Communicative English: The speaker for the lecture was Dr. Swati Bhingare, HOD & Associate Professor, Dept. of Rachana Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Communication in Vedic period, types of vag (Para, Pashyanti, madhyama and Vaikhari) explained to students in first 30 minutes of the session. In remaining session of 30 minutes students were encouraged to give presentation in English. Students of Student council 2020-21 presented history taking of Acute abdomen and dysmenorrhoea in English. One student presented English story; some sang English songs. The session was very interesting.
From 10 am – 11 am:
**Know your syllabus:** This session was coordinated by Dr. Shweta Rajadhyaksha, Assistant Professor, Dept. of Rasashastra and Bhaishajya Kalpana, S.N.K.D. Trust’s Nallasopara Ayurved Medical College, Nallasopara (East). First, madam introduced HOD of all the departments and explained syllabus theory and practical wise, Mark distribution of all the subject year wise.
From 11 am – 12 pm:

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, 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. With the spectacular power point presentation समयावधी (Time) explained to students. The session was very interactive. Lecture ended with question answer session.
From 12 pm- 1 pm:

**Yoga Practice and relaxation Techniques:** The speaker for the lecture was Dr. Swati Bhingare, HOD & Associate Professor, Dept. of Rachana Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Lecture was started with chanting of “ॐ”. The Panchkosha in Yoga was explained to the students. Technique of Anulom-Vilom Pranayam was taught to the students with its benefits through scientific evidence. Second year student Ku. Anurag Dwivedi gave online demonstration of Nadishodhak Pranayam, Tadasan, Vrikshasana, Uttanpadasan etc.
From 2 pm – 3 pm:

**Computer Skill:** The speaker for the lecture was Mr. Pramod Prajapati, Software Engineer. Topics covered in this session was how to make effective power point presentation, how to add animation, how to surf web, different technical terms like HTML, IP address etc. were explained simply and in an interesting manner.
From 3 pm – 4 pm: 
Games and Activities (online): This session was coordinated by Dr. Swati Bhingare, HOD & Associate Professor, Dept. of Rachana Sharir and Dr. Jyoti Rathi, HOD and Associate Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College, and Hospital Nallasopara (East). Memorise and enlist, find the differences, and copy and say etc memory games were arranged for the refreshment of the students. Students participated very enthusiastically and they enjoyed the session very much.