

SHIVALIK INSTITUTE OF AYURVED & RESEARCH

COURSE PLAN BAMS BATCH-2020 (THIRD YEAR)

SUBJECT- SWASTHVRITTA & YOGA

S.NO	Date	Lecture	Practical & demo	Assesment	Activity	Teacher name	
1	16/08/2023	Introduction of swastha & defination of swasthya & swasthavritta. Arogya lakshana & swasthvrirtta prayojana	-		-	Dr. ANJALI	
2	17/08/2023	Defination of health dimension of health	-		-	Dr. SHALINI	
3	18/08/2023	Concept of wellbeing objective & subjective	-		-	Dr. SHALINI	
4	21/08/2023	-	-	viva on shloka	-	Dr. ANJALI	
5	22/08/2023	Defination of Dincharya aims & impotence	-	shloka presentation	-	Dr. ANJALI	
6	23/08/2023	Brahma murath & usha jalapana	-	viva on concept of helth	-	Dr. ANJALI	
7	24/08/2023	Introduction & Defination of janapadodhwamsa & causes	-	-	-	Dr. SHALINI	
8	25/08/2023	Importance of panchkarma & rasayana	-	-	-	Dr. SHALINI	
9	26/08/2023	-	-	-	group discussion	Dr. SHALINI	
10	28/08/2023	Sharirochinta & malatyaga & mukha prakshalan	-	viva	-	Dr. ANJALI	
11	29/08/2023	Dantadhavana & jihvanirlekanavidhi	-	-	-	Dr. ANJALI	
12	30/08/2023	class revision	-	-	chart prepration on dincharya	Dr. ANJALI	
13	01/09/2023	Defination term & concept of epidermiology	-	-	-	Dr. SHALINI	
14	02/09/2023	Concept of diseases & causation	-	-	-	Dr. SHALINI	
15	04/09/2023	concept of anjana,merit & demerits,kaval & gandusha	-	viva	-	Dr. ANJALI	
16	05/09/2023	Nasya types,time merit & demerits	-	-	-	Dr. ANJALI	
17	06/09/2023	-	-	class presentation	-	Dr. ANJALI	
18	08/09/2023	-	-	-	nutritional weak	Dr. SHALINI	
19	09/09/2023	-	-	-	health camp	Dr. ANJALI	
20	11/09/2023		-	class test	-	Dr. SHALINI	
21	12/09/2023	concept of dhoompana ,types , time , merits & demerits	-	-	-	Dr. ANJALI	
22	13/09/2023	Abhyanga	-	-	-	Dr. ANJALI	
23	14/09/2023	epidemiological triod ,natural history of disease	-	-	-	Dr. SHALINI	
24	15/09/2023	concept of presentation & central of deseases	-	-	-	Dr. SHALINI	
25	18/09/2023	udvartana , utsadana,snana	demonstration of anjana	-	-	Dr. ANJALI	
26	19/09/2023	concept of vyama	demonstration of nasya	-	-	Dr. ANJALI	
27	20/09/2023		demonstration of nasya	viva	-	Dr. ANJALI	
28	21/09/2023	Incidence of privelence or principle of epidemiology	practicle on kanal & gandhusa	-	-	Dr. SHALINI	
29	22/09/2023	Investigation of epidemic	"	-	-	Dr. SHALINI	
30	23/09/2023	Risk factor & modes of intervation	"	-	-	Dr. SHALINI	
31	25/09/2023	-	Demonstration of dhoompana	class test	-	Dr. ANJALI	

32	26/09/2023	anulepana,vastradhana ,padatra dharana	"	-	-	Dr. ANJALI
33	27/09/2023	madhyana charya	"	-	-	Dr. ANJALI
34	29/09/2023	Immunizing agent,susceptible host & host defense	Preparation of dhoompana	-	-	Dr. SHALINI
35	30/09/2023	-	"	viva	-	Dr. SHALINI
36	03/10/2023	Importance of ritucharya	"	-	-	Dr. ANJALI
37	04/10/2023	-	demonstration of udvartana	PPT on abhyanga & vyayam	-	Dr. ANJALI
38	05/10/2023	dosha according ritu	"	-	-	Dr. ANJALI
39	06/10/2023	vayu,properties of vayu , vayu sandhi	anulepa demonstration	-	-	Dr. SHALINI
40	07/10/2023	-	"	viva	-	Dr. SHALINI
41	09/10/2023	relation of agni bala , pathya & apathya ahara & vihara in ritu	demonstration of kanal & gandhusa	-	-	Dr. ANJALI
42	10/10/2023	-	"	-	world mental health day awareness	Dr. ANJALI
43	11/10/2023	-	"	-	WMH day rally,speech,posters	Dr. ANJALI
44	12/10/2023	Air-thermal discomfort & comfort zone	Demonstration of dhoompana	-	-	Dr. SHALINI
45	13/10/2023	air pollution and health aspect	"	-	-	Dr. SHALINI
46	14/10/2023	-	"	-	group discussion on global warming	Dr. SHALINI
47	16/10/2023	definition of ritusandhi , yamadamsashtra ,rituharitaki & rituviparyaya	demonstration of anjana	-	-	Dr. ANJALI
48	17/10/2023	-	"	viva	-	Dr. ANJALI
49	18/10/2023	ventilation & its types	"	-	-	Dr. ANJALI
50	19/10/2023	health problem related air & high altitudes	demonstration of udratana	-	-	Dr. SHALINI
51	20/10/2023	-	"	-	-	Dr. SHALINI
52	25/10/2023	Ratricharya	immunizing agent	-	-	Dr. ANJALI
53	26/10/2023	Ratricharya	"	-	-	Dr. ANJALI
54	27/10/2023	sadvritta	Demonstration of dhoompana	viva	-	Dr. SHALINI
55	30/10/2023	achara rasayana	"	-	-	Dr. ANJALI
56	31/10/2023	-	Preparation of dhoompana	shloka competition	-	Dr. ANJALI
57	01/11/2023	rasayana for swastha	"	-	-	Dr. ANJALI
58	02/11/2023	soil & health,bhoomi sod hrna ,nivasa yoga bhoomi	"	-	-	Dr. SHALINI
59	03/11/2023	social graph of hospital & standards	demonstration of abhyoga	-	-	Dr. SHALINI
60	04/11/2023	rural hospital ,health & over corresponding	"	-	-	Dr. SHALINI
61	06/11/2023	concept of ahara & ahara dravya	demonstration of udvartana	-	-	Dr. ANJALI
62	07/11/2023	aahara dravya vargikaram	demonstration of ahara varga	-	-	Dr. ANJALI
63	08/11/2023	-	"	-	ayurveda day health awareness	Dr. ANJALI
64	09/11/2023	-	demonstration of dravya varga	-	nukkad natak	Dr. SHALINI

65	20/11/2023	primary health care defination,principle,element,level of healthcare	"	-	-	Dr. SHALINI	
66	21/11/2023	structure at village,sub centre,PHC,CHC,rural hospital	demonstration of taila varga	-	-	Dr. SHALINI	
67	22/11/2023	voluntary health agency,health insurance	"	-	-	Dr. SHALINI	
68	23/11/2023	role of ayurveda in PHC	demonstration of ahara upyogi varga	-	-	Dr. SHALINI	
69	24/11/2023	-	"	-	group discussion on PHC	Dr. SHALINI	
70	25/11/2023	-	"	Quiz	-	Dr. SHALINI	
71	28/11/2023	astharavidhivishesayatani	"	-	-	Dr. SHALINI	
72	29/11/2023	"	immunization	-	-	Dr. ANJALI	
73	30/11/2023	aharavidhi vidhana,dwadashaskana	"	-	-	Dr. ANJALI	
74	01/12/2023	Matra shishu kalyan yojna-MCH-ANC	prepration of ahara dravya	-	-	Dr. SHALINI	
75	02/12/2023	MCH-intra netal,post netal.neo netal	"	-	-	Dr. SHALINI	
76	04/12/2023	visuddhahara & its effect	prepration of yusha	-	-	Dr. ANJALI	
77	05/12/2023	"	"	-	-	Dr. ANJALI	
78	06/12/2023	Dietic standard	demonstration of asana	-	-	Dr. ANJALI	
79	07/12/2023	Indicators of MCH care	"	-	-	Dr. SHALINI	
80	11/12/2023	source & deficiency of protein,carbohydrate,fat,minerals	sitting & standing position	-	-	Dr. ANJALI	
81	12/12/2023		"	class viva	-	Dr. ANJALI	
82	13/12/2023	food hygiene	posture according diseases	-	-	Dr. ANJALI	
83	14/12/2023	preventive geniotrics	"	-	-	Dr. SHALINI	
84	15/12/2023	-	"	-	menstrual hygiene awareness	Dr. ANJALI Dr. SHALINI	
85	18/12/2023	-	standing posture Aasana	-	health camp	Dr. ANJALI	
86	19/12/2023	food adultration	"	-	-	Dr. ANJALI	
87	20/12/2023	food fertification & foof toxicants	"	-	-	Dr. ANJALI	
88	21/12/2023	International health agencies	"	-	-	Dr. SHALINI	
89	22/12/2023	alma ata declaration	"	-	-	Dr. SHALINI	
90	23/12/2023		"	viva	-	Dr. SHALINI	
91	08/01/2024	nidra,properties & types	sitting posture aasana	-	-	Dr. ANJALI	
92	09/01/2024	ahara & vihara causing disturbed sleep	"	-	-	Dr. ANJALI	
93	10/01/2024	astha nindita principle	"	-	-	Dr. ANJALI	
94	11/01/2024	brahmacharya	"	-	-	Dr. ANJALI	
95	12/01/2024	-	"	Quiz	-	Dr. ANJALI	
96	16/01/2024	Roganutpadaniya concept	supine posture aasana	-	-	Dr. ANJALI	
97	17/01/2024	Roganutpadaniya concept	"	-	-	Dr. ANJALI	
98	18/01/2024	panchakosha theory	"	-	-	Dr. SHALINI	
99	19/01/2024	"	"	-	-	Dr. ANJALI	
100	23/01/2024	yoga defination & diff. school of yoga	"	-	-	Dr. ANJALI	
101	24/01/2024	"	prone posture aasana	-	-	Dr. ANJALI	
102	25/01/2024	shat karma	"	-	-	Dr. SHALINI	
103	27/01/2024	types & benefits of shatkarma	"	-	-	Dr. SHALINI	

104	29/01/2024	-	"	-	chart making competition	Dr. ANJALI	
105	30/01/2024	-	"	presentation on dimension of health	-	Dr. ANJALI	
106	31/01/2024	yoga & ayurved sambandh	"	-	-	Dr. ANJALI	
107	01/02/2024	Astanga yoga & types	prone posture aasana	-	-	Dr. SHALINI	
108	02/02/2024	yama ,niyama , asana & its importance	prone posture aasana	-	-	Dr. SHALINI	
109	03/02/2024	asana & its posture in detail	prone posture aasana	-	-	Dr. SHALINI	
110	05/02/2024	jala ayurvedic & modern aspect	prone posture aasana	-	-	Dr. ANJALI	
111	06/02/2024	propetives,type,source of water,water pollution & health hazards	prone posture aasana	-	-	Dr. ANJALI	
112	07/02/2024	method of water purification	prone posture aasana	-	-	Dr. ANJALI	
113	08/02/2024	pranayama benefits	combine posture practices	-	-	Dr. SHALINI	
114	09/02/2024	nadismudhi pranayam & lakshan	combine posture practices	-	-	Dr. SHALINI	
115	10/02/2024	-	combine posture practices	shloka viva	-	Dr. SHALINI	
116	12/02/2024	method of water purification	combine posture practices	-	-	Dr. ANJALI	
117	13/02/2024	-	combine posture practices	class presentation	-	Dr. ANJALI	
118	15/02/2024	-	pranayam position	presentation on shatkarma	-	Dr. SHALINI	
119	16/02/2024	shad chakras	pranayam effect on body	-	-	Dr. SHALINI	
120	19/02/2024	water testing,analysis & rain water harvesting.	pranayam effect on body	-	-	Dr. ANJALI	
121	20/02/2024	Disinfection - defination & type	pranayam effect on body	-	-	Dr. ANJALI	
122	21/02/2024	"	pranayam effect on body	-	-	Dr. ANJALI	
123	22/02/2024	pratyahara, dharana , dhyana ,samadhi	ujjayi	-	-	Dr. SHALINI	
124	23/02/2024	samadhi -types	shitali	-	-	Dr. SHALINI	
125	05/03/2024		shitkari	-	group discussion	Dr. SHALINI	
126	06/03/2024	natural & artificial	"	-	-	Dr. ANJALI	
127	07/03/2024	school health service	"	-	-	Dr. SHALINI	
128	09/03/2024	school health service	bhramari	-	-	Dr. SHALINI	
129	11/03/2024		nadishudhi	class test	-	Dr. ANJALI	
130	12/03/2024	disposal of solid waste	nadishudhi	-	-	Dr. ANJALI	
131	13/03/2024	-	nadishudhi	Quiz	-	Dr. ANJALI	
132	14/03/2024	disposal of dead body	demonstration of shat karma	-	-	Dr. SHALINI	
133	15/03/2024	occupational health hazard	demonstration of shat karma	-	-	Dr. SHALINI	
134	18/03/2024	-	demonstration of shat karma	class revision	-	Dr. ANJALI	
135	19/03/2024	bio medical waste	jal neti & its effect	-	-	Dr. ANJALI	
136	20/03/2024	-	"	-	role play on BMW	Dr. ANJALI	
137	21/03/2024	occupational disease ,prevention & control	"	-	-	Dr. SHALINI	
138	22/03/2024	-	trataka	class test	-	Dr. SHALINI	
139	23/03/2024	ESI act ,indian factory act	"	-	-	Dr. SHALINI	
140	27/03/2024	moksha lakshan & upaya	"	-	-	Dr. ANJALI	
141	28/03/2024	radiation effect & control	kapalbhati	-	-	Dr. SHALINI	
142	29/03/2024	-	"	-	group discussion on radiation	Dr. SHALINI	

143	30/03/2024	chikitsalya bharmna	"	-	-	Dr. SHALINI	
144	01/04/2024	disaster management	Discussion	-	-	Dr. ANJALI	
145	02/04/2024	-	"	presentation on disaster management	-	Dr. ANJALI	
146	03/04/2024	excreta disposable	disinfectant	-	-	Dr. ANJALI	
147	04/04/2024	demography cycle	"	-	-	Dr. SHALINI	
148	05/04/2024	family planning & methods	"	-	-	Dr. SHALINI	
149	06/04/2024	-	demonstration of FP devices	class viva	-	Dr. SHALINI	
150	08/04/2024	excreta disposable method	"	-	-	Dr. ANJALI	
151	09/04/2024	-	health survey	viva	-	Dr. ANJALI	
152	10/04/2024	metcorology defination & climate	"	-	-	Dr. ANJALI	
153	12/04/2024	noise pollution effect & control	"	-	-	Dr. SHALINI	
154	15/04/2024	communicable diseases	"	-	-	Dr. ANJALI	
155	16/04/2024	chicken pox	dincharya project competition	-	-	Dr. ANJALI	
156	18/04/2024	national health policy	"	-	-	Dr. SHALINI	
157	22/04/2024	"	"	-	-	Dr. SHALINI	

158	23/04/2024	method of family planning	"	-	-	Dr. SHALINI
159	24/04/2024	-	"	viva	-	Dr. SHALINI
160	25/04/2024	health Administration	"	-	-	Dr. SHALINI
161	26/04/2024	"	"	-	-	Dr. SHALINI
162	27/04/2024	universal Immunisationprogramme	"	-	-	Dr. SHALINI
163	29/04/2024	RCH programme	"	-	-	Dr. SHALINI
164	30/04/2024	RCH programme	"	-	-	Dr. SHALINI
165	01/05/2024	-	immunization agent project	class viva	-	Dr. ANJALI
166	02/05/2024	health statistics	"	-	-	Dr. SHALINI
167	03/05/2024	vital statistics	"	-	-	Dr. SHALINI
168	04/05/2024	-	"	class presentation	-	Dr. SHALINI
169	06/05/2024	communicable diseases	"	-	-	Dr. ANJALI
170	07/05/2024	-	"	-	educational visit	Dr. ANJALI
171	08/05/2024	ayurvedic concept of vyadhikshamant	survey project	-	-	Dr. ANJALI
172	09/05/2024	Bandha & mudra	"	-	-	Dr. SHALINI
173	10/05/2024	"	"	-	-	Dr. SHALINI
174	11/05/2024	-	"	yoga shloka viva	-	Dr. SHALINI
175	13/05/2024	national nutritional programme	"	-	-	Dr. SHALINI
176	20/05/2024	measles	suryanamaskara	-	-	Dr. ANJALI
177	21/05/2024	diphtheria	"	-	-	Dr. ANJALI
178	22/05/2024	typhoid	"	-	-	Dr. ANJALI
179	23/05/2024	NNP- mid day meal	"	-	-	Dr. SHALINI
180	24/05/2024	NNP-IDD,vit A	"	-	-	Dr. SHALINI
181	25/05/2024	-	"	-	educational visit	Dr. ANJALI
182	27/05/2024	introduction & defination of neutropathy	yoga	-	-	Dr. ANJALI
183	28/05/2024	"	"	-	-	Dr. ANJALI
184	29/05/2024	importance of nutropathy	"	-	-	Dr. ANJALI
185	30/05/2024	-	-	-	PHC visit	Dr. SHALINI
186	31/05/2024	NPP	yoga & jal neti	-	-	Dr. SHALINI
188	03/06/2024	hydrotherapy	"	-	-	Dr. ANJALI
189	04/06/2024	"	"	-	-	Dr. ANJALI
190	05/06/2024	importance of hydrotherapy	"	-	-	Dr. ANJALI
191	06/06/2024	mind therapy	"	-	-	Dr. ANJALI
192	07/06/2024	"	"	-	-	Dr. ANJALI
193	08/06/2024	-	-	viva	-	Dr. ANJALI
194	10/06/2024	self study	-	-	-	Dr. ANJALI
195	11/06/2024	massage	yoga procedure	-	model & chart prepration	-
196	12/06/2024	-	"	-	-	Dr. ANJALI
197	13/06/2024	sun bath	"	-	-	Dr. ANJALI
198	14/06/2024	-	"	viva	-	Dr. ANJALI
199	18/06/2024	non communicable disease	"	-	-	Dr. ANJALI
200	19/06/2024	NCD- obesity	"	-	-	Dr. ANJALI
202	21/06/2024	international yoga day				
204	24/06/2024	SUMMER VACATION				