



ADVANCE TEACHING PLAN

Name of Department: Swasthavritta & Yoga

Professional Year: IInd BAMS

Batch: 2023-24

Term: IInd

Month: May - 2026

Lecture - Non Lecture (Theory)

Sr.No	Date	Name of Topic	LH	NLH	Teaching Method	Name of Faculty	CO	PO
1	04/05/2026	Therapeutic effects of massage	01	-	L,PPT,GD	Dr Shradha Jangale	CO3	PO1.PO4
2	04/05/2026	Family welfare programme	-	01	Assignment	Dr Shradha Jangale	CO2,CO4,CO5,CO6	PO2.PO3.PO4.P08
3	06/05/2026	Health problems of the aged & their prevention & control measures	01	-	L,DIS,SDL	Dr Shweta Kakade	CO8	PO9
4	07/05/2026	Registration of Birth & Death Act, 1969 & Revision	01	-	L-PPT, GD	Dr Shweta Kakade	CO1	PO1.PO2.PO4.P06
5	11/05/2026	Revision of Naturopathy	01	-	L,GD	Dr. Shradha Jangale	CO3	PO1. PO4
6	11/05/2026	Prevention of occupational diseases	-	01	REC	Dr. Shweta Kakade	CO2	PO3
7	13/05/2026	Relation between lifestyle & healthy aging, role of rasayana in preventive geriatrics	01	-	L,DIS,SDL	Dr. Shweta Kakade	CO8	PO9
8	14/05/2026	Health administration including AYUSH at Central, state levels	01	-	L,GD	Dr Shradha Jangale	CO4,CO8	PO2.PO5.PO9

Summer vacation from 17/05/2026 to 31/05/2026

HOD

Department of Swasthavritta and Yoga

HOD

DEPT. OF SWASTHAVRITTA
MES AYURVED MAHAVIDYALAYA

Ghanekhunt - Lote
Tal - Khed Dist. Ratnagiri

Chairman / Secretary
Academic Committee
MES Ayurved Mahavidyalaya



Maharashtra Education Society, Pune's
MES Ayurved Mahavidyalaya

NAAC Accredited

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NON LECTURE (PRACTICAL)

Sr No	Date	Name of Practical	Teaching Method	Name of Faculty	CO	PO
1	05/05/2026 - B Batch	Shatchakras & their importance in Yoga practice, Ida, Pingala, Sushumna nadis & their importance in yoga practice	L,DIS	Dr Shradha Jangale	CO3	PO1,PO4
2	07/05/2026 - A Batch	Ida,Pingala,Sushumna nadis & their importance in yoga practice,concept of Moksha, Muktatma lakshan	L,PRA	Dr Shweta Kakade	CO3	PO1,PO4
3	12/05/2026 - B Batch	concept of Moksha, Muktatma lakshan,,Importance of IDY & Revision	L,PRA	Dr Shradha Jangale	CO3	PO1,PO4
4	14/05/2026 - A Batch	Importance of IDY & Revision	L,PRA	Dr Shweta Kakade	CO3	PO1,PO4

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