

AYURVIDYA PRASARAK MANDAL'S AYURVED MAHAVIDYALAYA, SION, MUMBAI



CLINICAL KNOWLEDGE EXCHANGE
PROGRAM NOVEMBER 2017
FOR
EUROPEAN DELEGATES

13/11/2017 MONDAY DAY 1

INAUGRAL AND INTRODUCTION

TIME	PROGRAM	FACULTY
9:00 TO 10:00 am	Breakfast	
10:00 am TO 11:00 am	INAUGRATION OF PROGRAM	
11:00 am TO 12:00 pm	Introduction and Objectives of Program	Vd. Sarpotdar
12:00 TO 1:00 pm	Introduction to Rasadravyas	Dr. Shailesh Nadkarni
1:00 TO 3:00 pm	LUNCH	
3:00 TO 4:30 pm	Concept of Agni and Aam	Vd. Kamat / Vd. Thakur
4:30 TO 5:00 pm	TEA BREAK	
5:00 TO 6:00 pm	Herbal Garden Visit	Vd. Ramteke / Vd. Shelke

14/11/2017 TUESDAY DAY 2

THEME- BASIC CONCEPTS AND AYURVEDIC DIAGNOSTICS

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog session	Vd. Avhad, Vd. Abhijit
7:30 TO 9:00 am	BREAKFAST	
09:00 TO 10:00 am	Introduction to the classics of Ayurveda: Caraka Samhita, Sushruta Samhita, Ashtanga Hridaya	Vd. Satpute
10:00 am TO 11:00 am	Clinical application of Rugna and vyadhi Pariksha (Ashtavidh and Dashvidh Pariksha)	Vd. Thakur
11:00 am TO 12:00 pm	Concept and clinical application of 'Prakruti' and 'Saar', 'Dincharya and Ritucharya'.	Vd. Puradkar
12:00 TO 2:00 pm	LUNCH BREAK	
2:00 TO 4:00 pm	Demonstration of various Panchkarm Procedures	Vd. More/ Vd. Tathed
4:20 TO 5:00 pm	TEA BREAK	
5:00 TO 6:00 pm	Demonstration of various Panchkarm Procedures	Vd. More/ Vd. Tathed

15/11/2017 WEDNESDAY DAY 3

THEME- Disorders of Digestion and Ayurvedic Dietetics

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog session	Vd. Avhad, Vd. Abhijit
7:30 TO 9:00 am	BREAKFAST	
09:00 TO 10:00 am	Management of common Disorders of Digestion <ul style="list-style-type: none">• Gastric ulcer• Crohn's Disease• Ulcerative colitis• Liver Diseases with Aahar and Aushadhi	Vd.
10:00 am TO 11:00 am	Ayurvedic Dietetics for all ages and disease specific	Vd. Bilgi
11:00 am TO 12:00 pm	Rejuvenation Therapy	Vd. Ramteke
12:00 TO 2:00 pm	LUNCH BREAK	
2:00 TO 6 pm	Temple Visit	

16/11/2017 THURSDAY DAY 4

THEME- ENT and OPHTHALMOLOGY

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog Session – Various Yoga procedures useful for Diseases of Ear, Nose, Throat, Eyes	Vd. Avhad / Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Break and Breakfast	
09:00 TO 10:00 am	Management of common problems of Ear, Nose, Throat <ul style="list-style-type: none"> • Tinnitus • Otitis • Morbus Menière 	Vd. Ravidas More
10:00 am TO 11:00 am	Management of Allergy and Respiratory Disorders	Vd. Manohar Gundeti
11:00 am TO 12:00 pm	Management of common Ophthalmic problems- Therapeutics and Procedures: <ul style="list-style-type: none"> • Age-dependent macular degeneration (AMD) • Glaucoma (glaucoma) 	Vd. Ravidas More
12:00 TO 2:00 pm	LUNCH	
2:00 TO 4:00 pm	Demonstration of Panchvidh Kashay Kalpana, Pathya Kalpana and Herbal combinations Easy and quick home remedy for: <ul style="list-style-type: none"> • Diarrhea • Vomiting • Sore throat • Stomach Pain • Headaches 	Vd. Rathod / Vd. Asore
4:20 TO 5:00 pm	TEA BREAK	
5:00 TO 6:00 pm	Panchkarma procedures for Diseases of Ear, Nose, Throat, Eyes	Vd. Ravidas More/ Vd. P. Patil

17/11/2017 FRIDAY DAY 5

THEME- SKIN CARE

TIME	PROGRAM	FACULTY
6:00 am TO 7:30 am	Yog Session – Relaxation Techniques and Asan, Pranayam for Stress Management	Vd. Avhad / Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Break and Breakfast	
09:00 TO 10:30 am	Management of Skin Diseases and clinical session of patients of Skin Diseases <ul style="list-style-type: none"> • Psoriasis • Neurodermatitis • Urticaria • Contactallergy 	Vd. Hemant Paradkar
10:30 am TO 11:00 am	Ayurvedic Cosmetology	Vd. Girigosavi/ Vd. Seth
11:00 am TO 12:00 pm	Interactive session with Teachers	Vd. More / Vd. Tathed
12:00 TO 2:00 pm	LUNCH	
2:00 TO 3:00 pm	Interface Yoga- Meditation- Ayurveda	Vd. Abhijit Redij/ Vd. Avhad
3:00 TO 4:00 pm	Management of Stress, Anxiety, Nervousness, Dizziness	Vd. Sarpotdar
4:00 TO 4:20 pm	TEA BREAK	
4:20 TO 6:00 pm	Management of Depression, Dementia, Sleep disorders, Alzeimer's	Vd. Vinay Huilgolkar

18/11/2017 SATURDAY DAY 6

THEME- AYURVEDIC PARASURGICAL PROCEDURES

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog Session	Vd. Avhad/ Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Break and Breakfast	
09:00 TO 10:00 am	Management of non-healing Ulcers	Vd. Kohad
10:00 am TO 11:00 am	Vata vyadhi chikitsa Management of Diseases <ul style="list-style-type: none">• Osteoarthritis• Osteoporosis	
11:00 am TO 11:30 am	Remedys of Pancakarm cuisine	
11:30 am onwards	Visit to Shri Dhootpapeshwar Limited	

19/11/2017 SUNDAY DAY 7

THEME- LIFESTYLE DISORDERS AND THEIR MANAGEMENT

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog Session – Asan, Pranayam for Obesity, Hypertension, Diabetes Mellitus	Vd. Avhad/ Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Demonstration of Vaman	Vd. More/ Vd. Tathed
09:00 TO 10:00 am	Break and Breakfast	
10:00 am TO 11:00 am	Management of Obesity	Vd. Pathrikar
11:00 am TO 12:00 pm	Management of Cardiac and Blood Disorders <ul style="list-style-type: none">• Hypertension• Atherosclerosis• Stroke	Vd. Sarpotdar
12:00 TO 1:00 pm	Management of Diabetes Mellitus	Vd. Nootan Nabar
2:00 TO 3:00 pm	LUNCH	
3:00 TO 6:00 pm	Mumbai Darshan	

20/11/2017 MONDAY DAY 8

THEME- Musculoskeletal Disorders

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog Session – Asan and Exercises useful in Musculoskeletal Disorders	Vd. Avhad/ Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Break and Breakfast	
09:00 TO 10:00 am	Management of Musculoskeletal Disorders and Role of Guggul.	Vd. Mangesh Deshpande
10:00 am TO 11:00 am	Role of Panchkarma in Musculoskeletal Disorders	Vd. Patade
11:00 am TO 12:00 pm	Vata Vyadhi Chikitsa Management of <ul style="list-style-type: none">• Rheumatism• Rheumatoid arthritis• Rheumatic diseases	Vd. Velankar
12:00 TO 2:00 pm	LUNCH	
2:00 TO 4:00 pm	Cases of Musculoskeletal Disorders <ul style="list-style-type: none">• Multiple sclerosis	Vd. Pathrikar
4:20 TO 5:00 pm	TEA BREAK	
5:00 TO 6:00 pm	Demonstration of local Panchkarma procedures on Patients of Musculoskeletal Disorders Agni Karma	Vd. Paradkar/ Vd. Tathed

21/11/2017 TUESDAY DAY 9

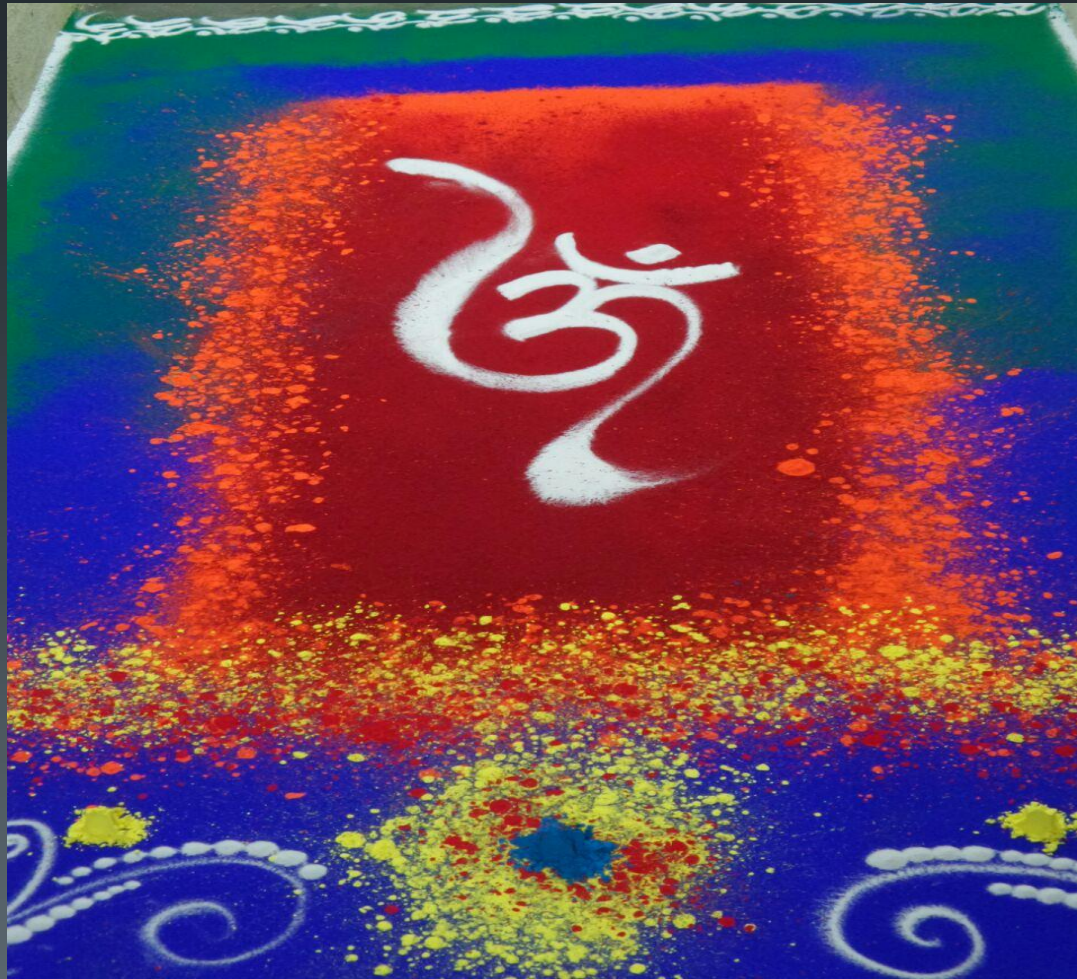
THEME- MOTHER AND CHILD CARE

TIME	PROGRAM	FACULTY
6:00 TO 7:30 am	Yog session – Asan, Pranayam specifically useful for Females	Vd. Avhad/ Vd. Redij/ Vd. Archit
7:30 TO 9:00 am	Break and Breakfast	
09:00 TO 10:00 am	Infertility	Vd. Jagtap
10:00 am TO 11:00 am	Garbhasanskar <ul style="list-style-type: none"> • Preparing for Pregnancy • Pregnancy (9 month) 	Vd. Walvatkar/ Dr Veena Sharma
11:00 am TO 12:00 pm	Garbhasanskar <ul style="list-style-type: none"> • Birth • Childbed and the first year for mother and child 	Vd. Walvatkar/ Dr Veena Sharma
12:00 TO 2:00 pm	LUNCH	
2:00 TO 4:00 pm	Paediatrics- Ayurveda way (with special emphasis on Suvarnaprashan, Immunomodulation) Demonstration of Panchkarma and Procedures related to Female Health	Vd. Omkar Kulkarni Vd. Jagtap/ Vd. Walvatkar
4:20 TO 5:00 pm	TEA BREAK	
5:00 TO 6:00 pm	Vajikaran Chikitsa <ul style="list-style-type: none"> • Sexuality in and after menopause • Sexuality after prostatectomy 	Vd. Nadkarni

22/11/2017 WEDNESDAY DAY 10

VALEDICTORY FUNCTION

TIME	PROGRAM	FACULTY
6:00 am TO 7:30 am	Yog Session	Vd. Avhad / Vd. Redij
7:30 TO 9:00 am	Breakfast	
9:00 TO 12:00 pm	Preparation of Sneh Kalpana and Special Pastes for envelopes with abrasions, bruises, open wounds, insect bites	Vd. Seth
12:00 TO 2:00 pm	LUNCH	
2:00 pm Onwards	VALEDICTORY FUNCTION	



■ **THANK YOU !**