From 9 am- 10 am:

**History, Philosophy and concept of ASU, Introduction by eminent Person:** The guest speaker for the session was respected Dr. Tushar Bhuvad, Assistant Professor, Dept. of Sanskrit Samhita Siddhant, K.G. M.P. Ayurved college, Charni Road, Mumbai. Sir has explained brief history and philosophy of Ayurveda and other Indian system of medicine. Sir aware students about validation of Acharya Sushruta’s rhinoplasty procedure and concept of integrative health. The session was followed by question answer session.

From 10 am – 11 am

**Recent Advances in ASU:** The speaker for the lecture was Dr. Swati Bhinagare, HOD & Associate Professor, Dept. of Rachana Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Madam through her presentation explained briefly about origin, philosophy and basic principles of Siddha and Unani system of medicine. Information regarding CCRS and CCRUS i.e., governing body for promoting and propagating Siddha and Unani medicine by way of Research and Development has given. Students made aware of recent advances in Siddha and Unani System of Medicine.
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 (Sanskrit prarthana). Meaning and usage of words (सुस्वागतम्, धन्यवादः, कृपया, चिन्तामास्तु, क्षम्यताम्, शुभ प्रभातम्, शुभ मध्याह्न, शुभ सायंकाल, शुभ रात्रि, पुनर्मिलाम:) were explained. Few students have been asked to participate in short conversation in Sanskrit given by teachers. Then asked few students to introduced themselves in Sanskrit. This session has been ended with one Sanskrit quotation (Subhashitam).
From 12 pm - 1 pm
Lecture by eminent Person of ASU: The resource person for this session was respected Dr. Ghanshyam Sharma, Professor, sir delivered lecture on, "Role of Yoga for Healthy lifestyle". Explained the potential of Yoga in preventing and managing lifestyle related disorders. Sir encouraged students to adopt yogic lifestyle and resolve queries of students and suggest solution to tackle the problem students facing because of continuous screen exposure. It was a very interactive session.

From 2 pm – 3 pm
Know your institute and department Visit: The speaker for the lecture was Dr. Mili Punjabi, Assistant Professor, Dept. of Rachana Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Students were virtually shown the Rachana Sharir department, tutorial room, museum and dissection hall through videos. Virtually students were shown the different charts, models, wet specimen, human skeleton etc present in Rachana Sharir department of the college. Along with this virtual visit to Rachana Sharir department, students were also explained the topics to be studied in practical anatomy & marks distribution & exam pattern.
From 3 pm – 4 pm:

Know Regulatory bodies & Statutory bodies and Major AYUSH institution: The speaker for the lecture was Dr. Mohit Pandit, Assistant Professor, Dept. of Panchakarma, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Sir explained aim, vision and mission of AYUSH, a major governing body for Indian system of Medicines. Sir through his PowerPoint presentation guided students on how AYUSH works to develop and propagate traditional, holistic system of Medicines which includes Ayurveda, Yoga, Unani, Naturopathy, Siddha, Sowa-Rigpa, Homeopathy and to upgrade education standards, strengthen institution and research activities. For development and execution of Research activities in Ayurveda, a separate council has been formed as CCRAS - Central Council of Research in Ayurvedic Sciences. CCRAS conducts and monitor research activities and research projects in Ayurveded.