



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: JUNE 2026**

Date	Name of Topic	No. of LH	No. of NLH	Teaching Method	Name of faculty	C O	PO
01/06/2026	Explain the preparation of Basti Dravya	01		IBL,L_VC	Vd Utpat / Assistant professor	CO2, CO5	PO3,PO4,PO5
02/06/2026	Describe the importance of Basti	01		L&PPT	Vd Utpat / Assistant professor	Co1	PO1
04/06/2026	Describe Niruha and Anuvasana Basti Matra according to age	01		L&GD	Vd Utpat	Co1	PO1
08/06/2026	Analyse the role of Basti in Gridhrasi, Amavata and Kateegraha		01	CBL,L &GD	Dr Swami	CO1,CO3	PO1,PO2
09/06/2026	Define Nasya Karma and describe the Indications, contraindications and classification of Nasya based on Karma	01		L&PPT ,REC	Vd Utpat	CO1	PO1
11/06/2026	Enlist Shirovirechana Gana and describe currently practiced Shirovirechana Dravya	01		L&PPT,D	Dr Swami / Assistant professor	CO2	PO3
15/06/2026	Explain Purva Karma of Nasya comprising of Sambhara Sangraha, Atura Pariksha, Oushadha Nirnaya, Nasya Kala and Atura sidhata	01		L&PPT	Vd Utpat	CO2, CO4, CO5	PO3,PO2,PO4,PO5
16/06/2026	Infer Pradhana Karma of Nasya including administration of Nasya Dravya, Samyakyoga, Ayoga and Atiyoga Lakshana and Chikitsa	01		L&PPT ,REC	Dr Swami / Assistant professor	CO2, CO4, CO5	PO3,PO2,PO4,PO5
18/06/2026	Explain Paschat Karma of Nasya comprising of Padatala Hastadi Mardana, Dhmapana,Kavala, Diet, Parihara Vishaya, Nasya Vyapat and Chikitsa	01		REC,L &PPT	Vd Utpat	CO4	PO2
PO22/06/2026	Distinguish the ingredients and clinical application of Nasya formulations - Anutaila, Ksheerabala Taila, Karpasastyadi Taila, Shadbindu Taila, Kumkumadi Taila, Brahmi Ghrita, Rasnadi Churna and Tulasi Swarasa	01		L&GD, L&PPT	Dr Swami / Assistant professor	CO2, CO3	PO3,PO2





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



23/06/2026	Comprehend the mode of action of Nasya Karma	01	L_VC,L &PPT	Vd Utpat	CO1, CO3	PO1,PO2
25/06/2026	Explain and analyze the principles and practice of Nasya Karma in Pakshaghata, Apabahuka, Manyastambha and Arditā.	01	L&GD, PBL,CB L,L&PPT	Dr Swami / Assistant professor	CO1,CO3	PO1,PO2
29/06/2026	Enlist and identify Shirovirechana Gana Dravya and describe their properties	01	DG,FV, L&PPT	Vd Utpat	CO2	PO3
30/06/2026	Prepare Chart for Purva Karma of Nasya	01	LS,TBL	Dr Swami / Assistant professor	CO3	PO2

  
HOD.

Department of Panchkarma  
MES Ayurved Mahavidyalaya,  
Ghanekhunt-Lote, Tal. Khed,  
Dist. Ratnagiri - 415 722





Chairman/Secretary  
Academic committee  
Chairman / Secretary  
Academic Committee  
MES Ayurved Mahavidyalaya



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 (Practical)

Name of Department: Panchkarma Department

Professional Year: 2025 -26

Batch: III BAMS (2021-22)

Term: Third

Month: June 2026

Date	Name of Practical	TL Method	Name of faculty
02/06/2026	Evaluate recent advancements and scientific evidence supporting Snehana, Swedana and Upakarma	LS,IBL, ML,DIS	Vd Utpat /Assistant professor
04/06/2026	Evaluate recent advancements and scientific evidence supporting Vamana Karma	W,LS,D IS	Dr Swami / Assistant professor
06/06/2026	Evaluate recent advancements and scientific evidence supporting Virechana Karma	GBL,PL ,LS,PE R,DIS	Vd Utpat /Assistant professor
09/06/2026	Evaluate recent advancements and scientific evidence supporting Basti Karma	GBL,E DU,TB L,LS	Dr Swami / Assistant professor
11/06/2026	Evaluate recent advancements and scientific evidence supporting Nasya Karma	BL,LS, PL,DIS	Vd Utpat / Assistant professor
13/06/2026	Revision -Demonstration of Anuvasan Basti Karma	D	Dr Swami / Assistant professor
16/06/2026	Revision -Demonstration of Niruha Basti Karma	D	Vd Utpat / Assistant professor
18/06/2026	Revision -Demonstration of Nasya Karma	D	Dr Swami / Assistant professor
20/06/2026	Revision -Demonstration of Shirodhara Karma	D	Vd Utpat / Assistant professor
23/06/2026	Revision -Demonstration of Udvartana Karma	D	Dr Swami / Assistant professor
25/06/2026	Revision -Demonstration of Abhyanga Karma	D	Vd Utpat / Assistant professor
27/06/2026	Hands-on training of Kati basti / Janu basti	D	Dr Swami / Assistant professor
30/06/2026	Hands-on training of Kati basti / Janu basti	D	Vd Utpat / Assistant professor

HOD.

Department of Panchkarma  
MES Ayurved Mahavidyalaya,  
Ghanekhunt-Lote, Tal. Khed,  
Dist. Ratnagiri - 415 722



Chairman/Secretary  
Academic Committee  
Chairman / Secretary  
Academic Committee  
MES Ayurved Mahavidyalaya



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**  
(Theory: Lecture & Non Lecture)

Name of Department: Panchakarma Department

Professional Year: 2026 - 27

Batch: III BAMS (2022-2023)

Term: First

Month: June 2026

Date	Name of Topic	No. of LH	No. of NLH	Teaching Method	Name of faculty	CO	PO
1/06/2026	Comprehend the concept of Murdha Taila and specific Indications.	01		BS,L_V C,PER	Vd Utpat	CO3.CO4	PO2
2/06/2026	Compare Abhyanga in Swastha and Atura		01	BS,DIS	Vd Utpat /Assistant professor	CO3.CO4,C 05	PO2,PO4,PO5
3/06/2026	Interpret Shiropichu and Shirobasti.	01		TBL,L &PPT ,DIS	Vd Utpat /Assistant professor	CO3.CO4	PO2
8/06/2026	Demonstrate different Massaging Techniques		01	D-M,L_ VC,D	Vd Utpat /Assistant professor	CO3.CO4,C 05	PO2,PO4,PO5
9/06/2026	Identify the clinical application of Murdhni Taila in Vatavyadhi		01	CBL,BS ,PBL	Vd Swami /Assistant professor	CO2,CO3,C 05	PO3,PO2,PO4, PO5
10/06/2026	Describe definition of Sweda,Swedana karma and classification of Swedana karma with its Guna.	01		TBL,L &PPT	Vd Swami /Assistant professor	CO1	PO1
15/06/2026	Describe Guna and Karma of Sweda and Swedopaga Dravya	01		L&PPT ,ML	Vd Utpat	CO1	PO1
16/06/2026	Explain indications and contraindications of Swedana Karma.	01		CBL,BL ,BS,L& PPT	Vd Swami /Assistant professor	CO2,CO3	PO3,PO2
17/06/2026	Explain indications, contraindications and method of application of Chaturvidha Sweda	01		L&PPT ,PER,DI S	Vd Swami Assistant professor	CO3	PO2
22/06/2026	Distinguish the method of application of Sankara Sweda and Nadi Sweda procedure.	01		PER,L_ VC,TB L	Vd Utpat /Assistant professor	CO3	PO2






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



SECOND PA						
23/06/2026						
24/06/2026	Interpret the Samyak Swedana Lakshana, Ayoga Lakshana and Atiyoga Lakshana.	01		L&PPT ,PBL,T BL,PER	Vd Utpat	CO2 PO3
29/06/2026	Analyze the principles of practice of Swedana Karma in the clinical conditions of Sandhigata Vata, Vatarakta, Pakshaghata, Ardita, Gridhrasi and Amavata	01		PER,TB L,CBL	Vd Swami /Assistant professor	CO3 PO2
30/06/2026	Analyze the fitness of Sweda in a patient posted for the procedure.	01		D-BED, PER,L& GD,RP	Vd Swami	CO2, CO3, CO4 PO2,PO3

  
H.O.D.  
Department of Panchakarma  
ME Ayurved Mahavidyalaya,  
Ghanekhunt-Lote, Tal. Khed,  
Dist. Ratnagiri - 415 722



  
Chairman/Secretary  
Academic committee  
Chairman / Secretary  
Academic Committee  
MES Ayurved Mahavidyalaya



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 (Practical)**

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

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

Term: First Month: June 2026

Date	Name of Practical	Teaching Method	Name of faculty
01/06/2026	Demonstrate Abhyanga	D-M	Vd Swami Assistant professor
03/06/2026	Demonstrate Tapa Sweda.	KL, SIM, D- M, TBL	Vd Utpat /Assistant professor
05/06/2026	Demonstrate Upanaha Sweda.	D-M, SI M, KL	Vd Swami Assistant professor
08/06/2026	Demonstrate Upanaha Sweda.	D-M, SI M, KL	Vd Utpat /Assistant professor
10/06/2026	Demonstrate Parisheka Sweda.	D, D M, KL	Vd Swami Assistant professor
12/06/2026	Demonstrate Parisheka Sweda.	D, D M, KL	Vd Utpat /Assistant professor
15/06/2026	Demonstrate Avagaha Sweda.	D, PT	Vd Swami Assistant professor
17/06/2026	Demonstrate Nadi Sweda.	PT, D, K L	Vd Utpat /Assistant professor
19/06/2026	Demonstrate practice of Swedana Karma in Sandhigata Vata, Pakshaghata, Ardita, Gridhrasi and Amavata	TBL, D, CBL, PE R, KL	Vd Swami Assistant professor
22/06/2026	Demonstration of different sweda types	HANDS-ON TRAINING	Vd Utpat /Assistant professor
24/06/2026	Demonstration of different sweda types	HANDS-ON TRAINING	Vd Swami Assistant professor
29/06/2026	Demonstration of different sweda types	HANDS-ON TRAINING	Vd Utpat /Assistant professor

  
H. HOD

Department of Panchakarma  
MES Ayurved Mahavidyalaya,  
Ghanekhunt-Lote, Tal. Khed,  
Dist. Ratnagiri - 415 722





Chairman/Secretary  
Academic committee  
Chairman / Secretary  
Academic Committee  
MES Ayurved Mahavidyalaya