



Maharashtra Education Society, Pune's
MES Ayurved Mahavidyalaya
NAAC Accredited

Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri 415722
Ph. No: (02356) 661551, 661552, 661566
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ADVANCE TEACHING PLAN

Name of Department: Swasthavritta & Yoga

Professional Year: IInd BAMS

Batch: 2023-24

Term: IInd

Month: February- 2026

Lecture - Non Lecture (Theory)

Sr.No	Date	Name of Topic	LH	NL H	Teaching Method	Name of Faculty	CO	PO
1	02/02/2026	Epidemiology	-	01	Writing & Recitation	Dr Shweta Kakade	CO2	PO3
2	02/02/2026	Primary health care Revision	01	-	L	Dr Shradha Jangale	CO1,CO2,CO3,C O4,CO5	PO1,PO2,PO3,PO4,P O5,PO6
3	04/02/2026	Definition of disaster,.Effects of natural & man-made disaster.	01	-	L,DIS	Dr Shweta Kakade	CO2	PO3
4	05/02/2026	Epidemiology- Droplet infection	01	-	L-PPT	Dr Amit Patil	CO2	PO3
5	09/02/2026	Disaster	-	01	Assignment	Dr Shweta Kakade	CO2	PO3
6	09/02/2026	Disinfection Revision	01	-	L,GD	Dr Shradha Jangale	CO1,CO2,CO7	PO1,PO2,PO3,PO4,P O9
7	11/02/2026	Disaster Management.Epidemiologic surveillance & disease control measures	01	-	L,DIS	Dr Shweta Kakade	CO2	PO3
8	12/02/2026	Epidemiology- Droplet infection	01	-	L,GD	Dr Amit Patil	CO2	PO3
9	16/02/2026	To write names of important programmes	-	01	Assignment	Dr Shradha Jangale	CO2,CO3,CO8	PO1,PO3,PO4,PO9
10	16/02/2026	MCH	01	-	L-PPT	Dr Shradha Jangale	CO2,CO3,CO8	PO1,PO3,PO4,PO9
11	18/02/2026	Occupational Health & Ergonomics	01	-	L,DIS	Dr Shweta Kakade	CO7,CO8	PO3,PO4,PO9

Considering 22 February 2026 to 28 February 2026 Annual Gathering and Sports

[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

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NON LECTURE (PRACTICAL)

Sr No	Date	Name of Practical	Teaching Method	Name of Faculty	CO	PO
1	03/02/2026- B Batch	Definitions of Yoga, Distinguish between Rajyoga, Hathyoga & Karmayoga	L	Dr Aparna Utpat	CO3	PO1, PO4
2	05/02/2026- A Batch	Definitions of Yoga, Distinguish between Rajyoga, Hathyoga & Karmayoga	L	Dr Aparna Utpat	CO3	PO1, PO4
3	10/02/2026- B Batch	Yogabhyas- Mitahar, Pathyapathya, Pratibandhakas & Siddhikar bhavas	L	Dr Aparna Utpat	CO3	PO1, PO4
4	12/02/2026- A Batch	Yogabhyas- Mitahar, Pathyapathya, Pratibandhakas & Siddhikar bhavas	L	Dr Aparna Utpat	CO3	PO1, PO4
5	17/02/2026- B Batch	Panchkosh Theory with Revision	L	Dr Aparna Utpat	CO3	PO1, PO4
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