From 9 am- 10 am:

**Communicative English:** Guest speaker for this session was respected Dr. Gayatri Gaonkar, Assistant Professor, Dept. of Rasashastra and Bhaishajya Kalpana, R.A. Poddar Ayurved Medical College, Worli, Mumbai. Madam with her very eye-catching power point presentation explain what is communicative English, what are its types, effective ways of communication, need of English language in Ayurveda course and how to learn English. In the end with the help of a short video madam explained importance of three modes of communication i.e., listening, effective interaction and writing.
From 10 am – 11pm:

**Yoga and Meditation:** This session was coordinated by Mrs. Nilima Melwanki, Yoga Teacher, Dept. of Swasthwritta, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East). Madam with very interesting story explained how precious is yoga for the healthy and composed life. Madam with her composed and mindful words aware students about difference in asanas (physical postures) that eventually leads to a better meditation practice, whereas ashtanga yoga first focuses on self, and then moves on to physical postures and meditation. And explain in detail each 8 limb of Ashtang yoga.
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, 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 - पंचमी विभक्ति (अपादान कारक) & षष्ठी विभक्ति (संबंधकारक) explained to students. Students were asked to make sentences.
From 12 pm- 1 pm:

Vrikshaayurved and Mrigayurved: Guest speaker for this session was Respected Dr. Balaji Sawant, Professor, Dept. of Dravyaguna, K.G.M.P. Aryurved college, Charni Road, Mumbai. Sir with very pleasant power point presentation explained Vriksha in relation with Swasthya, Dincharya, Rutucharya, culture, tradition, festival, nakshatra etc. Origin, various method of Vriksha uses and internal administration and the process of improving the medicinal qualities of Vriksha explained very tactfully. Also, explained about Mrigaayurveda.
From 2 pm – 3 pm:
Lecture from eminent person in ASU: Guest speaker for this session was Respected Dr. Vinay Welankar, Ayurvedic consultant, Dombiwali. Under the heading lecture from eminent person in ASU, Sir guided students on the topic- Use of Ayurveda in Emergency Medical conditions. Sir shared his personal experience of Ayurveda formulation in patients with emergency condition. And motivated students to first gain the knowledge of Samhita through thorough reading and also informed them about the bright future of Ayurveda in upcoming years.
**From 3 pm – 4 pm:**

**Clinical Exposure:** This session was coordinated by Dr. Varsha Dhage, Assistant Professor, Dept. of Shalakyatantra, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Madam have explained in brief about the sense organs, importance of Shalakyatantra to the students and also explained about diseases of eye, ear, nose, throat in brief. Madam discussed future opportunities for PG shalakyatantra for clinical, research purpose etc. The session was interactive. The lecture was ended with question answer session.