Biodiversity and ASU: The session was conducted by Dr. Pooja Purohit, Assistant Professor, Dept. of Dravyaguna, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East). Madam covered types of biodiversity, biodiversity in ASU systems and its importance, preservation and conservation. Lecture ends with question-answer session.
From 10 am – 11am: Communicative English: Guest speaker for this session was Dr. Vaishali Nakhale Deshmukh, Associate Professor, Dept. of Samhita Siddhant, M.S. Ayurved College, Gondia. Madam started her lecture with the beautiful, inspiring true story. Madam encouraged students to increase their listening capacity. Explained some basics of communication skill and advised them to read biography to improve their communication skill. Madam told them the importance of English language in Ayurveda as it is essential for globalization of Ayurveda.
From 11 am – 12pm: 
Language (Vadatu Sanskritam): The session was jointly coordinated by Mr. Ashutosh Mishra, Assistant Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East) and Dr. Jyoti Rathi, HOD and Associate Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). The lecture started with prayer. विभक्ति & कारक - तृतीया विभक्ति (करण कारक) & चतुर्थी विभक्ति (सम्प्रदान कारक) Explained to students. Students were asked to make sentences
From 12 pm - 1 pm:
**Yoga and Meditation:** Guest speaker for this session was respected Shri. Vijaykumar ragi, NWA. MYA. **Proprietor, Iconic yoga org.** Sir emphasized an importance of the Ashtang Yog. The eightfold path of Patanjali's yoga i.e., Ashtang Yog consists of a set of prescriptions for a morally disciplined and purposeful life, of which asanas (yoga postures) form only one limb. Sir explain students practicing regular mindful breathing can help you feel calm and energized, and it may even help you manage stress-related health problems.

From 2 pm – 3 pm:
**Clinical Exposure:** The session was coordinated by Dr. Sapana Kokitkar, Assistant Professor, Dept. of Kaumarbhritya, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Madam guided students about clinical evaluation in pediatric. Madam explained in detail about examination of child from birth to adolescent age, vaccination program, importance studying milestones during growth and development in child.
From 3 pm – 4 pm:
Lecture from eminent person in ASU: Guest speaker for this session was respected Dr. Mayur Deshmukh, Assistant Professor, Dept. of Rog-nidan and Vikrutividnyan, Govt. Ayurved College, Usmanabad. Under the heading lecture from eminent person in ASU, Sir guided students on the topic- "Ayurvedic medicine- an overview". Sir explained in detail about the philosophy of Ayurveda. Ayurvedic drugs are made up of any of the plants, animal, minerals and metals. Ayurvedic herbal medicine are mostly used in five types according to methods of preparation. Sir explained in brief about use of Kashtaushadi (herbal medicine) and rasaushadhis (Metallic preparation).