



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 the Dept.- Dept. of Sanskrit Samhita Siddhant

Professional Year - I BAMS Batch - 2025-26 Term - Second Month - June 2026

Subject - Padartha Vidnyan

Total Allotted Lectures - 21

**LECTURE & NON-LECTURE (THEORY)**

| Sr. No. | Date       | Name of the faculty | Name of the Topic   | Lecture Hrs. | Non lect. Hrs. | Teaching Method | CO      | PO           |
|---------|------------|---------------------|---|--------------|----------------|-----------------|---------|--------------|
| 1       | 02/06/2026 | Dr. Mehta           | Describe Vayu Mahabhoota  | 01           | -              | Lecture         | CO3     | PO- 1, 2 & 9 |
| 2       | 04/06/2026 | Dr. Mehta           | Explain qualities of Vayu Mahabhoota                                    |              | 01             | GD              | CO3     | PO- 1, 2 & 9 |
| 3       | 04/06/2026 | Dr. Mehta           | Describe Aakash Mahabhoota. Explain qualities of Aakash Mahabhoota      | 01           | -              | Lecture         | CO3     | PO- 1, 2 & 9 |
| 4       | 06/06/2026 | Dr. Ingle           | Prithvi Mahabhoota, Aap Mahabhoota                                      | -            | 01             | Seminar         | CO3     | PO- 1, 2 & 9 |
| 5       | 06/06/2026 | Dr. Ingle           | Teja Mahabhoota, Vayu Mahabhoota  | -            | 01             | Seminar         | CO3     | PO- 1, 2 & 9 |
| 6       | 09/06/2026 | Dr. Mehta           | Aakash Mahabhoota and discussion over seminar                           | -            | 01             | Seminar         | CO3     | PO- 1, 2 & 9 |
| 7       | 11/06/2026 | Dr. Mehta           | Value Practical application of Panchamahabhoota in Ayurveda             | 01           | -              | Lecture         | CO3,1   | PO- 1, 2 & 9 |
| 8       | 11/06/2026 | Dr. Mehta           | Compare elementary particles/subatomic particles with Tanmatra/triguna. | -            | 01             | SDL             | CO2     | PO- 1, 2 & 6 |
| 9       | 13/06/2026 | Dr. Ingle           | Illustrate significance of Dishas in Ayurveda with examples.            | 01           | -              | Lecture         | CO- 3,1 | PO- 1, 2 & 9 |
| 10      | 13/06/2026 | Dr. Ingle           | Find illustrations of Dik explained in Ashtangahridaya.                 | -            | 01             | GD              | CO- 3,1 | PO- 1, 2 & 9 |
| 11      | 16/06/2026 | Dr. Mehta           | Define the term Atma,   | 01           | -              | Lecture         | CO3     | PO- 1, 2 & 9 |





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|    |            |           |  |    |    |                   |         |              |
|----|------------|-----------|--|----|----|-------------------|---------|--------------|
| 12 | 18/06/2026 | Dr. Mehta | Explain Atma Linga according to Charaka Samhita.   | -  | 01 | Flipped Classroom | CO- 3,1 | PO- 1, 2 & 9 |
| 13 | 18/06/2026 | Dr. Mehta | Explain atma at different levels, seat, Gunas of Atma  | 01 | -  | Lecture           | CO3     | PO- 1, 2 & 9 |
| 14 | 20/06/2026 | Dr. Ingle | Describe the method / process of knowledge formation (atmanah jnasya pravrittih).                                      | 01 | -  | Lecture           | CO3     | PO- 1, 2 & 9 |
| 15 | 20/06/2026 | Dr. Ingle | Describe Purusha as mentioned in Ayurveda  | 01 | -  | Lecture           | CO3     | PO- 1, 2 & 9 |
| 16 | 23/06/2026 | Dr. Mehta | Ativahikapurusha/ Sukshmasharira/ Rashipurusha/ Chikitsapurusha/ Karmapurusha/ Shaddhatvatmaka-purusha.                | -  | 01 | GD                | CO3     | PO- 1, 2 & 9 |
| 17 | 25/06/2026 | Dr. Mehta | Recognize and state significance of Atmavijnanam   | -  | 01 | PBL               | CO3     | PO- 1, 2 & 9 |
| 18 | 25/06/2026 | Dr. Mehta | Define term Manas, Enlist synonyms, Explain it's Guna. Karma, Vishay. Explain dual nature of mind. (ubhayaatmakatvam), | 01 | -  | Lecture           | CO3     | PO- 1, 2 & 9 |
| 19 | 27/06/2026 | Dr. Ingle | Explain influence of Panchabhoutika aahara and aushadha (penta elemental diet) on manas                                | 01 | -  | Interdept. Course | CO3     | PO- 1, 2 & 9 |
| 20 | 27/06/2026 | Dr. Ingle | Recognizes the utility of Knowledge of Mana  | -  | 01 | CBL               | CO3     | PO- 1, 2 & 9 |
| 21 | 30/06/2026 | Dr. Mehta | Explain Role of Panchamahabhuta and Triguna in Dehaprakriti and Manasaprakriti respectively.                           | 01 | -  | Interdept. Course | CO1     | PO1          |

  
HOD  
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