From 9am - 11am: **Importance of Diet in ASU:** The speaker for this session was Dr. Jyoti Rathi, HOD and Associate Professor, Dept. of Sanskrit Samhita Siddhant, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Madam with the wonderful power point presentation, definition, types importance of Ahar, Dietetic codes and conducts, Do’s and Don’ts related to Ahar etc were explained.
From 10am – 12pm:

**Personal Health & Hygiene (Dincharya):** 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). Daily routine right from getting early from the bed to behavioural conducts. Seasonal Regimen explained in detail. Shashtrokta daily as well as seasonal routine were explained to maintain the healthy life with practical approach.
From 12 pm - 1 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. The Vadatu Sanskritam thirteen days curriculum were ended with the revision of entire course.
From 2pm – 3 pm:

Feedback by Students: The session was coordinated by Dr. Swati Bhingare, HOD & Associate Professor, Dept. of Rachana Sharir, S.N.K.D. Trust’s Nallasopara Ayurved medical College, Nallasopara (East). Feedback of students has taken by filling google form feedback form. Also, on the last day students gave their feedback through their presentations in group learning activity session conducted by Dr. Jyoti Rathi.
From 3pm – 4pm:

**Biomedical Waste management:** Guest speaker for this session was Dr. Amrut Swami, Assistant Professor, Dept. of Community Medicine (PSM), DVVPF’s Medical College, Ahmadnagar. Thing to be included in biomedical wast, their categories, types of biomedical waste management etc topics were covered with very interactive manner. The management, treatment and disposal of hospital risk waste were also mentioned.