



Maharashtra Education Society, Pune's  
**MES Ayurved Mahavidyalaya**  
NAAC Accredited  
Ghanekhunt - Lote, Tal - Khed, Dist - Ratnagiri 415722  
Ph. No: (02356) 661551, 661552, 661566  
Email: mesayurved@mespune.in Website: ayurved.mespune.in



### ADVANCE TEACHING PLAN

Name of Department: Panchkarma Department

Professional Year: 2025 -26

Batch: III BAMS (2021-22)

Term: Third Month: March 2026

Date	Name of Topic	No. of LH	No. of NLH	Teaching Method	Name of faculty	C O	PO
02/03/2026	Describe the definition, synonyms and the classification of Basti according to Matra, Adhishtana and Krama	01	-	L&PPT	Dr Aswathi /Assistant professor	CO1	PO1
05/03/2026	Describe the traditional and currently used instruments with their specifications for Niruha and Anuvasana Basti	01	-	L_VC,L &PPT	Dr Aswathi /Assistant professor	CO2	PO3
09/03/2026	Enlist Anuvasana, Asthapana, Anuvasanopaga and Asthapanopaga Dravya	01	-	FC	Dr Aswathi	CO2	PO3
10/03/2026	Apply to calculate and customize the Matra of Niruha Basti and Anuvasana Basti according to age		01	DIS	Dr Utpat	CO2	PO3
12/03/2026	Enlist and identify Anuvasana and Anuvasanopaga, Asthapana and Asthapanopaga Dravya		01	DG,L& PPT ,FV	Dr Swami	CO2	PO3
16/03/2026-07/04/2026	Second internal assessment						

HOD

H.O.D.  
Department of Panchkarma  
MES Ayurved Mahavidyalaya,  
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Academic committee

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**ADVANCE TEACHING PLAN (Practical)**  
Name of Department: Panchkarma Department  
Professional Year: 2025 -26

Batch: III BAMS (2021-22)

Term: Third

Month: March 2026

Date	Name of Practical	TL Method	Name of faculty
05/03/2026	Demonstrate Paschat Karma of Niruha Basti	D	Dr Aswathi/ Assistant professor
07/03/2026	Demonstrate Paschat Karma of Niruha Basti	D	Dr Aswathi/ Assistant professor
10/03/2026	Demonstrate Paschat Karma of Niruha Basti	D	Dr Aswathi/ Assistant professor
12/03/2026	Demonstrate the preparation , indications and application of Basti formulations in clinical scenario	D,CBL	Dr Aswathi/ Assistant professor
14/03/2026	Demonstrate the preparation , indications and application of Basti formulations in clinical scenario	D,CBL	Dr Aswathi/ Assistant professor
16/03/2026- 07/04/2026	<b>Second internal assessment</b>		

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**ADVANCE TEACHING PLAN**  
(Theory: Lecture & Non Lecture)

Name of Department: Panchakarma Department

Professional Year: 2026 - 27

Batch: III BAMS (2022-2023)

Term: First

Month: March 2026

Date	Name of Topic	No. of LH	No. of NLH	Teaching Method	Name of faculty	CO	PO
02/03/2026	Define Panchakarma, Panchashodhana and describe the importance of Shodhana and its benefits .	01	-	L&PPT ,CBL	Dr Utpat	CO1	PO1
04/03/2026	Explain the concept of Panchakarma in Swastha and Atura.	01	-	L ,VC,P ER	Dr Aswathi /Assistant professor	CO1, CO3	PO1,Po2
09/03/2026	Enlist the types of Raktamokshana and explain its utility in diseases like Kushta, Vatarakta, Siragranthi and Gridhrasi	-	01	CBL,L_VC	Dr Swami	CO1, CO3	PO1,Po2
10/03/2026	Explain the general indications and contraindications of Shodhana Karma	01	-	CBL,DI S,L&PP T	Dr Aswathi /Assistant professor	CO1, CO3	PO1, Po2
11/03/2026	Explain Agni and Koshta Pariksha in Panchakarma	01	-	REC,L &PPT ,PrBL	Dr Aswathi /Assistant professor	CO1,	PO1
16/03/2026	Explain Doshagati and Upasthitha Dosha in Panchakarma	01	-	BL,L&P PT	Dr Aswathi /Assistant professor	CO1, CO3	PO1, Po2
17/03/2026	Explain Rutu Shodhana.	-	01	M-POS,PRN	Dr Aswathi /Assistant professor	CO1, CO3	PO1, Po2
18/03/2026	Describe Prakruthi Praptha Purusha Lakshana and Ashtamahadoshakarahava.	01	-	L&PPT ,REC	Dr Aswathi /Assistant professor	CO1	PO1
23/03/2026	Define Sneha and Snehana and describe the classification of Snehana Karma	01	-	ML,L& PPT	Dr Aswathi /Assistant professor	CO1	PO1



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24/03/2026	Explain the importance of Snehana Karma	-	01	DIS,BS	Dr Aswathi /Assistant professor	CO1	PO1
25/03/2023	Describe Guna of Sneh Dravya.	01	-	EDU,B L,L&PP T	Dr Aswathi /Assistant professor	CO1	PO1
30/03/2026	Demonstrate principles of selection of Sneh in Bahya Snehana according to Dosha, Satmya, Avastha and Vyadhi.	-	01	CBL,TUT	Dr Swami	CO2	PO3

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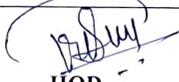
**ADVANCE TEACHING PLAN (Practical)**

**Name of Department: Panchakarma Department**  
**Professional Year: 2026-2027**

**Batch: III<sup>rd</sup> BAMS (2022-2023)**

**Term: First Month: March 2026**

Date	Name of Practical	Teaching Method	Name of faculty
02/03/2026	Apply the assessment of Koshta and Agni Pariksha in Panchakarma clinically	CBL,BS	Dr Aswathi /Assistant professor
04/03/2026	Reproduce the requirements of Panchakarma theatre.	RP,L_V C,RLE, SIM,FV	Dr Aswathi /Assistant professor
06/03/2026	Demonstrate recent developments in instrumentation in practice of Panchakarma and Upakarma	L_VC,D,FV	Dr Aswathi /Assistant professor
09/03/2026	Demonstrate recent developments in instrumentation in practice of Panchakarma and Upakarma	L_VC,D,FV	Dr Aswathi /Assistant professor
11/03/2026	Demonstrate the procedure of Udwartana	KL,PT,D-M,D	Dr Aswathi /Assistant professor
13/03/2026	Demonstrate the procedure of Udwartana	KL,PT	Dr Aswathi /Assistant professor
16/03/2026	Demonstrate the procedure of Udgharshana and Utsadana.	CBL,D- M	Dr Aswathi /Assistant professor
18/03/2026	Demonstrate the procedure of Udgharshana and Utsadana.	CBL,D- M	Dr Aswathi /Assistant professor
20/03/2026	Demonstrate the procedure of Shodhanartha Snehapana.	CBL,D- BED	Dr Aswathi /Assistant professor
23/03/2026	Demonstrate the procedure of Shodhanartha Snehapana.	CBL,D- BED	Dr Aswathi /Assistant professor
25/03/2026	Demonstrate Shodhanartha Snehapana in Kushta and Vatarakta	CBL,RP,DIS	Dr Aswathi /Assistant professor
27/03/2026	Demonstrate Shodhanartha Snehapana in Kushta and Vatarakta	CBL,RP,DIS	Dr Aswathi /Assistant professor
30/03/2026	Demonstrate the procedure of Shamanartha Snehapana.	DIS,CB L	Dr Aswathi /Assistant professor

  
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