SESSION FIRST:
From 9.00am -10.00am.

1. **Know your institute and department visit:** The speaker for this session was Dr. Shubhangi Patil, Assistant Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East). Madam used pictures and videos to help showcase campus digitally and introduced all the departments briefly. This virtual campus visit was typically an important step for incoming students to learn about the institute.

From 10.00am -11.00am.

2. **Introduction about medicine and other system of Medicine:** This lecture was conducted by Dr. Poonam Saner, HOD and Professor, Dept. of Kayachikitsa, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East). Specialities in medicine, medical diagnosis, symptoms vs sign, history taking, physician’s pledge, alternative medicine, fundamental principles of Ayurveda and other system of medicine like siddha, Unani, Sowa-Rigpa, and homeopathy all these topics were briefly explained to students.
From 11.00am -12.00pm
1. **Lecture of eminent person of ASU:** The resource person for this session was respected Dr. Uday Kulkarni, Ayurvedic Consultant, Arogyadham, Thane (West). Sir gave brief introduction of panchakarma procedure like Vaman, Virechana, Basti, Nasya and Raktamoksha and parasurgical procedure like Agnikarma, Ksharkarma, Vidhha karma ect. Sir has mentioned these procedures as the distinct modalities and explained these procedures by giving appropriate examples. He explained the scope in Ayurveda as panchakarma consultant. The lecture was followed by question answer session.

From 12.00-1.00 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) Topics covered in this lecture were meaning and usage of some Sanskrit words (अत्र, तत्र, सर्वत्र, एकत्र, अन्यत्र, कु त्र?), Number names in Sanskrit, Days names in Sanskrit, Names of vegetables & Fruits in Sanskrit. In this lecture series of “वदतु संस्कृतं”, an attempt was made to follow the method of participative learning. Hence, each student has been offered equal chance to express themselves by selecting students randomly.
1. **Role of ASU in Public Health and Primary health Centre:** The resource person for this session was Dr. Sham Jungare, M.O., Navghar PHC, Vasai. Sir has informed students about various placement opportunities available in Rural Health Care across Maharashtra. Informed students about Ayurvedic treatment provided in PHC by Govt. and various policies adopted by Indian government at PHC level. He has explained the importance of PHC in improving the standard of community health.

3. **Clinical Exposure:** This session was conducted by Dr. Sachin Kudmate, HOD and Associate Professor, Dept. of Panchkarma, S.N.K.D. Trust’s Nallasopara Ayurved medical College and Hospital, Nallasopara (East). Sir has explained the clinical diagnosis of patient requiring panchakarma therapy and specified the importance of seasonal panchakarma. Clinical examination of patient was explained briefly and the lecture was followed by question-answer session.