SNKD TRUST’S NALLASOPARA AYURVED MEDICAL COLLEGE AND HOSPITAL, NALLASOPARA (EAST)
10th DAY OF TRANSITIONAL CURRICULUM OF ASU
[FOR FYBAMS (BATCH-2020-2021)]

From 9 am- 10 am:
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 - सप्तमी विभक्ति (अधिकरणकारक ), & some words पूर्त: फूल: दक्षिणि: ऊर्धि: explained to students. Students were asked to make sentences.
From 10 am – 11am:
National Health Status, Goals and Policies: Guest speaker for this session was Dr. Amrut Swami, Assistant Professor, Dept. of Community Medicine (PSM), DVVPF’s Medical College, Ahmadnagar. Sir explained the need of studying the topic and explained the National Health Policy, 2017 (NHP, 2017) seeks to reach everyone in a comprehensive integrated way to move towards wellness. Sir with his insightful power point presentation acquainted students with the present health status and project impact. The session was very interactive.
From 11 am – 12 pm:
Stress Management and capacity building to address medical challenges: Guest speaker for this session was respected Dr. Suresh Patil, Consultant Psychiatrist, Vibhas Psychiatry Hospital and Rehab Centre, Virar (West). Sir with very interesting power point presentation explained what is stress, what are stressors, level of stress, stages of stress and its effect on our body and management in simple and exhilarating manner.
From 12 pm- 1 pm:
**Stress Management and capacity building to address medical challenges:** Guest speaker for this session was respected Dr. Suresh Patil, Consultant Psychiatrist, Vibhas Psychiatry Hospital and Rehab Centre, Virar (West). Sir interacted with the students and try to resolve their queries. The session was very interactive and interesting.
From 2 pm – 3 pm:
Lecture by eminent Pharmaceutical industrialist/Researcher/ Educationist etc: Guest speaker for this session was Dr. Milind Patil, Medical Advisor, Sandu pharmaceuticals Ltd., Mumbai. Sir with his very spectacular power point presentation guided students on topic - "Scope of Ayurvedic Physician in Pharmaceutical Industries". Sir assured students that the Ayurveda is evidenced based and acquainted them about the ancient method of research methodology explained by Charak in Vimansthana. The session was very fascinating.
From 3 pm – 4 pm:
**Videos related to AYUSH:** 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). Videos of Ayush related to immunity booster, Udaan 2021, steps taken by ministry of AYUSH in this current COVID-19 pandemic etc. shown to students.