



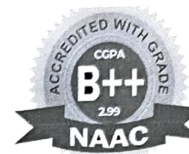
Maharashtra Education Society, Pune's
MES Ayurved Mahavidyalaya

NAAC Accredited

Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri 415722

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ADVANCE TEACHING PLAN

Name of Department: Swasthavritta & Yoga

Professional Year: IInd BAMS

Batch: 2023-24

Term: IInd

Month: January- 2026

Lecture - Non Lecture (Theory)

Sr.No	Date	Name of Topic	LH	NLH	Teaching Method	Name of Faculty	CO	PO
Considering 01 January 2026 to 06 January 2026 Annual Gathering and Sports								
1	07/01/2026	Epidemiology	01	-	L-PPT	Dr Shweta Kakade	CO2	PO3
2	08/01/2026	Waterborne diseases	01		L	Dr Amit Patil	CO2	PO3
3	12/01/2026	Epidemiology reading		01	GD	Dr Shweta Kakade	CO2	PO3
4	12/01/2026	Primary Health Care	01	-	L	Dr Shradha Jangale	CO1,CO2,CO3,CO4,CO5,CO8	PO1,PO2,PO4,PO5,PO6,PO8
5	14/01/2026	Epidemiology- Droplet infection	01	-	L-PPT	Dr Shweta Kakade	CO2	PO3
6	15/01/2026	Epidemiology- Waterborne diseases	01		L	Dr Amit Patil	CO2	PO3
7	19/01/2026	PHC Reading		01	Assignment	Dr Shradha Jangale	CO1,CO2,CO3,CO4,CO5,CO8	PO1,PO2,PO4,PO5,PO6,PO8
8	19/01/2026	Disinfection	01	-	L	Dr Shradha Jangale	CO1,CO2,CO6,CO7	PO1,PO2,PO5,PO4
9	21/01/2026	Epidemiology- Droplet infection	01	-	L,GD	Dr Shweta Kakade	CO2	PO3
10	22/01/2026	Epidemiology- Waterborne diseases	01		L	Dr Amit Patil	CO2	PO3
11	28/01/2026	Epidemiology-Intestinal Infestations	01	-	L-GD	Dr Shweta Kakade	CO2	PO3
12	29/01/2026	Revision of diseases	01	-	L-GD	Dr Amit Patil	CO2	PO3

[Signature]

HOD

Department of Swasthavritta and Yoga

HOD

DEPT. OF SWASTHAVRITTA
MES AYURVED MAHAVIDYALAYA

Ghanekhunt - Lote

Tal. Khed, Dist. Ratnagiri



[Signature]

Chairman/Secretary

Academic committee

Chairman / Secretary

Academic Committee

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Name of Department: Swasthavritta & Yoga

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NON LECTURE (PRACTICAL)

Sr No	Date	Name of Practical	Teaching Method	Name of Faculty	CO	PO
Considering 01 January 2026 to 06 January 2026 Annual Gathering and Sports						
1	09/01/2026- A Batch	Diet Counselling according to Prakriti, Agni, Sara, Satva, age, Sex, Occupation & prevailing season Prepare dietary regime according to different age groups	CBL	Dr Shweta kakade	CO8	PO9
2	13/01/2026- B Batch	Yoga Introduction	L	Dr Aparna Utpat	CO3	PO1, PO4
3	16/01/2026- A Batch	Yoga Introduction	L	Dr Aparna Utpat	CO3	PO1, PO4
4	20/01/2026- B Batch	Ashtang Yoga	L	Dr Aparna Utpat	CO3	PO1, PO4
5	23/01/2026- A Batch	Yoga Introduction	L	Dr Aparna Utpat	CO3	PO1, PO4
6	27/01/2026- B Batch	Ashtang Yoga	L	Dr Aparna Utpat	CO3	PO1, PO4
7	30/01/2026- A Batch	Ashtang Yoga	L	Dr Aparna Utpat	CO3	PO1, PO4

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