



**MONARK**  
UNIVERSITY

# MONARK AYURVED MEDICAL COLLEGE & HOSPITAL

(A Constituent Institute of Monark University)  
DEPARTMENT OF SAMHITA SIDDHANTA

TEACHING SCHEDULE OF March 2026

Subject Code: AyUG-PV

Term: I

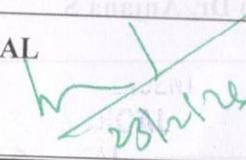
Batch: 2025-26

Paper: 1

S.No.	Date	TIME	Name of Faculty & LH / NLH	Topic & Subtopics	Instruction Method	HOURS
1	2-Mar-26	10:00am to 11:00am	PV (LH) Dr. Anjana S	Describe Apta and Aptopadesh	Lecture	1
2	3-Mar-26	1:30pm to 2:30pm	PV (LH) Dr. Akhil	Describe the significance of Aptopadesha in Chikitsa	Case based learning/ Group discussion	1
3	4-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Akhil	Define the term Shabda	Lecture	1
4	5-Mar-26	12:00pm to 1:00pm	PV (NLH) Dr. Anjana S	Describe types of Shabda	Lecture/ Activity based learning	1
5	6-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Gautham M	Define the term Shaba artha bodhaka Vrutti	Lecture/ group discussion	1
6	9-Mar-26	10:00am to 11:00am	PV (LH) Dr. Anjana S	Enumerate Shabaartha bodhaka vrutti	Lecture/ Activity based learning	1
7	10-Mar-26	1:30pm to 2:30pm	PV (LH) Dr. Akhil	Define Abhidha Vrutti with illustration	Lecture/ Activity based learning	1
8	11-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Akhil	Define Lakshana Vrutti with examples	Lecture/ Activity based learning	1
9	12-Mar-26	12:00pm to 1:00pm	PV (NLH) Dr. Anjana S	Enumerate the types of Lakshanavrutti and define each of them with example	Lecture/ Activity based learning	1
10	13-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Gautham M	Define Vyanjana vrutti with example	Lecture/ Activity based learning	1
11	16-Mar-26	10:00am to 11:00am	PV (LH) Dr. Anjana S	Define Tatparyakhya vrutti with	Lecture/ Activity based	1

12	17-Mar-26	1:30pm to 2:30pm	PV (LH) Dr. Akhil	example	learning	1
13	18-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Akhil	Define the term Pada with specification to Shakti and enumerate the types of Pada	enquiry based learning	1
14	19-Mar-26	12:00pm to 1:00pm	PV (NLH) Dr. Anjana S	Enumerate Shaktigraha hetu	Lecture/ group discussion/ Problem based learning	1
15	20-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Gautham M	Describe Shakti graha hetu	Lecture/ Tutorial/ Problem based learning	1
16	23-Mar-26	10:00am to 11:00am	PV (LH) Dr. Anjana S	Enumerate Vaakyarthajnana hetu	Lecture/ group discussion/ Problem based learning	1
17	24-Mar-26	1:30pm to 2:30pm	PV (LH) Dr. Akhil	Define Akanksha with example	Lecture/ Activity based learning/ Problem based learning	1
18	25-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Akhil	Define Yogyata with example	Lecture/ Activity based learning/ Problem based learning	1
19	26-Mar-26	12:00pm to 1:00pm	PV (NLH) Dr. Anjana S	Define Sannidhi with example	Lecture/ Activity based learning/ Problem based learning	1
20	27-Mar-26	10:00am to 11:00am	PV (NLH) Dr. Gautham M	Describe importance of Aptopadesha in maintaining Health, Prevention of diseases, diagnostics, therapeutics and research.	Lecture/ Activity based learning/ Problem based learning	1
21	30-Mar-26	10:00am to 11:00am	PV (LH) Dr. Anjana S	Respect ancient philosophy and Ayurveda	Discussion	1
22	31-Mar-26	1:30pm to 2:30pm	PV (LH) Dr. Akhil	Analyse role of padartha in darshana and in Ayurveda and Demonstrate the role of Padarthavijnana in Ayurveda	Lecture/ Seminars /PBL	1
					total	22

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TEACHING SCHEDULE OF March 2026

Subject Code: AyUG-SAI

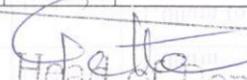
Term: I

Batch: 2025-26

Paper: 1

S.No.	Date	TIME	Name of Faculty & LH / NLH	Topic & Subtopics	Instruction Method	HOURS
1	2-Mar-26	9:00am to 10:00am	SA-1 (LH) Dr. Akhil.	Explain the need of waking up before sunrise	Lecture	1
2	3-Mar-26	10:00am to 11:00am	SA-1 (LH) Dr. Anjana S.	Distinguish Sauveeranjana and Rasanjan	Lecture/Demonstration	1
3	4-Mar-26	11:00am to 12:00pm	SA-1 (LH) Dr. Gautham M	Elucidate the benefits and contraindications of bathing (snana)	Lecture/group discussion Literature search and Discussion by students.	1
4	4-Mar-26	1:30pm to 2:30pm	SA-1 (LH) Dr. Akhil.	Explain the concept of good principles and conduct (Sadvrutta)	Flipped Classroom	1
5	5-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Gautham M	Justify the importance of Dincharya	Application of Principles in own life	1
6	6-Mar-26	1:30pm to 2:30pm	SA-1 (NLH) Dr. Anjana S.	Dantadhaavana	D	1
7	7-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Anjana S.	jihva nirlekhana	D	1
8	7-Mar-26	12:00pm to 1:00pm	SA-1 (LH) Dr. Akhil.	mukha shdana	D	1
9	9-Mar-26	9:00am to 10:00am	SA-1 (LH) Dr. Akhil.	snaana	D	1
10	10-Mar-26	10:00am to 11:00am	SA-1 (LH) Dr. Anjana S.	Explain the six seasons and the months in which they fall	L Lecture/group discussions/Multimedia aids	1
11	11-Mar-26	11:00am to 12:00pm	SA-1 (LH) Dr. Gautham M	Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Shishira rutu.	Lecture/group discussions/Multimedia aids	1
12	11-Mar-26	1:30pm to 2:30pm	SA-1 (LH) Dr. Akhil.	Discuss the climatic conditions, health status (bala, agni,	Lecture/group discussions/Multimedia aids	1
13	12-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Gautham M	survey on normal people about daily routine	D	1
14	13-Mar-26	1:30pm to 2:30pm	SA-1 (NLH) Dr. Anjana S.	Discuss the climatic conditions, health status (bala, agni, dosha), appropriate food and regimen for Sharad rutu.	Lecture/group discussions/Multimedia aids	1
15	14-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Anjana S.	seasonal solistice	TBL	1
16	14-Mar-26	12:00pm to 1:00pm	SA-1 (LH) Dr. Akhil.	Identify the significance of Rutusandhi	D	1
17	16-Mar-26	9:00am to 10:00am	SA-1 (LH) Dr. Akhil.	grishma - paricharya	D	1
18	17-Mar-	10:00am to	SA-1 (LH) Dr. Anjana S.	pathya APATHYA WSR RITHU	D	1

	26	11:00am				
19	18-Mar-26	11:00am to 12:00pm	SA-1 (LH) Dr. Gautham M	Enlist the adharaneeya vega (natural urges not to be suppressed by force)	Lecture	1
20	18-Mar-26	1:30pm to 2:30pm	SA-1 (LH) Dr. Akhil.	Specify the diseases due to suppression of trushna (thirst) and its treatment	Lecture	1
21	19-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Gautham M	Enumerate the diseases due to suppression of shrama shwasa and its treatment	Lecture	1
22	20-Mar-26	1:30pm to 2:30pm	SA-1 (NLH) Dr. Anjana S.	Explain vegdharan as the root cause for many diseases and its common treatment	Lecture	1
23	21-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Anjana S.	Explain the concept of Aagantu roga (traumatic diseases) and its treatment	Lecture	1
24	21-Mar-26	12:00pm to 1:00pm	SA-1 (LH) Dr. Akhil.	ROGA KAARNA - CHIKITS	D	1
25	23-Mar-26	9:00am to 10:00am	SA-1 (LH) Dr. Akhil.	Rogi - roga	D	1
26	24-Mar-26	10:00am to 11:00am	SA-1 (LH) Dr. Anjana S.	abhyantara marga	D	1
27	25-Mar-26	11:00am to 12:00pm	SA-1 (LH) Dr. Gautham M	roga adhistana - chikitsa	D	1
28	25-Mar-26	1:30pm to 2:30pm	SA-1 (LH) Dr. Akhil.	Differentiate between Gangambu (rain water) and Samudrambu (sea water)	Lecture discussion	1
29	26-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Gautham M	Write the qualities of Narikelodakam (coconut water)	Discussion	1
30	27-Mar-26	1:30pm to 2:30pm	SA-1 (NLH) Dr. Anjana S.	Explain the rules for curd consumption	Lecture discussion	1
31	28-Mar-26	9:00am to 10:00am	SA-1 (NLH) Dr. Anjana S.	Enlist the properties of honey and Identify the various guidelines related to use of honey	Lecture discussion	1
32	28-Mar-26	12:00pm to 1:00pm	SA-1 (LH) Dr. Akhil.	explain the properties of Shukta, Dhanyamlam, sauveeraka, tushodaka etc.,	Lecture discussion	1
33	30-Mar-26	9:00am to 10:00am	SA-1 (LH) Dr. Akhil.	dravya varga	D	1
34	31-Mar-26	10:00am to 11:00am	SA-1 (LH) Dr. Anjana S.	gunas of various jaliya dravyas	D	1
					TOTAL	34

  
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TEACHING SCHEDULE OF March 2026

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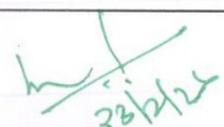
Term: I Batch: 2025-26

Paper: 1

Sl.no.	Name of faculty	Topic & subtopics	Date	Lh / nlh	Time(hrs)		Instruction Method	No. Of hrs
1	<u>Dr. Kamini</u>	Dhaturoop explain	2/3/2026	L	13.30	- 14.30	Narrative	1
2	<u>Dr. Kamini</u>	Dhaturoop explain	3/3/2026	L	12.00	- 13.00	Narrative	1
3	<u>Dr. Kamini</u>	Shabdroop striling writing	5/3/2026	NI	12.00	- 13.00	Narrative	1
4	<u>Dr. Kamini</u>	Shabdroop striling in logbookwriting	6/3/2026	NI	13.30	- 14.30	Writting	1
5.	<u>Dr. Akhil c.</u>	Ay ug aiTopic 2 1.explain different opinions of origin and lineage of ayurveda available in samhitas and samudra manthana and origin of dhanvantari2. Describe ayurveda as upaveda of atharvaveda	6/3/2026	L	11.00	- 12.00	Lecture with ppt	1
5	<u>Dr. Kamini</u>	Meaning according sentences	9/3/2026	L	13.30	- 14.30	Writting	1
6	<u>Dr. Kamini</u>	Objective type very short answer	10/3/2026	L	12.00	- 13.00	Narrative	1
7	<u>Dr. Kamini</u>	Oral & writing dhaturoop	11/3/2026	L	12.00	- 13.00	Narrative	1
8	<u>Dr. Kamini</u>	Open book test shabdroop	12/3/2026	L	11.00	- 12.00	Test	1
9	<u>Dr. Kamini</u>	Shabdroop napuskling oral	13/3/2026	NI	13.30	- 14.30	Group discussion	1
10.	<u>Dr. Akhil c.</u>	Ayug ai 3.outline 2-references of ayurveda in veda, upanishat and puarana	13/3/2026	Nlh	11.00	- 12.00	Charts & g.d.	1
10	<u>Dr. Kamini</u>	Use for constructing sentences	16/3/2026	L	13.30	- 14.30	Writting	1

11	<u>Dr. Kamini</u>	Sabdroop recetation	17/3/2026	L	12.00	-	13.00	Shbdroop explain	1
12	<u>Dr. Kamini</u>	Identify the write vachanani roots.	18/3/2026	L	12.00	-	13.00	Narrative	1
13	<u>Dr. Kamini</u>	Identify the shabdroop in napusakling in writing logbook	19/3/2026	NI	11.00	-	12.00	Narrative	1
14	<u>Dr. Kamini</u>	Very short answer in sabdroop.	20/3/2026	NI	13.30	-	14.30	Writing	1
15	<u>Dr. Kamini</u>	Dhaturoop	20/3/2026	L	11.00	-	12.00	L	1
15	<u>Dr. Kamini</u>	Crossword shabdroop	20/3/2026	NI	13.30	-	14.30	Discussion	1
16	<u>Dr. Kamini</u>	All dhaturoop explain	23/3/2026	L	13.30	-	14.30	Writing	1
17	<u>Dr. Kamini</u>	Lakar explain	24/3/2026	L	12.00	-	13.00	Narrative	1
18	<u>Dr. Kamini</u>	All dhaturoop explain	25/3/2026	L	12.00	-	13.00	Narrative	1
19	<u>Dr. Kamini</u>	Peer learning	26/3/2026	NI	13.30	-	14.30	Learning	1
20	<u>Dr. Kamini</u>	Group discussion	27/3/2026	NI	13.30	-	14.30	Discussion	1
21	<u>Dr. Kamini</u>	Anvaya	27/3/2026	L	11.00		12.00		1
21	<u>Dr. Kamini</u>	Anvay padched explain	30/3/2026	L	13.30	-	14.30		1
22	<u>Dr. Kamini</u>	Anvay padched explain	31/3/2026	L	12.00	-	1.00		1

  
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Dist. Ahmedabad-382330(Gujarat) India  
Website: www.mamch.monarkuni.ac.in Phone No: 02718- 247215/138

## TEACHING SCHEDULE OF JANUARY 2025

### DEPARTMENT OF KRIYA SHARIR

SUBJECT CODE: AyUG-KS

TERM: I

BATCH: 2025-26

PAPER: II

Name of Faculty	Topics	Sub Topics	Date	LH	NLH/ NLP	Instructio n Method/	Total Hours
Dr.Komal Chavda	Dhatu	Rakta dhatu	2/3/26 Monday	-	3:30- 4:30pm	Lecturing	1 hour
			3.3.26 Tuesday	-	-		0
		Rakta dhatu	4.3.26 Wednesday	-	3:30- 4:30pm	Call & respond method	1
		Mamsa dhatu	5.3. 26 Thursday	11-12am	-		1
		Mamsa dhatu	6.3.26 Friday	9-10am	-		1
		Medodhatu	9/3/26 Monday	-	3:30- 4:30pm		1
			10.3.26 Tuesday	-	-		0
		Medodhatu	11.3.26 Wednesday	-	3:30- 4:30pm	1	
	Dhatu sarata	Significance of Sara Pareeksha	12.3. 26 Thursday	11-12am		1	

		Twak sara Purusha lakshana	13.3.26 Friday	9-10am	-		1
		Rakta sara Purusha	16/3/26 Monday	-	3:30-4:30pm		1
		Mamsa Sara Purusha	17.3.26 Tuesday	-	-		1
		Medosara Purusha	18.3.26 Wednesday	-	3:30-4:30pm		1
Dosha	Vata dosha revision		19.3.26 Thursday	11-12am			1
			20.3.26 Friday	9-10am			1
	Pitta Dosha revision		23/3/26 Monday	-	3:30-4:30pm		1
			24.3.26 Tuesday	-	-		0
Revision	Dhatu & Sara revision		25.3.26 Wednesday	-	3:30-4:30pm		1
			26.3.26 Thursday	11-12am			1
			27.3.26 Friday	9-10am			1
			30.3.26 Monday		3:30-4:30pm		1
<b>Total hours : 17</b>							
<b>LH:8</b>							
<b>NLH: 9</b>							

Name of Faculty	Topics	Sub Topics	Date	LH	NLH/ NLP	Instruction Method	Total Hours
Dr.Sreelekshmi G	Cellular Transportation	Active transportation	2/3/26 Monday	12-1pm	-	Lecturing	1hour
		Passive transportation	3.3.26 Tuesday	11-12pm	3:30-4:30pm		2

		4.3.26 Wednesday	-	-	Lecturing	0	
	Vesicular transportation	5.3. 26 Thursday	-	3:30- 4:30pm		1	
	Immunity	6.3.26 Friday	-	2:30- 3:30pm		1	
CVS	Functional Anatomy	9/3/26 Monday	12-1pm	-	Lecturing	1	
	Properties of Cardiac Muscle	10.3.26 Tuesday	11-12pm	3:30- 4:30pm		2	
		11.3.26 Wednesday	-	-		0	
	Cardiac cycle	12.3. 26 Thursday	-	3:30- 4:30pm	Lecturing with interactive sessions	1	
	Cardiac Output	13.3.26 Friday	-	2:30- 3:30pm		1	
	Cardiac Output	16/3/26 Monday	12-1pm	-		1	
	Heart rate	17.3.26 Tuesday	11-12pm	3:30- 4:30pm		1	
		18.3.26 Wednesday	-	-		0	
	Heart rate	19.3. 26 Thursday	-	3:30- 4:30pm		Lecturing	1
		20.3.26 Friday	-	2:30- 3:30pm		Demonstrations	1
	Blood pressure	23/3/26 Monday	12-1pm	-		1	
		24.3.26 Tuesday	11-12pm	3:30- 4:30pm		2	
		25.3.26 Wednesday	-	-		0	

	Pulse determination	26.3.26 Thursday	-	3:30-4:30pm	Demonstrations	1
	Micro Circulations	27.3.26 Friday	-	2:30-3:30pm	Lecturing	2
	Micro Circulations	30.3.26 Monday	12-1pm	-		1
<b>Total hours : 21</b> <b>LH:09</b> <b>NLH: 12</b>						

**Total hours: 38**

**HOD**

*[Signature]*  
21/2/26

**Dept. of Kriya Sharira**

Head of Department

Department of Kriya Sharir

Monark Ayurved Medical College and Hospital  
Vahelal, Ahmedabad.

**Principal**

*[Signature]*  
21/2/26

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## DEPARTMENT OF RACHANA SHAREERA

TEACHING SCHEDULE OF MARCH 2026

Subject Code: AyUG-RS

Term: I

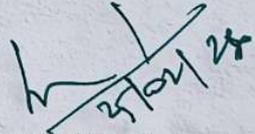
Batch:2025-26

Paper: I & II

Sr No	Name of Faculty	Topics	Sub Topics	Date	LH	NLH/ NLH- P	Instruction Method/	Total Hours
	Dr. Sreekanth Vaidyanath R S	RIBS, VERTEBRA, MODERN PRESERVATION TECHNIQUES GARBHA SHAREERA, EMBRYOLOGY	RIBS	2.3.26		2	Lecture with ppt, Demonstration	2
			BEEJA, BEEJABHAGA & BEEJABHAGAYAVA	5.3.26	1		Lecture with ppt	1
			GARBHAPOSHANA	6.3.26	1		Lecture with ppt	1
			QUIZ - UPPERLIMB BONES	7.3.26		1 NLH-T	TUTORIAL - QUIZ	1
			RIBS	9.3.26		2	Lecture with ppt, Demonstration	2
			GARBHA POSHANA	12.3.26	1		Lecture with ppt,	1
			APARA NIRMANA, GARBHA NABHI NADI	13.3.26	1		Lecture with ppt,	1
			VERTEBRA	16.3.26		2	Lecture with ppt, Demonstration	2
			INTRO TO EMBRYOLOGY, STRUCTURE OF SPERM & CLINICAL ANATOMY	19.3.26	1		Lecture with ppt,	1
			STRUCTURE OF OVUM & CLINICAL ANATOMY	20.3.26	1		Lecture with ppt,	1
			ANGA PRATYANGA UTPATTI - IT	21.3.26		NLH - T 1	Lecture with ppt - IT	1
			VERTEBRA	23.3.26		2	Lecture with ppt, Demonstration	2
			FERTILIZATION, PROCESS OF CLEAVAGE	26.3.26	1		Lecture with ppt,	1
			GERM LAYER FORMATION	27.3.26	1		Lecture with ppt	1
			MODERN PRESERVATION TECHNIQUES	30.3.26		2	Lecture with ppt, Demonstration	2
2	Dr. Yedhu Krishnan	GIT, ANATOMY ACT, BMW, INTRO TO DISSECTION TOOLS & STRUCTURES, BODY DONATION	CAECUM & APPENDIX	2.3.26	1		Lecture with ppt,	1
			CAECUM & APPENDIX	3.3.26	1		Lecture with ppt,	1
			ANATOMY ACT, BIOMEDICAL WASTE MANAGEMENT	4.3.26		2	Lecture with ppt, Demonstration	2
			PBL - STOMACH	6.3.26		NLT 1	PBL	1
			ASSIGNMENT BY STUDENTS ON TOPIC LAWS OF HEREDITY	7.3.26		NLH T 1	TUTORIAL - ASSIGNMENT	1
			COLON	9.3.26	1		Lecture with ppt,	1
			LIVER	10.3.26	1		Lecture with ppt,	1
			INTRODUCTION TO DISSECTION TOOLS	11.3.26		2	Lecture with ppt, Demonstration	2

			EDUCATIONAL VIDEO ON BODY DONATION	13.3.26		NLH T 1	Lecture with ppt,	1
			LIVER	16.3.26	1		Lecture with ppt,	1
			SPLEEN	17.2.26	1		Lecture with ppt,	1
			INTRODUCTIONS TO LAYERS OF BODY AND INTERNAL STRUCTURES	18.3.26		2	Lecture with ppt, Demonstration	2
			STRCUTURES IN A RADIOGRAPH - SDL	20.3.26		NLH T 1	SDL (GROUP DISCUSSION)	1
			SPLEEN	23.3.26	1		Lecture with ppt,	1
			RECTUM	24.3.26	1		Lecture with ppt	1
			INTRODUCTIONS TO LAYERS OF BODY AND INTERNAL STRUCTURES	25.3.26		2	Lecture with ppt, Demonstration	2
			PRACTICAL STUDY, GROUP DISCUSSION OF BONES	27.3.26		NLH T 1	TUTORIAL - GROUP DISCUSSION	1
			RECTUM	30.3.26	1		Lecture with ppt,	1
			ANAL CANAL	31.3.26	1		Lecture with ppt,	1
3.	Integration Class - Name of Faculty and Department	DEPT. PRASUTI TANTRA & STREE ROGA	ANGA PRATYANGA UTPATTI - IT	21.3.26		NLH- T 1	Lecture with ppt - IT	1
Total Hours				43				

  
 Head of Department  
 Department of Rachana Sharir  
 HOD  
 Monark Ayurved Medical College and Hospital  
 Vahela, Ahmedabad.

  
 PRINCIPAL

PRINCIPAL & MEDICAL SUPERINTENDENT  
 MONARK AYURVED MEDICAL  
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