From 9.00am -10.00am.
**Recent Advances in ASU:** 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). Topics covered in this session were Ayurveda and present era, role of Ayurveda in life style disorders, Evidence based medicine, Traditional Medicine, research methodology explained in Charak Vimansthana, CCRAS formation, development of new Ayurvedic formulation, other collaborative projects, medicinal plant research programme.

From 10.00am -11.00am.
**Computer Skill:** The speaker for the lecture was Mr. Pramod Prajapati, Software Engineer. Sir explained students what is input and output devices of computer, page formatting, printing a document, and advanced features of World 2013, working with Excel.
From 11.00am -12.00pm

Know Regulatory bodies & Statutory bodies and Major AYUSH institution: The speaker for the lecture was Dr. Rashmi Doiphode, Assistant Professor, Dept. of Kayachikitsa, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Students were made aware about different regulatory authorities like CCIM, MCIM, AYUSH, CCRAS etc. what is the vision and mission of this regulatory authority, how this authority works, regarding rules and regulations, improvised amendment, opportunities in Ayurveda etc these topics were explained in detail.

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). At the beginning of the lecture a small test of 20 marks has taken via google form(https://forms.gle/vbJm5gznmHI7FukHA8A) based on Day 1 & Day 2. The lecture was started with prayer (Sanskrit prarthana) chanted by one student. Meaning and usage of words (स/तत्त्व/एषः/एतस्य/कस्या/सा/तस्या/एषः/एतस्या/कस्या?), & क्रियापदानि were explained and students were encourage to make the sentences using above words.
Post lunch session:
From 2.00pm-3.00 pm:
Know your institute and department visit: The speaker for the lecture was Dr. Sharad Maurya, Assistant Professor, Dept. of Kriya Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). The students were virtually shown the Sharir Kriya department in detail through videos. Students were also shown the wet and dry specimens, charts and model of Prakruti, Dhatuposhan Nyaya, Nadi Pariksha and explained in details. Term wise theory and practical syllabus also discussed. Lecture was followed by question-answer session.

From 3.00pm- 4.00pm:
Time Management: 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). Ayurveda aspect of kal i.e., one of the 9 Karan Dravya is explained. Definition, time management tips with relevant examples, smart goal setting all these topics were covered under this session. Importance of time management was illustrated with the help of short story.