



JOM SHRI MANJUNATHAYA NAMAHALLI
SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA, HOSPITAL AND RESEARCH CENTRE,
KUTHPADY UDUPI

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INTERNAL QUALITY ASSURANCE CELL

Estd:1958

NAAC Chapter: Criteria:1.1.1 & QCI parameter 1.1

Department of PG Studies in Swasthavrita & Yoga

15.12.2025

EDUCATION-SEMESTER-III (2024BATCH) DYNAMICMETABLE&TEACHINGTRAINING SCHEDULE W.e.t. 15.12.2025

Date and Day	Time	Duration	Topic Code	Topic	Faculty	Venue
Module 1 - Swasthya (Health) Assessment, Health Education, Communication Skills and Counselling in Life style Management						
Monday 15/12/2025	9am -11am	Dissertation work				
	11am – 1PM	2 Hours	M1 U1 L1 &L2	Analyse Holistic health, wellness and lifestyle management in present scenario	Dr Vijay B Negalur	Swastha OPD
	1 PM – 2PM	Lunch Break				
	2PM – 4PM	2Hours	Practical Training 1.1	Analyse the status of health and wellness at the district, state, national, and international level	Swastha New Staff/ Dr Sridhi Dhanya	Staff cabin
	4PM -5PM	IDS				
Tuesday 16/12/2025	9am -11am	Dissertation work				
	11am – 12pm	1 Hour	M1 U1 L3	Analyse various modes of intervention in Ayurveda with contemporary science	Dr Sandesh Kumar	KC 8 OPD
	12pm -2pm	2Hours	Practical Training 1.2	Develop Ayurveda Interventions modules according to levels of prevention	Dr Yogeesha Acharya	PG Class room
	2 PM – 3PM	Lunch Break				
	3PM-5PM	Department Colloquium				
Wednesday 17/12/2025	9am – 10am	Dissertation work				
	10am – 11am	1 Hour	M1 U3 L4	Analyse various parameters of health assessment for community	Dr Sowmya	PG Class room

	11am – 1pm	2 Hour	Practical Training 1.3	Apply WHO-QOL tools in the community to assess the Quality of Life	Dr Sowmya	Staff cabin
	1pm – 2PM	Lunch				
	2pm – 4pm	2 Hour	Practical Training 1.4	Develop and Discuss Ayurveda health assessment and Prakriti assessment tool	Dr Sowmya	Staff cabin
Thursday 18/12/2025	4pm-5pm	1 Hour	M1 U3 L5	Summarize and apply the principles and need of Health Counselling	Dr Sowmya	Staff cabin
	8am – 2pm	6 Hours	Experiential Learning 1.1	Assess health and prakriti of targeted individuals in the community using Ayurveda Health Assessment and Prakriti assessment tools	Dr Vijay B Negalur	Hospital /OPD/ Community
	2pm – 3pm	Lunch				
Friday 19/12/2025	3pm – 5pm	General Seminar				
	9am -10am	Dissertation work				
	10am – 12Noon	2 Hours	Practical Training 1.5	Construct and demonstrate the mental health counselling strategies for community	Dr Srinidhi Dhanya	
	12Noon – 1pm	Instruction by the faculty regarding the Experiential Learning 1.2. Students should use previously planned evidence-based techniques. Each student should conduct at least six counselling sessions of one hour each. This counselling should be completed within 5/01/2026 – 6 Hours - Dr Srinidhi Dhanya				
	1pm – 2pm	Lunch				
	2pm-3pm	1Hour	M1 U3 L6	Summarize and apply the process and different approaches of health counselling	Dr Srinidhi Dhanya	Staff cabin
	3pm-4pm	1 Hour	M1 U4 L7	Discuss Common health problems of school children and their prevention by the holistic approach of Ayurveda	Dr Srinidhi Dhanya	Staff cabin
	4pm – 5pm	Dissertation work				
	9am -10am	Dissertation work				
Saturday 20/12/2025	10am -11am	Dissertation work				PG Class Room
	11am – 1pm	Dissertation work				Yoga Hall
	1pm – 2pm	Lunch				
	2pm – 4pm	2 Hours	Practical Training 1.6	Formulate the health check-up module/ structured questionnaire/ IEC material for School Health Checkup including Ayurveda principles	Dr Yogeeshha Acharya	Staff cabin
	4pm -5pm	Discussion regarding the Experiential-Learning 1.3, Experiential-Learning 1.4, Experiential-Learning 1.5 – Plan for conduction of school children check up for 1day. Students will do health check-up, delivering the awareness talk to students and advising school going children on life style modification. Total duration 6 Hours. – Dr Yogeeshha Acharya				
						Staff cabin

Professor & HOD
Dept of PG Studies in Swasthavritta

Dean
PG & PhD Studies

Principal

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