#### Ahalia Ayurveda Medical College Palakkad

#### Third Year BAMS Plan 2020 Batch (2023 year)

#### **EXAMS**

EXAMS	
1 <sup>st</sup> Internal	July
2 <sup>nd</sup> Internal	November
Model exam	February

#### Clinical posting and educational visit

- 1. Agadatantra -Parassinikkadavu posting- september
- 2. Prasutitantra (clinical posting)-october
- 3. Agadatantara (court posting)-october
- 4. Swasthavritta(educational visit)-september

### DEPARTMENTAL ACTIVITY PLAN 2023 – DEPARTMENT OF PRASUTI TANTA AND STREEROGA

Womens day celebration JWALA at Ahalia Heritage Village -march 8th

Speech on transwomen health - Dr. Priya. S

Women empowerment class and tayambaka performance – Dr. Nandhini Verma

Vijnana sarani 2023

International conference on paediatrics- June 2023

September 1<sup>st</sup> 2023-Cooperative hospital posting for improving practical knowledge.

Awareness classes

- 2 Inhouse awareness class related to Ayurveda day-November 4
- 2 Medical camp at Pallashana, Palakkad-December 12
- 2 Awareness Class on developing obstetric trends- Dr. Jayalakshmi (June-July)
- Breast cancer day October 1

Poster preparation

2 World ayurveda day- November 10

## Departmental activity plan 2023 – Department of kaumarabhritya

#### **Soukya 2023**

Health awareness classes in Anganwadis followed by health card supply and regular health check up

#### Vijnana sarani 2023

International conference on paediatrics- june 2023

#### **Awareness classes**

- Adolescents health awareness class January 2023
- Cerebral palsy awareness month- March
- World breast feeding week August first week
- Childrens.day celebration November 24

#### **Poster preparation**

- World autism day –april 2
- World prematurity day novemeber 17
- Disability day December 3
- Iron deficiency day- November 26

#### AHALIA AYURVEDA MEDICAL COLLEGE HOSPITAL, PALAKKAD

#### **DEPARTMENT OF SWASTHAVRITTA**

#### **DEPARTMENT ACADEMIC PLAN 2023**

February 2023 – Health awareness class on Lifestyle diseases for the staff of BEML, Kanjikode

February 2023 – Educational visit for 3<sup>rd</sup> year BAMS students at Milma pasteurization unit & Water treatment plant

March 2023 – World Obesity Day – 04/03/2023 – Class on Obesity management through Yoga

April 2023 – World Health Day – 07/04/2023 – Class on the importance of Swasthavritta in daily life

May 2023 – World Meditation Day – 21/05/2023 – Talk on the influence of Meditation on Physical and Mental Health

June 2023 – International Yoga Day – 21/06/2023

July 2023 - Health awareness program on Lifestyle management for staff of BEML, Kanjikode

September 2023 – National Nutrition week – 01/09/2023 to 07/09/2023 – Preparation and Circulation of E-posters

November 2023 – Ayurveda day – Preparation of Healthy Ayurvedic recipes for a week "Ayurvedic recipes for everyday"

## AHALIA AYURVEDA MEDICAL COLLEGE, PALAKKAD 3<sup>RD</sup> YEAR BAMS (2020 BATCH) DEPARTMENT OF AGADATANTRA

#### **ACADEMIC ACTIVITIES**

Sanjeevanam – national seminar on Agadatantra. 2023 on February 24

- 1. Posting at Pappinissery visha chikitsa kendra, Kannur for 3<sup>rd</sup> year BAMS students
- 2. Snake park visit for 3<sup>rd</sup> year BAMS students.
- 3. Court posting for 3<sup>rd</sup> year BAMS students
- 4. Post mortem posting for 3<sup>rd</sup> year BAMS students
- 5. Expert classes for students from legal / police academy / traditional visha vaidyas
- 6. July 16<sup>th</sup> –world snake day poster making related snake day.

# AHALIA AYURVEDA MEDICAL COLLEGE, PALAKKAD DEPARTMENT OF SAMHITA, SIDDHANTA AND SAMSKRUTA ACTIVITIES AND PLANS FOR ACADEMIC YEAR 2023 – 2024 (III rd yr)

#### **AUGUST 2023**

17-08-2023

CHARAKA JAYANTI PROGRAMME (related with the day Naga Panchami).

In connection with this event different competitions and activities will be conducted.

Invited talk by resource person Dr Jishnu .R on Critical Thinking in Understanding Charaka Samhita