THEORY- APOTIKAR BATCH 2024-2025

SR. NO	TERM	TOPIC	HRS 175	TEACHER'S NAME
1.	I	Swastha and Swasthya Definition of Swasthavritta and its objective. Swasthalakshanas, Arogyalakshanas, Dhatusamyalakshanas. Concept of Health & Operational definition of health. Importance of Shodhana in Swastha in relation to Sanchita & Asanchitha Dosha & Classification of Swastha purusha as Sanchita dosha and Asanchita Dosha. Dimensions of health -Physical, Mental and Social. Concept of well-being : objective component of well-being - standard of living and level of living and subjective component of well-being - Quality of Life. One health concept / Vasudhaiva Kutumbakam" or "One Earth - One Family- One Future".	3	Dr.Kale
2.	I	Healthy Life style -Dinacharya (Daily regimen) Concept of Primordial, Primary, Secondary and Tertiary Prevention along with examples in Ayurveda. Importance of Ahara and Vihara as the health promotive and disease preventive measures. Importance of Niyata kala vihara (Dinacharya, Ritucharya) and Aniyata kala Vihara (Vegadharana, Vegaudirana, Ritushodhana, Brumhana and Bhutadi asparshana) for health promotion and disease prevention. Concept of waking up at 'Brahme muhurta' in the present scenario and the effect of early rise on health, sleep, alertness and memory. Usha Jalapana' (Drinking water in early morning). Importance of Malatyaga in vata kaala - early morning (Good Bowel Habits.). Mukhaprakshalana and face washes used currently. Concept of Dantadhavana and modern-day brushing techniques and dentifrices. Concept of Jihwanirlekhana and the tools used in today's era and their benefits. Concept of Anjana as a health promotive measure. Kavala and gandusha for oral hygiene including mouthwashes available in the market. Abhyanga as health promotive measure. Importance of the Tambula. Prayogika Dhoomapana (Practicable & nonpracticable Dhoomapana- inhalation of herbal fumes/ herbal inhalers with their benefits and contraindications. Ill effects of tobacco smoking of various sorts viz. beedi, cigarette, hookah on health. Applied aspects of Sarvanga Abhyanga, Padabhyanga, Shiroabhyanga and their possible physiological effects. Application of Abhyanga according to	08	Dr.Kale

Principals

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address: M.O.B. & Professor

Dept. of Swasthavritta Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya

Kanchanwadi, Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Tel: (0240) 2646201, 2646202

2646203, 2646204

2646222

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar



Est'd. 1988
 NCISM College Code : AYU0153
 MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABL & ISO 21001:2015 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.



		different age groups and occupation/activity. Different snehas/oils to be used for daily abhyanga as per seasons and geographical variations. Concept of Vyayama and present-day practices such as aerobic exercises, muscle strengthening exercises etc. to be practiced as per prakriti, age and occupation. Ardhashakti lakshanas of vyayama and the consequences of ati vyayama. Udwartana, Utsadana Udgharshana. Snana- Types of different types of bath and Physiological effects of snana on body and mind. Importance and benefits of Anulepana. Merits and demerits of present-day applications like face powder, face pack, balm, lotions, lipsticks, deodorants and perfumes etc. Importance of proper clothing (Vastradharana) in social life.		
3.	I	Ratricharya Ratri bhojanvidhi and its relation to health. Ratri shayana vidhi in relation to the proper time of sleep. Relation between Nidra and health. Effects of Yukta & Ayukta nidra. Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra and Akala Nidra. Ahara and Vihara Causing sound sleep as well as disturbed sleep. Formulation of the duration of sleep according to age and Sleep in healthy and ailing persons. Various Aspects of Sleep like: a. Daytime Sleepiness and Alertness b. Sleep Deprivation c. Sleep and Host Defense d. Master Circadian Clock and Master Circadian Rhythm e. Human Circadian Timing System and Sleep-Wake Regulation f. Circadian Rhythms in Sleepiness, Alertness, and Performance g. Circadian Disorders of the Sleep-Wake Cycle. Sleep apnea, insomnia, narcolepsy and restless leg syndrome. Solutions to Asatmya jagarana (sleep disorders). Importance of observing brahmacharya and abrahmacharya in ratricharya in relation to health. Brahmacharya with special reference to lifestyle guidelines. Reproductive and sexual health according Ayurveda.	06	Dr.Ashtankar
4.	II	Ritucharya Classification of kaala, Adana kala and visarga kala, identification of seasons based on the ritu lakshanas in different geographical areas. Sanchaya- Prakopa- Prashamana of Dosha with their gunas in each ritu. Relation of Agni, Bala and Ritu with its application. Ritu shodhana for the prevention of diseases. Pathya - Apathya in regards to Ahara - Vihara in all six ritus in present scenario. Importance of ahara and vihara in ritu sandhi and Yamadanshtra kala. Rituharitaki as a rasayana with research updates. Effects of Rituviaryaya on health and its relation to janapadaudhiwamsa/maraka vyadhis with present day examples.	05	Dr.Ashtankar
5.	II	Roganutpadaniya Concept of vegadharana and vegadharana in relation to	02	Dr.Ashtankar

[illegible]



आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

Est'd : 1999
NCISM College Code : AYU0153
MUNS College Code : 124101

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		health and morbidity. Symptoms and management principles of adharaniya vega janya vyadhis from bruhattrayee. Concept of vegaudirana (viz. Use of snuffing powder, forcible evacuation of bowels & bladder etc.). Importance of dharaniya vegas in promotion of mental health.		
6.	11	Sadvritta Sadavritta measures for the maintenance of personal, social and spiritual health. Observance of Sadvritta for the prevention of Adharma. Achara Rasayana" and its role in the prevention and control of diseases. Characteristics of a mentally healthy person, warning signals of poor mental health, types of mental illness and causes of mental illhealth. Mental health services and comprehensive mental health programme. Role of trigunas and satvavajaya in mental health promotion in present era. Digital health promotion	01	Dr.Kale
7.	11	Ahara Significance of Ahara for health and well-being according to Ayurveda & Contemporary science. Classification of aharadravyas as per Ayurveda & Contemporary science. Ahara vidhividhana, Ahara sevanakala & Dwadasha ashanapravicharana . Applied aspect of Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana. Ahara & vihara leading to Santarpanajanya evam Apararpanajanyavyadhi and importance of upavasa and concept of intermittent fasting. Benefits of Shadrasabhojana. Importance of Ashta aharavidhivishesha ayatanani in present era. Importance of Nityasevaniyadravyas in the maintenance of health. Properties (Guna& karmas) of Ahara dravyas in the following vargas with their nutritive value: Dhanyavarga – Shuka Dhanya (Cereals and Millets), Shami Dhanya (Pulses), Shaka and Haritavarga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phalavarga (Fruits), Taila varga (Fats and Oils), Ikshuvarga (Sugarcane Products) & Madyavarga (Alcoholic Beverages), Dugdhavarga (Milk and Milk products), Ahara Upayogi Varga (Spices & Condiments), Kritannavarga (Prepared Food), Mamsavarga (Meat types) and Jala Varga. Definition of Pro-biotics and Pre-biotics and their utility. Proximate principles of Food - Recommended Daily Allowance according to various conditions, Sources and deficiency diseases of Protein, Carbohydrate, Fats, Vitamins, and Minerals. Definition of Balanced diet and diet for an individual depending on age, body weight and physiological status and Social Aspects of Nutrition. Food hygiene, Sanitation of eating places, Preservation of food, Food handlers, Foodborne diseases, Food fortification, Food adulteration and Food toxicants. Milk Hygiene, Milk composition, Source of infection for Milk, Milk borne diseases. Clean and Safe milk and Pasteurization of milk	15	Dr.Kale

principal



Estd : 1995
NCISM College Code : AYUR152
MUNHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2015 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघालय

आयुर्वेद महाविद्यालय व रुग्णालय

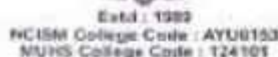
CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANGHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		Meat Hygiene, Meat inspection, Slaughterhouse and Freshness of fish and egg. Safety and hygiene measures for Fruits and Vegetables. Formulation of Pathya-Apathya diet for prevention of lifestyle disorders such as Obesity, Diabetes mellitus, Cardiovascular diseases and Acid peptic diseases. Description of Food safety and standards regulation (Ayurveda Ahara Regulations), 2022 and Food safety and standards Act, 2006. Different Dietary Supplements and Ergogenic Aids. Impact of different dietary patterns: Mediterranean diet, Keto Diet, DASH diet, the MIND diet, Vegan diet, Ovo-lacto-vegetarian, Pescovegetarian, Plant-based diet, Intermittent diet, the Nordic diet, importance of organic foods, merits and demerits of genetically modified foods and inflammatory foods such as fried foods, cookies, hot dogs, red meat, refined grains, pizza, burger etc., and instant foods like Maggi etc., Concept of slow and fast foods and impact of cooking processes like boiling, steaming, sautéing, fermenting etc. (samskara) on health. Definition of Nutraceuticals, Nutrigenomics, Nutrigenetics. Concept of Viruddhaahara with classical and modern-day examples and the application of this in the prevention of diseases		
8	I	Rasayana for Swastha Definition of Rasayana and benefits of Rasayana. Classification and types of Rasayana with examples. Urjaskara Rasayanas as per age and occupations /Activities. Antioxidant & immunomodulatory effects of Rasayana with reference to research articles. Importance of lifestyle counselling with its methods.	02	Dr.Ashtankar
09	II	Yoga Etymology/derivation of the word 'Yoga'. Definitions of Yoga according to Patanjali Yogasutras, Bhagavad Gita and Charaka Samhita. Difference between Rajayoga, Hathayoga and Karmayoga. Yogabhyasa Pratibhandhakas and Yoga Siddhikarabhyavas. Mitahara and Pathya-apathyas during Yogabhyasa. Concept of Panchakosha theory. Description of Ashtangas of Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Suryanamaskara. Description of Shatkarmas - Dhauti, Basti, Neti, Trataka, Nauli, and Kapalabhati. Bandha - procedure and benefits of Mulabandha, Jalandharabandha and Uddiyanabandha. Mudras - Shanmukhi mudra and Jnana mudra. Shatchakras and their importance in Yoga practice. Description of Ida-Pingala-Sushumna nadis and their importance in yoga practice. Concept of Moksha according to Charaka, Muktaamalakshana and Moksha upayas. Importance of International Day of Yoga (IDY). Adverse effects of improper Yoga practices.	22	Dr.Puri Dr.Ashtankar
10	II	Naturopathy	05	Dr.Kale



छत्रपती शाहू महासाज शिक्षण संस्था संयमित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik)

[illegible]

W.O.B. & Professor

Sanskrit

Unnatnati Shahu Maharaj Sanshodhan Mandal, Chhatrapati Sambhajinagar, Pune - 411004, India. Tel: (0240) 2646301 Fax: (0240) 2646322

Ayurved Mahavidyalaya & Raghavaya, Tel: (0240) 2646201, 2646204, 2646205 Fax: (0240) 2646222

Dr. Chhatrapati Saneha Hospital, Email: chhatrapatisaneha@gmail.com, Phone: 020-26110000, Website: www.csmasayurved.com



Estd : 1985
NCISM College Code : AYU0192
MURIS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघर्षित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		vessels as per classics. Rain water harvesting - methods and its importance. Soil : Types of soil and relation between soil and health. Land pollution - its prevention and control. Land purification as per the classics. Social goals of Housing and Housing standards. The Building and other construction workers (Regulation of employment and conditions of services) Act, 1996 Effects of housing on health. Overcrowding and its impact on health. Light : Good lighting, natural lighting and artificial lighting. Biological effects of lighting. Noise : Definition of noise and its sources, effects on health and control measures. Radiation : Radiation - sources and effects on health and control measures. Waste disposal : Types of solid waste, Storage and collection of refuse. Methods of disposal of solid waste (Rural & urban). Excreta Disposal methods & Sanitary Latrines. Modern Sewage disposal methods. Disposal methods of Excreta during camps, fairs, and festivals. Bio-medical waste management and Biomedical waste management rules, 2016. Environment protection Act, 1986.		Dr.Kale
13	II	Disaster management Definition of disaster and disaster management. Effects of natural and man-made disasters. Epidemiologic surveillance and disease control measures.	01	Dr.Kale
14	II	Occupational Health Definition of occupational health and Ergonomics. Occupational Hazards and Occupational diseases. Prevention and control of Occupational diseases . ESI Act ,1948 and The factories Act.1948, Role of Ayurveda in various Occupational health problems. The Merchant Shipping / Medical Examination Rules,2000	03	Dr.Kale
15	II	School health services Health problems of school children. Aspects of school health services. Duties of school medical officers. Healthy environment in the school.	02	Dr.Kale
16	II	Disinfection Definition of different term used in relation to disinfection. Types of disinfection. Natural agents, Physical agents and Chemical agents of disinfection. Recommended disinfection procedures of feces & urine, sputum, and room. Ayurvedic disinfection methods.	02	Dr.Kale
17	II	Primary health care Definition of Primary Health Care. Principles and elements of primary health care. Levels of health care. Structure of Primary health care at village, sub-center, Primary health center (PHC), Community health center (CHC) and Rural hospital levels. Primary health care in Health insurance, Private agencies, Voluntary health agencies, NGOs and the AYUSH sector. Role of Ayurveda in Primary Health Care.	02	Dr.Kale

Signature

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

M.O.D. & Professor

Dept. of Sanshodhan, Panchajanya, Chhatrapati Sambhajinagar, 431 011, (एम. एस.)
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Chhatrapati Sambhajinagar
Tel: (0240) 2646201, 2646202, 2646204 Fax: (0240) 2646222
Email: info@cmssayurved.com, principal@cmssayurved@gmail.com, Website: www.cmssayurved.com



NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था नांचलल

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

Est'd : 1985
NCISM College Code : AYU0153
MUIS College Code : 124101

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



18	II	Mother and Child health care Objectives of Maternal and Child Care services. MCH problems & indicators of MCH care	01	Dr.Kale
19	II	Family welfare programme Definition of Demography and sources of demographic statistics in India. Demographic cycle & definition of life expectancy. Definition of family planning, eligible couple and target couple. Objectives of family planning. Problems of population explosion. National population policy. Methods of Contraceptive (Fertility Regulating Methods).	02	Dr.Kale
20	II	Preventive Geriatrics Health problems of the aged and prevention and control measures. Relation between lifestyle and healthy aging. Role of Rasayana in preventive geriatrics.	01	Dr.Kale
21	III	World Health Organization and International health agencies Definition of World Health organization. Structure, regions, and works of the World Health Organization. Functions of various international health agencies - United Nations health agencies, Bilateral health agencies and Non- Governmental agencies. Contribution of the World health organization to the global acceptance of Ayurveda.	03	Dr.Kale
22	III	Vital Statistics Definition of Vital Statistics. Sources of Vital statistics. Fertility, Morbidity and Mortality rates. Registration of Birth and Death Act, 1969	01	Dr.Kale
23	III	Health Administration Health administration including AYUSH at the Central, State, District, and Village levels	02	Dr.Kale
24	III	National Health Programmes National Health Programs : Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio, National TB Elimination program, Vector born disease control program, RCH program, ICDS program, Universal Immunization program, National mental health program, National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke (NPCDCS), Swachha Bharat mission, Ayushman Bharat Yojana, Ayushman Bharat Digital Mission, National health mission (NRHM&NUHM), National AYUSH Mission (NAM). National nutrition programs: National Iodine Deficiency Disorders Control program, National Iron Plus Initiative for Anemia Control, National Vitamin A prophylaxis program, Mid-Day Meal program & Balwadi nutrition program.	07	Dr.Kale
25	III	National Health Policy National Health Policy (NHP) and the role of Ayurveda in NHP.	01	Dr.Kale

Principal

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

H.O.D. & Professor

Address: Kanchanwadi, Pashan Road, Chhatrapati Sambhajinagar - 431 001 (M.S.) | कॉकणाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)
Chhatrapati Shahu Maharaj Shikshan Sanstha's Ayurved Mahavidyalaya & Rugnalaya Tel: (0240) 2646201, 2646202, 2646203 Fax: (0240) 2646222
Kanchanwadi, Chhatrapati Sambhajinagar Email: mssayurved.com, principal@ayurveda.in, mssayurved@gmail.com Website: www.mssayurved.com



Estd : 1989
NCISM College Code : AYUS153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, OCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2024-2025

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

NLH- APOTIKAR BATCH 2024-2025

SR. NO	TERM	TOPIC	ACTIVITY	HRS 75	TEACHER'S NAME
1.	I	Dinacharya	Demonstration, Making posters, Real-life experiences, Roleplay, We- based activities Example - Collection and analyze of different tooth paste/tooth brushes, mouth washes and collyriums available in the market including GMP pharmacies	5	Dr.Ashtankar
2.	I	Ratricharya	Chart preparation and real-life experiences of Ratri bhojana and Sleep principles	1	Dr.Ashtankar
3.	I	Ritucharya	Assessment of changes happening in the human body in particular rituPoster preparation of food recipes in different ritus	2	Dr.Ashtankar
4.	I	Sadvritta	Role play 1	1	Dr.Ashtankar
5.	I	Ahara	Listing of Ahitakara (Junk) food habits, Gathering information of Organic farming and Organic food items, Application of Ashtaahara vidhivesesha ayatana in real life - Team base project, Roleplay, Presentation & Collection of Research updates in the field of Ayurvedic food	15	Dr.Ashtankar
6.	I	Roganutpada niya	Survey and documentation on effect of Adharaneeya vega on different occupations	1	Dr.Ashtankar
7.	I	Rasayana for swastha	Poster making and Library work	2	Dr.Ashtankar
8.	I	Nidra	Survey on sleep and awakening patterns among the staff and students	1	Dr.Ashtankar
9.	II	Yoga	Participation in International day of Yoga, Poster presentation of Yogic practices as per diseases, Preparation of Short videos on Yoga and Conducting Quiz	7	Dr.Ashtankar
10.	II	Disaster management	Group discussion	2	Dr.Ashtankar
11.	II	Janapadodwa	Assignment, Symposium and Problem-based learning	10	Dr.Ashtankar



Estd : 1982
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, GCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



		msa	learning		
12	II	Environment al health	Seminars, Quiz andm PBL	5	Dr.Ashtankar
13	II	Disinfection	PBL	3	Dr.Ashtankar
14	II	Family welfare programe	Roleplay , Web-based learning and Discussion	2	Dr.Ashtankar
15	II	Mother and child health care	PBL	1	Dr.Ashtankar
16	II	Preventive geriatries	Group discussion and Seminar	1	Dr.Ashtankar
17	II	School health services	Role play and Presentations	2	Dr.PURI
18	II	Occupational health	Poster making , PBL and Group discussion	3	Dr.PURI
19	II	Primary health care	Group discussions	2	Dr.PURI
20	II	Naturopathy	Web-based learning , Tutorials and Group disussions	4	Dr.PURI
21	III	World health organizations and International health agencies	Web-based learning and Quiz	1	Dr.PURI
22	III	Health Statistics	Presentations and Seminars	1	Dr.PURI
23	III	Health Administrat ion	Presentations and Seminars	1	Dr.PURI
24	III	National health programs	Web-based learning , Assignments and Participating in celebration of health related days	3	Dr.PURI

A.O.L. & Professor

Dept. of Swasthavritta Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi Chhatrapati Sambhajinagar



Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Palthan Road, Chhatrapati Sambhajinagar-431 014 (M.S.) | कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)

Tel: (0240) 2646201, 2646202, 2646203, 2646204 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalcsmsayu@gmail.com, Website: www.csmsayurved.com



Estd : 1989
NCISM College Code : AYUR153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2024-2025

DEPARTMENT OF SWASTHVRITTA EVAM YOGA

PRACTICALS- APOTIKAR BATCH 2024-2025

SR. NO	TERM	TOPIC	ACTIVITY	HRS 175	TEACHER'S NAME
1.	I	Dinacharya	1. Analyze the composition of different Dantadhawana Churnas/ Tooth pastes and tooth brushes available in the market 2. Analyze different Jivwa Nirlekhana Yantra (Tongue cleaners) available in the local area/ market 3. Demonstrate the procedure of kavala and gandusha with appropriate liquids /dravyas for swastha 4. Demonstrate Anjana procedure as per local traditions and advise different types of Anjana for swastha. 5. Demonstrate Pratimarsha Nasya with Anutaila/ Sesame oil and prescribe the appropriate taila for Pratimarsha Nasya for swastha. 6. Demonstrate Prayogika Dhoomapana (Practicable and Non- practicable Dhoomapana) and advise prayogika	25	Dr.Kale

(Signature)

Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

H.O.D. & Professor



Dept. of Swasthavritha Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Chhatrapati Sambhajinagar
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya
Kanchanwadi, Chhatrapati Sambhajinagar
Tel: (0240) 2646221, 2646222, 2646466 Fax: (0240) 2646222
Email: info@cmssayurved.com, Web: www.cmssayurved.com



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			dhoomapana dravya for swastha. 7. Demonstrate the procedure of Abhyanga techniques for full body abhyanga, padabhyanga and shiroabhyanga and prescribe suitable Taila for Abhyanga for Swastha. 8. Demonstrate the procedure of Udwartana techniques and prescribe suitable dravya for Udwartana for Swastha. 9. Prescribe appropriate dinacharya module regarding ahara and vihara as per age and occupation /activity. 10. Advise /counsel people regarding healthy lifestyle based on the Ayurvedic principles (one student should counsel at least five person and should be documented).		
2.	1	Disinfectants	Identify and demonstrate the suitability, dose, dilution, and contact period of the following disinfectants : Bleaching powder, Dettol, Lysol, Savlon . Observe the procedure of fumigation of the operation theatre. Write the mode of working and uses of an autoclave.	2	Dr.Puri

[Signature]
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

M.O.D. & Professor

Dept. of Swasthavya Evam Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

Chhatrapati Shahu Maharaj Shikshan Sanstha's, Chhatrapati Sambhajinagar, Nashik - 422 001. [कॉपनबाडी, पेठन रोड, छत्रपती संभाजीनगर - ४२१ ०११ (एच. एस.)]

Tel: (0240) 2646222, 2646202, 2646203 Fax: (0240) 2646222

Email: principal@csmsayurved.com, csmsayurved@csmsayurved.com, Website: www.csmsayurved.com





NAAC ACCREDITED WITH B++, OCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संघलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

3.	I	Ahara	Collect, compile and document region wise different varieties of Ahara Varga (Millets, cereals, pulses, vegetables, varieties of milk/oil/honey/ available in the market). Demonstrate the therapeutic indication and nutritive values of Pathya kalpanas a. Manda b. Peya c. Vilepi d.Yavagu e.Odana f. Krishara g.Yusha h.Takra . Prepare the dietary regime according to different Prakriti. Prepare/Prescribe the dietary regime for different occupations / activities, age groups, and physiological conditions. Prepare/Prescribe the diet and lifestyle regimen(pathya- apathya) with reference to Ahara and Vihara for each ritu. Conduct diet counselling according to prakriti, agni, sara, satva, age, sex, occupation/ activity, and prevailing season based on the regional food habits with serving sizes with different food exchange/options for 5 persons. Assess various anthropometric variables like weight, height, and BMI and mid-arm circumference etc., in order to assess the	30	Dr.Kale
----	---	-------	--	----	---------

Principal

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar

M.O.L. & Professor

Dept. of Swasthachitta Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya,

Kanchanwadi, Chhatrapati Sambhajinagar

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal

Principal



Estb : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संपलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			state of nutrition of five individuals.		
4.	11	Health Education (IEC)	Demonstrate communication methods for health education. Demonstrate/ Present different health education materials (dinacharya practices, Sadvritta practices, family planning methods, breastfeeding techniques, etc.) patients and general public .	10	Dr.Puri
5.	11	Yoga performance	Perform four Standing Postures namely - Ardhakatichakrasana, Padahasthasana, Ardhashakrasana, and Trikonasana step by step with sthiti, main procedure and vishrama. Perform eleven Sitting Postures namely - Swasthikasana, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, Ardhamatsyendrasana, and Siddhasana step by step with sthiti, main procedure and vishrama. Perform seven Supine Postures namely - Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, and Setubandhasana step by	35	Dr.Puri

Jeeshumkh

Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



M.O.D. & Professor

Dept. of Swasthavitta Exam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha's, Chhatrapati Sambhajinagar, Kanchanwadi, Petham Road, Chhatrapati Sambhajinagar - 431 011 (एम. एस.)
Ayurved Mahavidyalaya & Rugnalaya, Tel: (0240) 2646201, 2646202, 2646464 Fax: (0240) 2640222
Email: principal@comissayurved.com, principals@comissayurved.com Website: www.comissayurved.com



Estb. 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था नांदेड

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH,
Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			step with sthiti, main procedure and vishrama Perform four Prone Postures namely - Bhujangasana, Shalabhasana, Dhanurasana, and Makarasana step by step with Sthiti, main procedure and vishrama. Perform Jalaneti and kapalbhati . Perform Anuloma – Viloma Pranayama in a comfortable sitting posture. Perform Nadishuddhi Pranayama with Inhalationretention- exhalation in the ratio of 1:4:2 in a comfortable sitting posture. Perform Kumbhakabhedas namely - Suryabhedana, Ujjayi, Sitkari, Sheetal, Bhastrika and Bhramari. Demonstrate and instruct Common Yoga Protocol of IDY (International Day of Yoga).		
6.	11	Community survey	Conduct minimum 05 Family surveys using a structured questionnaire in specific rural populations and report the survey findings and discuss possible solutions to	20	Dr.Puri

H.O.D. & Professor

Dept. of Swasthacharya

Address: Kanchanwadi, Pathan Road, Chhatrapati Sambhajinagar - 431 011. (M.S.)

Phone: (0240) 2646201, 2646202, 2646203, 2646204 Fax: (0240) 2646222

Email: principal@cmssayurved.com, principalcmssai@cmssai.org

Website: www.cmssayurved.com



पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम. एस.)



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, GC1 "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			the family. Conduct minimum 05 family surveys using a structured questionnaire in specific urban populations and report the survey findings and discuss possible solutions to the family.		
7.	II	Local Health Educational Visits	Report the functioning of milk dairies such as methods of processing and preservation of milk, testing of milk before and after pasteurization, and the standards of milk & milk products. Report the various process involved in water purification plant. Report the processes involved in modern sewage treatment plant. Report the various measures adopted for the prevention and control of occupational diseases in any industry. Report the food safety standards and methods of food processing techniques adopted in any food industry. Report the various treatment modalities adopted in Naturopathy and Yoga canters. Note : Swasthavritta, Agada Tantra. Dravyaguna & Rasashastra - Combined out campus visits can be palled wherever	36	Dr.Puri

Dr. Puri

A.O.L. & Professor

Dept. of Swasthavritta Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

AYURVED MAHAVIDYALAYA & RUGNALAYA

Kanchanwadi, Chhatrapati Sambhajinagar

Tel: (0240) 2640201, 2646202, 2646164 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalcsmsay@gmail.com, Website: www.csmsayurved.com





Estd : 1989
NCISM College Code : AYU0553
MUHS College Code : 124101

NAAC ACCREDITED WITH B++, QCI "A" Grade, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संपत्तित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



			feasible.		
8	III	Visit to Observe National Health Programs and Ayurveda Centre	Report the functioning of a Primary health centre/Community health centre/Rural hospital/District hospital with regards to the implementation of different National Health Programmes viz. Infectious disease control, immunization, ANC, Family planning etc. Report the structure and functioning of a Ayurveda Dispensary/ Taluk Hospital /District Hospital available in the district.	12	Dr.Puri DR.Rathod Dr.Kale
9	I	Monitoring of health and hygiene	Conduct periodic check-ups , collect demographic profile and clinical examination of allotted 2 subjects/Individuals - Assess Prakriti, Satva, Sara, etc.)for their health status / occupational health status and if any treatment is prescribed then coordinate the treatment under the overall guidance of the teacher/Mentor. Counsel and advice the allotted 2 subjects a healthy regime prescription and analyze their health status after following the healthy regime under the overall guidance of the teacher/mentor.	5	Dr.Kale

M.O.C. & PROFESSOR

Dept. of Swasthavritta Evam Yoga

Chhatrapati Shahu Maharaj Shikshan Sanstha

Ayurved Mahavidyalaya & Rugnalaya

Kanchanwadi, Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar

Chhatrapati Sambhajinagar-411011, (M.S.)

Tel: (0240) 2646201, 2646202, 2646203 Fax: (0240) 2646222

Email: principal@csmsayurved.com, principalcsmsayurved@gmail.com, Website: www.csmsayurved.com

