



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



ANNUAL TEACHING PLAN 2022-23

CURRICULUM DISTRIBUTION

Dept. of Swasthavritta

TERM	TOPIC	NO. OF LECTURES T200 P--100	TEACHER NAME 200 LECTURES— DR PURI-58 DR RATHOD-61 DR Kale-82 TOTAL--201
IST	Paper-I PART A- VAIYAKTIKA SWASTHAVRITTA 50 marks Introduction Definition of swastha & swasthya and swasthavritta. Arogya lakshana, swasthavritta prayojanam, WHO definition of health. Dimensions of health-Physical, Mental, Social. Concept of wellbeing-objective, subjective, standard of living, quality of life.	8hrs	Dr. Kale
IST	Dinacharya 1. Definition of Dinacharya 2. Aims and importance of dinacharya 3. Brahma Muhurta evam Utthana 4. Usha Jalapana 5. Sharirachinta 6. Malatyaga 7. Mukha prakshalan 8. Dantadhavana and preparation of Ayurvedic tooth powder and paste 9. Jihvanirlektanavidhi 10. Anjana 11. Pratimarsha Nasya 12. Gandusha and Kavala 13. Tambulasevana 14. Dhoomapana 15. Abhyanga 16. Udvartana 17. Utsadana 18. Vyayama 19. Chankramana 20. Snana 21. Anulepana 22. Vastra dharana 23. Danda dharana 24. Padatra dharana 25. Chatra dharana 26. Ushnisha dharana 27. Ratnabharana dharana 28. Madhyahna charya 29. Cosmetic effect of Dinacharya procedures	10hrs	Dr. Kale
IST	Rathricharya 1. Sandhya charya 2. Rathri bhojana vidhi 3. Shayanavidhi according to Bhavamishr	3 hrs	Dr. Kale
IST	Ritucharya 1. Importance of ritucharya 2. Ritu presentation as per different acharyas 3. Adana kala & visarga kala 4. Sanchaya-Prakopa-Prashamana of Dosha according to ritu 5. Doshashodhana in Ritu Charya 6. Relation of Agni, bala and Ritu 7. Pathya and Apathya Ahara and Vihara in	8hrs	Dr. Rathod

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) काचनवाडी, पैथण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax: (0240) 2646222

Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website : www.csmsayurved.com



NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

	different ritus 8. a) Ritusandhi b) Yamadamsthra c) Rituharitaki d) Rituviparyaya		
IST	Sadvritta Description of Sadvritta and Achara Rasayana their role in Prevention and control of	3 hrs	Dr. Kale
IST	Nidra- Nirukti and Utpatti, Types , Nidra – Swasthya sambandha, Properties of Yukta Nidra, Effects of Ratri Jagarana, Diwaswapna, Anidra, Atinidra, Ahara and Vihara causing disturbed sleep , Ahara and Vihara Causing sound sleep. Duration of sleep according to age, Sleep in healthy and diseased persons.	2 HRS	Dr. Rathod
IST	Brahmacharya – Brahmacharya and Abrahmacharya, Importance of Bharmacharya and Abrahmacharya, Vyavaya sambandhi niyama, Effects of Ativyavaya. Methods of Virya Raksha, Surataspriha(Libido) through Vajikarana, Viryanasa phala	2 HRS	Dr. Kale
IST	Roganutpadaniya- Concept of Vega- Adharaniya Vega and Dharaneeya Vega, Diseases due to vegadharana and their chikitsa, sharir shodhan	4HRS	Dr. Rathod
			Dr. Rathod
IST	Vayu (Air) Vayu guna according to sushruta samhita, Properties of Vayu as per different directions, Vayu shudhi prakara – Ayurvedic aspect. Composition of air. Air of occupied room- Thermal discomfort and comfort zone, indices of thermal comfort. Air pollution – health and social aspects, Prevention and control of air pollution , Global warming. Ventilation and its types. Mountain air & High altitude – Health problems	5hrs	Dr. Rathod
IST	Bhumi and nivasa sthana(Land and housing) Types of soil,soil & health, Land pollution, Bhumi shodhana, Nivasa yogya bhoomi, Social goals of housing, Housing standards, Mahanasa (Kitchen) standards, Rural housing, Housing and health, Overcrowding.	4 HR	Dr. Rathod
IIND	Dhwani pradooshana(Noise pollution) -Noise, Sources, effects,& control Vikirana(Radiation)-sources, effects and control measures .	2HR	Dr. Rathod
IIND	Meteorology (Ritu evam Vatavarana jnanam) Definition of weather and climate,factors influencing weather and climate.	2HRS	Dr. Rathod
IIND	Disaster management	3 HRS	Dr. Rathod

(Signature)
Principal

Address : Kanchanwadi, Paithan Road, Chhatrapati Shahu Maharaj Shikshan Sanstha, Chhatrapati Shahu Maharaj Shikshan Sanstha - 431 011 (M.S.) कान्चनवाडी, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Email : principal@csmsayurved.com, principalcsmsayurved@gmail.com, Website : www.csmsayurved.com



NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

	Definition, natural and man-made disasters, epidemiologic surveillance and disease control		
IIND	Non-communicable disease epidemiology Diabetes, Obesity, Hypertension, Coronary Heart Diseases, Rheumatic Heart Disease, Cancer	10 HRS	Dr. Rathod
IIND	School health services Health problems of school children, aspects of school health service, duties of school medical officers, Maintenance of healthy environment	2 HRS	Dr. Rathod
IIND	Chikitsalaya Bhavana (Hospital Building)	2 HRS	Dr. Rathod
IIND	Preventive geriatrics-Problems of elderly, prevention and control measures.	3hr	Dr. Kale
IIND	World Health Organisation- Objectives, structure and functions. International health agencies-United Nations agencies, Health work of bilateral agencies. Alma Ata declaration National Health Policy	5hrs	Dr. Rathod
IIND	Health statistics-		
IIND	Definition, Sources, uses Data collection, Classification, Presentation. Vital statistics-Morbidity rates, Mortality rates, Fertility rates. Health survey	4 hr	Dr. Rathod
IST	Ahara Nirukti, Swarupa, Pramukhatva, Ahara dravya Vargikaranam, Aharavidhividhana, Dwadashashana pravicharana, Ashtaharvidhivisheshayatanani, Pathyahara, Apathyahara, Samashana, Adhyashana, Vishamashana, Ahara dushparinama & tajjanya vyadhaya, Santarpanajanya evam Apararpanajanya vyadhi, Viruddhahara and its effects, Shadrasabhojanasya mahatwam. Dietetic standards, Proximate principles of Food, Nutritional requirements, Sources and deficiency diseases of Protein, Carbohydrate, Fat, Vitamins and Minerals. Concept of balanced diet in Ayurveda, Nitya sevaneeya dravya, Balanced diet for different sections of people in the society, Social aspects of nutrition. Aharavarga - Dhanya varga (Cereals and millets), Shaka and Harita varga (Leafy and Non leafy vegetables), Kanda varga (roots and tubers), Phala varga (Fruits), Taila varga (Fats and Oils), Ikshu varga & Madhya varga (Alcoholic Beverages), Dugdha varga (Milk and Milk products), Masala and vyanjana dravyas (Spices and Condiments), Kritanna varga (Prepared Food), Mamsa	10 HRS	DR Pratibha Kale

Pratibha Kale
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 011, (M.S.) कान्चनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website : www.csmsayurved.com



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



	varga (Meat types). Food hygiene Milk hygiene-Milk composition, Source of infection (for Milk), Milk borne diseases, Clean and Safe milk, Pasteurization of milk. Meat hygiene-Meat inspection, Slaughter house, Freshness of fish and egg. Fruits and Vegetables hygiene Sanitation of eating places, Preservation of food, Food handlers, Food borne diseases, Food fortification, and Food adulteration, Food toxicants, Properties of Vegetarian and Non-vegetarian diet, Effects of spices and condiments Consumption of Alcohol and its effects on personal and social health. Effects of pathya-apathya in life style disorders-Diabetes, Hypertension, Obesity		
IST	Rasayana for Swastha-Nirukti, paribhasha(definition), classification and examples Ashta nindita purusha Menstrual hygiene	2hr	Dr. Pratibha Kale
IST	Jala (Ayurvedic and modern aspects) Importance of water , safe and wholesome water, water requirements, properties, types and sources of water,water pollution and health hazards, Methods of water purification. Hardness of Water. Examination,Tests and analysis of water.	6 HRS	Dr. Pratibha Kale
IST	Prakasha(lightning) Requirement of good lighting,natural lighting, artificial lighting, biological effects of lighting	2 HRS	Dr. Pratibha Kale
IST	Epidemiology Concept of Epidemiology, Dynamics of disease transmission, concept of diseases, concept of causation, Epidemiological triad, natural history of disease, concept of control, concept of prevention, Risks factor, modes of intervention, incidence and prevalence. Susceptible host, host defenses, Immunizing Agents, Disease prevention and control,investigation of epidemic. Disinfection – definition, types	7HRS	Dr. Pratibha Kale
IST	Disposal of dead body – Burial, Burning, Electric cremation.	2 HRS	Dr. Pratibha Kale
IIND	Mardana (Massage) – different methods and effects	2 HRS	Dr. Pratibha Kale
IIND	Diet types – Soothing, Eliminative, Constructive,Positive and negative diet, Acidic and alkaline diet Upavasa chikitsa(Fasting therapy) – Importance, types, therapeutic effects of fasting. Visrama chikitsa upayoga	5 HRS	Dr. Pratibha Kale
IIND	Shatkarma	6 HRS	Dr. Pratibha Kale



Dr. Pratibha Kale
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) कांचनवाडी, पैथान रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website : www.csmsayurved.com



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचलित

आयुर्वेद महाविद्यालय व रुग्णालय

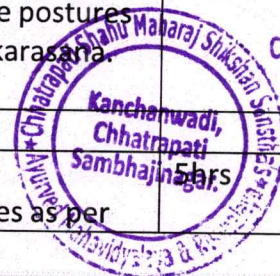
CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



	Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati		
IIND	Pranayama Benefits of pranayama, time of practice, avara-pravara-madhyama lakshana, yuktaayukta lakshana Nadishudhi Pranayama . Kumbhakabheda – suryabhedana, ujjayi, sheetali, Sitkari, Bhastrika, Bhramari Murcha, Plavini. Nadishudhilakshana	6 HRS	Dr. Pratibha Kale
IIND	Apadravya Nirmulana (Disposal of solid waste) Different types of solid waste Storage and collection of refuse Methods of disposal of solid waste (Rural & urban) Bio-medical waste management Malanishkasana Vyavastha (Excreta Disposal) Methods for Unsewered area and Sewered area Latrines for camps, fairs and festivals	2 HRS	Dr. Pratibha Kale
IIND	Parivara kalyana Yojana (Family welfare Programmes)– Demography, demographic cycle, life expectancy. Family planning, methods of family planning.	5 HRS	Dr. Pratibha Kale
IIND	Matru sishu kalyana Yojana – MCH programme Ante natal, intra natal, post natal, neo natal care. Child health problems and indicators of	3 HRS	Dr. Pratibha Kale
IST	YOGA Introduction Yoga shabda utpatti, definitions, Different schools of Yoga – Rajayoga, Hathayoga, Mantrayoga, Layayoga, Jnanayoga, Karmayoga, Bhaktiyoga. Yoga prayojana Ayurveda yoga sambandha, swasthya rakshane yogasya mahatvam Yogabhyasa pratibhandhaka & siddhikara bhavas as per Hathayoga. Mitahara and Pathyapathyani during Yogabhyasa.	12 hrs	Dr. Puri
IST	Panchakosha Theory Astanga yoga Yama, Niyama Asana and its importance Standing Postures Ardhakatichakrasana, Padahastasana, Ardchakrasana, Trikonasana. Sitting postures Swasthika, Gomukhasana, Padmasana, Vajrasana, Bhadrasana, Shashankasana, Ushtrasana, Pashchimottanasana, Suptavajrasana, ardhmatsyendrasana, Siddhasana. Supine Postures Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Chakrasana, Shavasana, Setubandhasana. Prone postures Bhujangasana, Shalabhasana, Dhanurasana, Makarasana. Suryanamaskara – procedure and benefits.	10 hrs	Dr. Puri
IST	NISARGOPACHARA (Prakritika Chikitsa) Definition, history, aims and objectives Theories as per	5hrs	Dr. Puri



Reshman
Principal

Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajnagar.

Address : Kanchanwadi, Paithan Road, Chhatrapati Sambhajnagar- 431 011. (M.S.) कांचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmsayurved.com, principalcsmsay@gmail.com, Website : www.csmsayurved.com



NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

	Western school of Naturopathy Indian school – Panchabhutopasana Relation of Ayurveda and Naturopathy Importance of Naturopathy in present era. Jalachikitsa(hydrotherapy) – Hot water treatment, Cold water treatment, foot and arm bath, Spinal bath, hip bath, abdominal wet pack, Steam bath, enema and whirl pool bath. Mrittika chikitsa (Mud therapy) Types of soil, doctrine of mud selection, mud bath. Suryakirana sevana (sun bath - heliotherapy)		
IST	Janapadodhwamsa Causes, Manifestations and control measures, importance of Panchakarma and Rasayana	5 hrs	Dr. Puri
IST	Occupational Health Occupational Hazards, Occupational Diseases, Prevention of Occupational Diseases, Health & precautionary measures, ESI Act, Indian factories Act. Offensive Trades- Effects on health and precautionary	5 hrs	Dr . Puri
IST	Ayurvedic concept of Vyadhikshamatva and sankramaka rogas. Epidemiology of communicable Diseases Chicken Pox, Measles, Diphtheria, Pertussis, Mumps, Tuberculosis, SARS, Influenza, Pneumonia, Cholera, Polio, Viral Hepatitis , Typhoid, Leptospirosis, Dengue Fever, Chikungunia, Malaria, Filariasis , Leprosy, Rabies , Tetanus, Emerging and re-emerging diseases Kuprasangaja vyadhi (STDs) AIDS, Syphilis, Gonorrhoea, Chanchroid	10hrs	Dr. Puri
IIND	National health programmes Tuberculosis(RNTCP), Leprosy(NLEP), AIDS (NACP), Blindness (NPCB), Polio(PPI),Diabetes (NDCP), Cancer (NCCP) , Guinea worm, Vector born disease control programme, NRHM, all the upcoming national health programmes, RCH programme, Universal Immunization Programme. National Nutritional Programmes - IDD, Vitamin A prophylaxis, Mid day meal, anemia control programmes.	10 hrs	Dr. Puri
IIND	Bandhas and Mudras Shad chakras, Ida-pingala-sushumna nadis. Pratyahara, Dharana, Dhyana, Samadhi Description of Yoga in Ayurveda Moksha and Muktatma lakshana and upaya, Naishthiki chikitsa, Satyabuddhi, Tatvasmriti, Ashta Aishwarya, Ashta siddhis.	4 hrs	Dr. Puri

Reshmesh
Principal



Chhatrapati Shahu Maharaj Shikshan Sanstha
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.



Estd : 1989
NCISM College Code : AYU0153
MUHS College Code : 3401

NAAC ACCREDITED WITH B++, NABH & ISO 21001:2018 CERTIFIED

छत्रपती शाहू महाराज शिक्षण संस्था संचालित

आयुर्वेद महाविद्यालय व रुग्णालय

CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S

AYURVED MAHAVIDYALAYA & RUGNALAYA

(Recognized by National Commission for Indian System of Medicine, Ministry of AYUSH, Govt. of India, New Delhi & Affiliated to Maharashtra University of Health Sciences, Nashik.)



DR	PRACTICALS - 100		
PURI-46	• Demonstration of Dinacharya procedures- anjana, nasya, kavala, gandoosha dhoomapana, abhyanga, udvartana. Parichaya of aharadravya, immunization agents,-- IST TERM	10 hrs...	Dr Rathod
RATH OD-36	• disinfectants and family planning devices IST-TERM	6hrs	Dr. Rathod
DR.KA LE-36	• Practical demonstrations of Asanas mentioned in the syllabus--- IST TERM/IIND TERM	20hrs	Dr. Puri
TOTAL--118	• Pranayama(Suryabhedana, Ujjayi, Shitali, Sitkari, Bhastrika, Bhramari and Nadishuddhi)— IIND TERM	06hrs	DR. Kale
	• Shad karmas(Jala dhauti, Jalaneti, Sutraneti, Trataka, Kapalabhati)— IIND TERM	6 hrs	Dr Kale
	• Health survey- Minimum 5 families of rural and urban areas. IIND TERM	...20 hrs	ALL STAFF
	• There should be 3 case sheets for Yoga Naturopathy & pathya apathya together and 3 case sheets for communicable diseases. Proformas for Case sheets/practical records/survey/Dinacharya projects etc should be prepared by the respective universities- IIND TERM	2 hrs...	DR Kale
		..6 hrs	ALL STAFF

. Preparing and delivering of a health educational talk on health related issues.

A short compilation on any topic on environmental health

. Educational Visits Observe the functioning of the Milk Dairy, Water purification unit, Sewage treatment unit, MCH/Family welfare centre, Leprosy hospital and industrial unit. Visit to Primary Health Centre for knowledge of actual implementation of National health programmes including knowledge of rural health. Visit of rural Ayurvedic dispensary. Visit to naturopathy centre to observe naturopathic treatment modalities.

[Signature]
A.O.D. & Professor

Dept. of Swasthavritta & Yoga
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Pathan Road,



[Signature]
Principal
Chhatrapati Shahu Maharaj Shikshan Sanstha's
Ayurved Mahavidyalaya & Rugnalaya,
Kanchanwadi, Chhatrapati Sambhajinagar.

Address : Kanchanwadi, Pathan Road, Chhatrapati Sambhajinagar- 431 011. (M.S.) कंचनवाडी, पैठण रोड, छत्रपती संभाजीनगर - ४३१ ०११ (एम.एस.)

Tel.: (0240) 2379248, 2646464, 2379035 Fax : (0240) 2646222.

Email : principal@csmsayurved.com, principalcsmsayu@gmail.com, Website : www.csmsayurved.com