



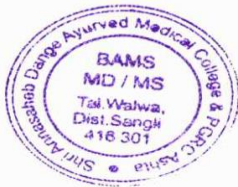
Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Website : www.adamc.ac.in E-mail : ashta.adamc@gmail.com
NAAC Accredited ISO Certified 9001-2015, 14000



Key Indicator – 1.3.2

1.3.2 Number of value added courses offered during the last 5 years that impart transferable and life skills

**Brochure / course contents
Value-added courses
2022-2023**



Aspenkey
PRINCIPAL
Shri. Annasaheb Dange Ayurved Medical
College Ashta, Tal. Walwa, Dist. Sangli



ELIGIBILITY CRITERIA:
STUDENTS PASSING- B.A.M.S. 1st

DURATION

Certificate Course	Theory Hours	Total Hours
Pavan Yoga	One Month	30 hrs

SCHEDULE
AUGUST- SEPTEMBER EVERY YEAR

NAME OF THE FACULTY
DR. UJWALA DABADE

SWASTHA VRITTA DEPARTMENT
ADAMC ASHTA

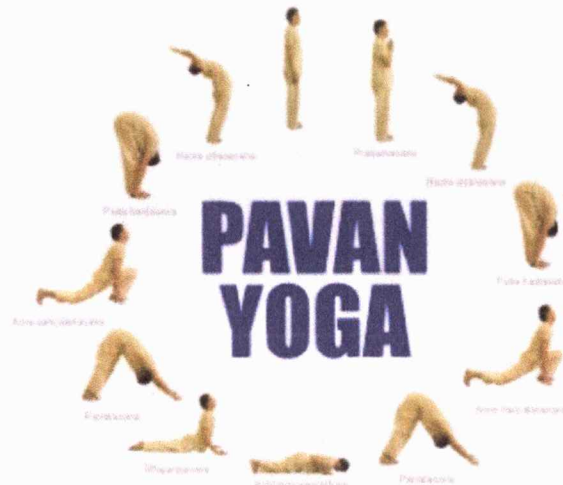
Phone No.: 02342-241103
Email :- ashta.adamc@gmail.com



Hon. Shri. Annasaheb Dange
AYURVED MEDICAL COLLEGE &
POST GRADUATE AND RESEARCH CENTRE ASHTA

Approved by Council of India, Ministry of Health & Family Welfare, Government of India, New Delhi.
An ISO 9001:2015 Accredited

CERTIFICATE COURSE IN YOGA



CERTIFICATE CODE
3213-4

ABOUT US

Hon. Shri Annasaheb Dange Ayurved Medical College PG and Research Center and Dhanwantari Hospital Ashta, Tal. Walwa, Dist. Sangli Maharashtra, India was established in the year 1999 with permission from the Government of Maharashtra, Central Council of Indian Medicine [C.C.I.M.] and Dept of AYUSH, Ministry of health and family welfare New Delhi, India.

INTRODUCTION

Courses in yoga are frequently offered as part of a continuing education certificate for physicians and other medical professionals. Classes in this field are also available for masters, bachelors and associate degree seeking students undertaking a health related program.

Generally, these courses are part of a broader medical degree at the master's, bachelor's and associate's levels or may be a part of certificate program. Topics of study include Yogasan, pranayam, shatkriya bandh mudra dhyana sasmadhi.

VISION

To nurture a welcoming, engaging, friendly & diverse yoga & healing art centre, bringing together everything under one roof.

MISSION

Yoga produces powerful ripple effect, which radiates through the surrounding, family, community & workforce in ways that positively, influences everyone community. Yoga is a place where people come together & support one another in their goals towards a healthier lifestyle.

OBJECTIVES OF THE COURSE:

- Students who complete the program will have the Knowledge of classical and theoretical foundations of the field of Yoga Therapy
- Ability to effectively use yoga as a therapeutic modality through the integration of diverse approaches to this field
- Knowledge and ability to use professional conduct during the practice of Yoga Therapy
- Critical thinking skills and science-based literacy to advance the evolution of Yoga Therapy as an integrative health practice

COURSE OUTCOME:

- The student will be able to demonstrate proficiency at the poses covered in class (at a basic level)
- The student will increase their dynamic flexibility.
- The student will be able to list the correct progressions into a given pose
- The student will be able to identify some of the major muscles used in any given yoga position.
- The student will develop a greater sense of body self esteem and appreciation for the art of yoga.



COURSE CONTENTS

- History of Medical Ethics
- Introduction to Medical Ethics
- Medical Ethics Overview
- Clinical Topics in Medical Ethics
- Ethics for Health Care Professionals
- Philosophical Bioethics

ELIGIBILITY

Student Passed BAMS-I

DURATION

40 Hrs.

SCHEDULE

4 Lectures Per week

CO-ORDINATOR

Faculty- Dr. Vijay Nikam
Dr. Sunil Chavan

**AGADTANTRA DEPARTMENT
ADAMC ASHTA**

Phone No.: 02342-241103
Email :- ashta.adame@gmail.com



Sri Dnyaneshwar Shikshan Sanshita's
**HON. SHRI. ANNASHEB DANGE
AYURVED MEDICAL COLLEGE &**

POST GRADUATE AND RESEARCH CENTRE, ASHTA

Approved by Central Council of Indian Medicine, Jt. Secy, New Delhi.
Recognized by Maharashtra University of Health Sciences, Nashik.
An ISO 9001:2015 Accredited



Certificate Course In

PROFESSIONAL ETHICS

Course Code: 3213 -V-III

ABOUT US

Hon. Shri Annasaheb Dange Ayurved Medical College, PG & Research Center and Dhanwantari Hospital Ashta, Tal. Walwa, Dist. Sangli Maharashtra, India was established in the year 1999 with permission from the Government of Maharashtra, Central Council of Indian Medicine [C.C.I.M.] and Dept of AYUSH, Ministry of health and family welfare New Delhi, India.

Introduction:

Courses in medical ethics are frequently offered as part of a continuing education certificate for physicians and other medical professionals. Classes in this field are also available for masters, bachelors and associate degree seeking- students undertaking a health related program.

Generally, these courses are part of a broader medical degree at the master's, bachelor's and associate's levels, or may be a part of certificate program. Topics of study include the ethics of end-of-life care, philosophy of ethics and the history of medical ethics. This Course is Coonducted by dept. of Agadanttra of our College

Vision

Create Professionals who work with ethics to make a better world .

Mission

Empower Professionals to Develop Talent in the Workplace. The code of Ethics is the public declaration of talent development professionals' obligations to themselves, their profession, and society.

OBJECTIVES OF THE COURSE:

- To inculcate Ethics and Human Values into the young minds.
- To develop moral responsibility and mould them as best professionals.
- To create ethical vision and achieve harmony in life.
- The Doctor-Patient relationship is a specially privileged relationship in our society. As a result, physicians are afforded access to information and confidences by patients that are not available to anyone else. Along with this privilege comes a series of professional responsibilities for physicians. More is expected of physicians than from most other professionals in our society.

COURSE OUTCOME:

- By the end of the course student should be able to understand the importance of ethics and values in life and society.
- Having studied the program, you will emerge with an understanding of medico-legal issues not just in the legal context, but with a sound grounding in ethics, social and theoretical contexts.
- Program will offer learning opportunities for health professionals to help them provide the highest value of care to their patients. These learning opportunities will be designed to help health professionals increase knowledge, competence and performance, with the intended result of improving patient care and the overall health of the community.

**PROFESSIONAL
ETHICS**



COURSE ELIGIBILITY

Fourth year students of BAMS
Internship Students of BAMS

FACULTY

Dr. Varsha Khot
Dr. Smita Lokhande
Dr. Rupali Patil
Dr. Parag Deshmukhe
Dr. Prasad Mote

DURATION OF COURSE

17 weeks

SCHEDULE

2 Hrs. per week - every Saturday

KAYACHIKITSA DEPARTMENT

Phone No.: 02342-241103
Email :- ashta.adamc@gmail.com



Sant Dnyaneshwar Shikshan Sanstha's
**HON. SHRI. ANNASAHEB DANGE
AYURVED MEDICAL COLLEGE &
POST GRADUATE AND RESEARCH CENTRE, ASHTA**

Approved by Central Council of Indian Medicine, AYUSH, New Delhi.
Affiliated to Maharashtra University of Health Sciences, Nashik.
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CERTIFICATE COURSE

**CPR
TRAINING**

Get trained. Save a life. You'll be glad you did.

COURSE CODE: 3213-V-IV



ABOUT US

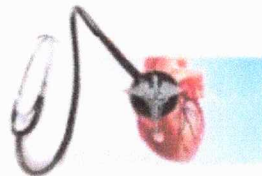
Hon. Shri Annasaheb Dange Ayurved Medical College and PG Research Center and Dhanwantari Hospital Ashta, Tal. Walwa, Dist. Sangli Maharashtra, India was established in the year 1999 with permission from the Government of Maharashtra, Central Council of Indian Medicine [C.C.I.M.] and Dept of AYUSH, Ministry of health and family welfare New Delhi, India.

VISION

Institute aspires to be world class to generate & sustain excellence in ayurvedic education and research in a supportive and stimulating academic environment. High quality research activity will be proposed in focused areas, with particular reference to research priorities of institute and public health problems. The institute will be a leader in transforming the health of communities through its purposeful integration of education, research and clinical care with compassion and highest ethical values.

MISSION

Institute provide the students a high academic potential with the ayurvedic Medical education of exceptional quality and prepare a physicians and other health care professionals to serve the humanity.



CPR COURSE

The Certified First Aid Professionals course of training held at our centre under the Kayachikitsa Dept of our College.

Heart attacks are the leading cause of deaths in the India. As per the statistics, one-fifth of the deaths in India are from Coronary Heart Disease. By the year 2020, it will account for one-third of all the deaths in the country. There is an estimate of 45 million Coronary Artery Disease in India. With an increasing number of young Indians hooked to roller-coaster lifestyle are falling prey to coronary artery disease & the future looks grimmer.

There is a huge need for Nurses, Paramedics, Doctors, First Responders and even general public to be aware of identifying the symptoms of the cardiac arrest and how to act in case of an emergency. When people around you are in need of someone to rescue them, you need to have the skills to help them instantaneously. You are the difference between life and death. CPR is an important skill for preserving the life of a victim until they are able to receive better treatment, such as blood circulation.

COURSE OUTCOMES

Course is designed to provide the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. To empower health care providers & community to save lives Deliver protocol based training in Emergency medical Services and trauma care to healthcare providers. Effective networking for disaster awareness.



Sant Dnyaneshwar Shikshan Sanstha's

**Hon. Shri. Annasaheb Dange Ayurved
Medical College And Post Graduate**

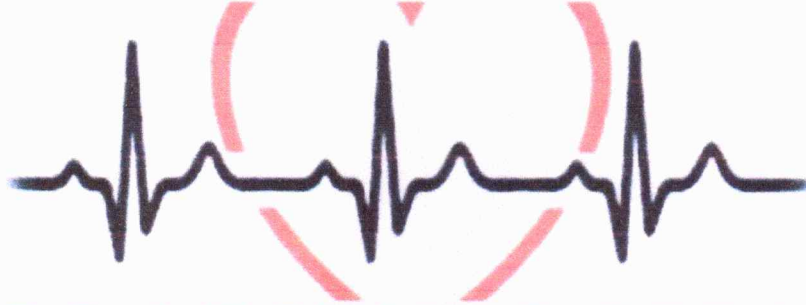


Research Center Ashta, Sangli

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Accredited by NACC with B +, ISO 9001:2015

DEPARTMENT OF KAYACHIKITSA



ECG LECTURE SERIES

- Head of Department -

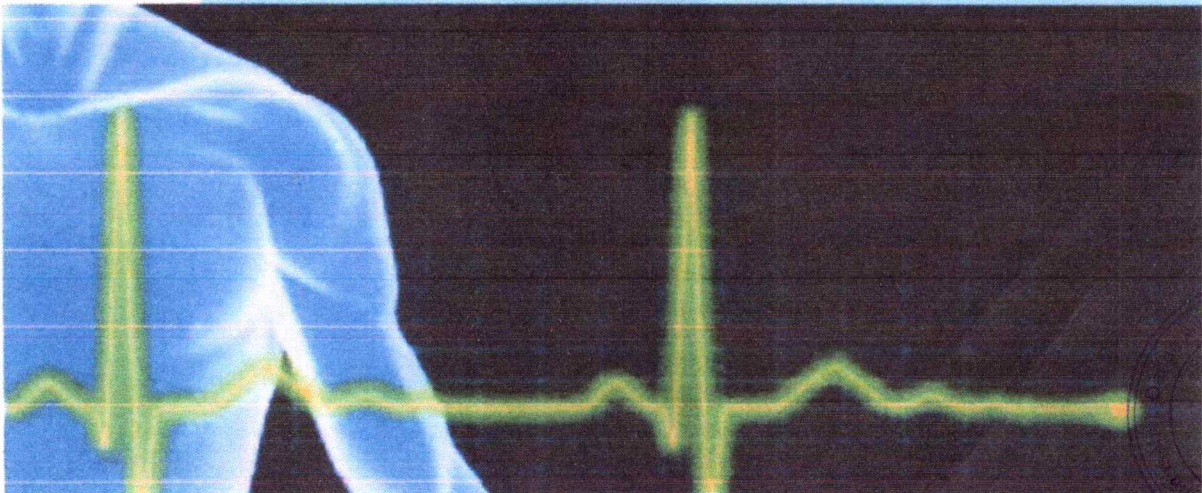
Dr. Parag Narayan Deshmukhe

**Professor Dept of Kayachikitsa
BAMS, MD Kayachikitsa, PhD AYU**

-Conducted by-

Dr. Sushant Tanaji Kanase

**Assistant Professor Dept of Kayachikitsa
BAMS, MD Kayachikitsa
Fellowship in clinical cardiology**





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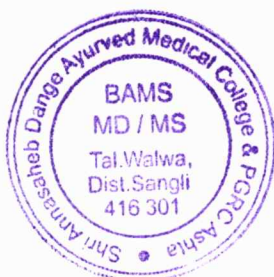
DEPARTMENT OF KAYACHIKITSA

ELECTROCARDIOGRAPHY (ECG) COURSE

(2022 -2023)

COURSE CONTENT (SYLLABUS)

Sr. No	Topic	Description
1	ECG BASIC	A) Anatomy of heart B) Physiology of heart C) Definition D) Graph Paper E) Leads F) Heart surface wall & leads G) Electrophysiology H) Pacemaker of the heart I) P wave J) PR segment K) PR interval L) ORS complex M) VAT N) ST segment O) T wave P) QT interval Q) U wave R) Axis S) PP interval T) RR interval U) Heart Rate
2	ECG ARRHYTHMIA	A) Types of arrhythmia B) SA node problems C) Atrial cell problems D) AV junction problems E) Ventricular cell problems F) Sinus rhythm G) Sinus bradycardia H) Sinus tachycardia I) Ventricular tachycardia J) SVT K) PSVT L) Atrial ectopic beats M) Ventricular ectopic beats N) Premature ventricular ectopic beats O) Sinoatrial block P) Accelerated junctional rhythm





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Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

		<p>Q) Junctional tachycardia R) Premature junctional tachycardia S) Ventricular arrhythmia T) Idio ventricular rhythm U) Atrial flutter V) Atrial fibrillation W) WPW syndrome X) Ventricular fibrillation Y) Electrical alternans</p>
3	ECG BLOCK	<p>A) I degree AV block B) II degree AV block type I C) II Degree AV block type II D) III degree AV block E) Asystole F) Conduction block G) RBBB H) LBBB I) Fascicular block</p>
4	HYPERTROPHY	<p>A) Right atrial enlargement B) Left atrial enlargement C) Right ventricular hypertrophy D) Left Ventricular hypertrophy</p>
5	EDG VARIANTS IN ELECTROLYTE IMBALANCE AND DRUGS	<p>A) Hyperkalemia B) Hypokalemia C) Hypercalcemia D) Hypocalcemia E) Hypermagnesemia F) Hypo maganesemia G) Digitalis effect H) Myxoedema I) Wandering baseline</p>
6	MI	<p>A) Blood supply of heart B) Ischemia, injury and infarction C) MI acute phase D) Indeterminant phase E) Reciprocal changes F) T wave inversion G) Unstable angina H) Prizmental angina I) Non ST Segment MI J) ST segment MI K) Heart wall and leads and blood supply</p>



Course Code - 3213-V-IX



Certificate Course in Pregnancy - Nutrition, Dietetics, and Ayurvedic Pharmaceutics



Hon. Shri. Annasaheb Dange Ayurved Medical
College
& Post Graduate Research Center, Ashta

**Department of
Prasutitantra
Striroga**





Certificate Course in Pregnancy - Nutrition, Dietetics, and Ayurvedic Pharmaceutics

Introduction

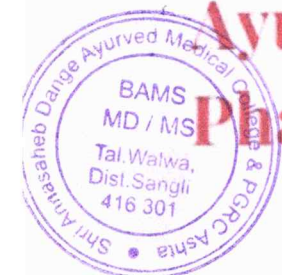
The certificate in nutrition for pregnancy and post care focus on the fundamentals of managing nutritional needs and challenges during pregnancy.

women life.it is important to fulfil the nutriation
Pregnancy is a Beautiful and significant phase of a needs ofmother as well as growing foetus.Nutritiant play essential role in development if infants.

This course is will help you in understanding the requirement of various macro and micro nutrients during pregnancy and how will it affect the mother and unborn child.

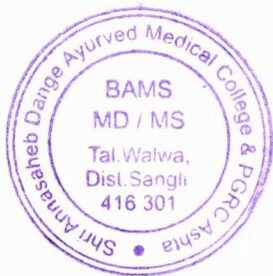
We will look at how a healthy diet and lifestyle should ideally achieved prior to conception and provied recommendations for pre-conceptional counselling of women.

We will also look at nutrient recommendation for a healthy pregnancy to ensure optimal maternal and fetal outcome as well as focus on most common nutrition related pregnancy complication; obesity and gestational diabetes.





Schedule & Curriculum



1. Introduction of course

- Garbhadhan vidhi – Preconception Nutrition and health. Nutrients and supplements to start before pregnancy (Ayurvedic and modern aspect)
- Ayurvedic concept of Nutrition.

2. Anatomical and physiological changes during pregnancy.

- Changes in hormones during pregnancy.
- Changes in weight and metabolic during pregnancy
- Changes in reproductive organs.
- Changes in cardiovascular health.

3. - Understanding three trimesters.

- 4. - Trimester wise nutrition requirements. Carbohydrates & their importance. Fats and proteins during pregnancy. Micronutrients and their importance in pregnancy.

- Anaemia in Pregnancy.
- Calcium deficiency in pregnancy.

- 5. - Ayurvedic concept of food in Pregnancy.
- Ayurvedic nutrition and diet guidelines through each month (Masanumasik garbhini paricharya)
- Food and food recipes toxic in pregnancy.
- 6. - Routine supplementary ayurvedic medicines in pregnancy.

- Evaluation session

- 7. - Management of minor ailments in pregnancy.

- Ayurvedic perspective for treating Obesity. Thyroid dysfunction. GDM. PHH. IUGR. and Oligohydromnios.

- 8. - Healthy pregnancy food. Demonstration of food recipes.

- Demonstration of Ayurvedic therapies beneficial in pregnancy.



Venue

Strirog Evum Prasuti tantra
Department, Hon. Shri.
Annasaheb Dange Ayurved
Medical College, Ashta



Sant Dnyaneshwar Shikshan
Sanstha's
Hon. Shri. Annasaheb Dange
Ayurved Medical College
& Post Graduate Research
Center

A/p :Ashta, Tal. : Walwa, Dist
:Sangli - 416 301

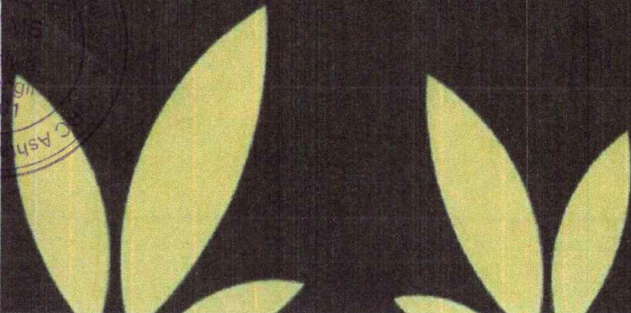
Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

NAAC Accredited

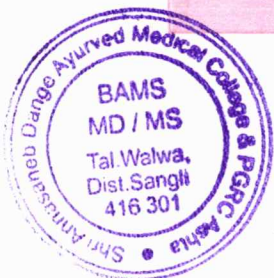
ISO Certified 9001-2015,14000-
2015

**CONTACT US TO
JOIN**





9.	Nutrition and Lifestyle for Children's Health <ul style="list-style-type: none">- Balancing children's doshas through diet: Nutrition guidelines and meal planning.- Ayurvedic daily routines for children: Dinacharya and ritucharya.- Supporting emotional well-being: Mindfulness, yoga, and lifestyle practices for kids.-
10.	Ethics, Safety, and Practitioner Responsibility <ul style="list-style-type: none">- Ethical considerations in Balpanch karma practice: Respect, confidentiality, and communication.- Pediatric safety protocols: Handling emergencies, hygiene, and infection control.- Practitioner-patient relationship: Building trust and rapport with young patients and their families.-
11.	Practical Training and Clinical Experience <ul style="list-style-type: none">- Hands-on Balpanch karma techniques: Guided practice sessions and demonstrations.- Case studies and clinical application: Applying Balpanch karma in real-life scenarios.- Observation and supervised practice: Clinical rotations and learning from experienced practitioners.-
12.	Practical Training and Clinical Experience <ul style="list-style-type: none">- Hands-on Balpanch karma techniques: Guided practice sessions and demonstrations.
13.	<ul style="list-style-type: none">- Case studies and clinical application: Applying Balpanch karma in real-life scenarios.-
14.	<ul style="list-style-type: none">- Observation and supervised practice: Clinical rotations and learning from experienced practitioners.
15.	Research and Future Developments in Balpanch karma <ul style="list-style-type: none">- Exploring pediatric Ayurvedic research: Current trends and opportunities.- Innovations in Balpanch karma: Integrating modern knowledge with traditional practices.

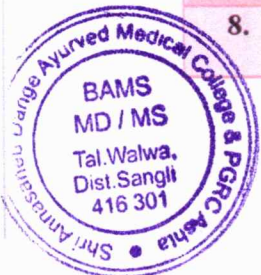




Certificate Course in Balpanchkarama

Course Content:

Day	Topic
1.	<p>- Introduction of course</p> <p>Introduction to Balpanchkarma and Ayurvedic Principles</p> <p>Introduction to Balpanchkarma: Definition, scope, and significance in pediatric healthcare.</p> <p>Fundamental principles of Ayurveda: Doshas, dhatus, malas, and their role in child health.</p> <p>Balpanchkarma philosophy: Holistic approach to children's well-being.</p>
2.	<p>Preparatory Concepts and Techniques</p> <p>Panchakarma overview: Introduction to the five purification therapies in children.</p> <p>Snehan (Oleation therapy): Types of oils, application techniques, and benefits for children.</p>
3.	<p>Swedan (Sudation therapy): Herbal steam therapy, precautions, and its role in Balpanchkarma.</p>
4.	<p>Balpanchkarma Therapies</p> <p>- Vamana (Emesis therapy): Procedure, indications, and contraindications in pediatric care.</p>
5.	<p>- Basti (Enema therapy): Types of enemas, formulations, and administration for children.</p> <p>-</p>
6.	<p>- Virechana (Purgation therapy): Safe methods, herbs, and benefits for children's health.</p>
7.	<p>Specialized Pediatric Treatments</p> <p>- Abhyanga (Ayurvedic massage): Techniques, oils, and benefits for promoting child growth.</p> <p>- Shirodhara (Oil pouring therapy): Procedure, variations, and its impact on pediatric wellness.</p> <p>-</p>
8.	<p>- Nasya (Nasal therapy): Nasal drops, benefits, and precautions in children.</p>



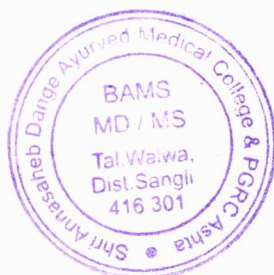
Medicinal Plant Preservation Technique Course

Unlock the World of
Medicinal Plants through
Herbariums

Course Overview:
Duration: 20 hours
Format: In-person/Online
Level: Beginner to Intermediate

By
DEPARTMENT OF
DRAVYAGUNA

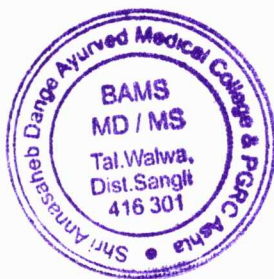
Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange
Ayurved Medical College, Ashta



“Medicinal Plant Preservation Technique”

Course Content:

- 1 Introduction to Herbarium Technique
- 2 Plant Collection and Identification
- 3 Plant Specimen Preparation
- 4 Labeling and Documentation
- 5 Mounting and Arrangement
- 6 Preservation and Storage





Certificate course in Learning Semisolid Dosages Forms

By Department of
RASASHASTRA



Certificate course in Learning Semisolid Dosages Forms Course Content

Module	Title	Content
Module 1	Introduction	<ul style="list-style-type: none"> - Definition and significance of semisolid dosage forms - Ayurvedic Formulation and semisolid dosage forms - Overview of the course content and learning objectives - Types of semisolid formulations – Paste, Cream, Gel, Lotion, liniments, ointments. - Cultural and historical relevance of semisolid dosages in various healing traditions - Ayurved - Regulatory considerations and safety aspects
Module 2	Formulation	<ul style="list-style-type: none"> - Role of ingredients in semisolid formulations - Understanding rheology and flow properties - Selection and functions of excipients - Various manufacturing techniques: mixing, homogenization, etc.
Module 3	Application	<ul style="list-style-type: none"> - Practical application of semisolid formulations in traditional and modern healthcare systems - Hands-on exercises in preparing and applying herbal pastes and ointments - Case studies showcasing successful integration of semisolid dosages in Ayurveda and beyond
Module 4	Demonstration	Practical demonstration of semisolid dosages
Module 5	Certification	<ul style="list-style-type: none"> -After successful Completion & Assessment , Awarding of course completion certificates - Recognition of outstanding performance and active participation





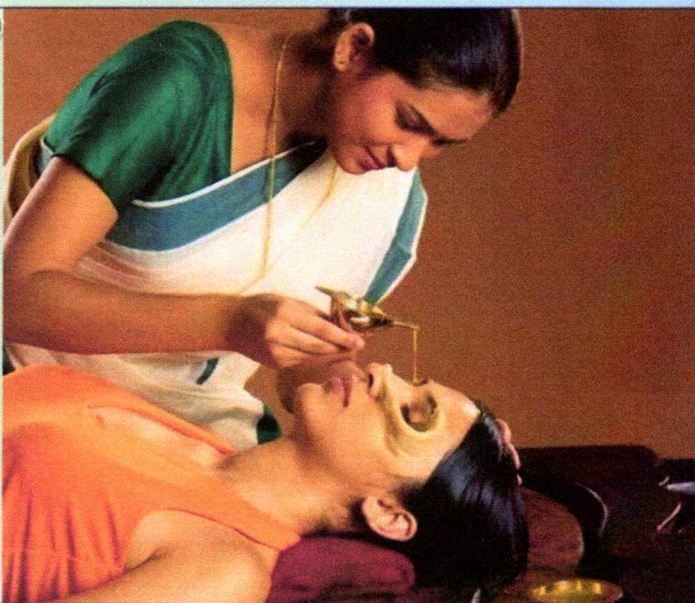
Department of Swasthavritta & Yoga
Certificate Course in Bio Medical Waste Management
Course Code : 3213-V-XIV

Course Content:

Sr.No.	Content
1	Introduction to Bio-Medical Waste Management
2	Types and Sources of Bio-Medical Waste
3	Collection
4	Storage
5	Transportation
6	Disposal Methods
7	Bio Medical Waste Management Amended Rules 2018

Course Duration – 16 hrs





DEPARTMENT OF SHALAKYATANTRA
COURSE CODE
3213-V-XVI-A

CERTIFICATE COURSE IN SHALAKYA TANTRA - KRIYAKALPA

WELCOME TO AN ENLIGHTENING JOURNEY INTO THE SACRED REALM OF KRIYAKALPA! THIS CERTIFICATE COURSE IS METICULOUSLY DESIGNED TO IMMERSE PARTICIPANTS IN THE TRANSFORMATIVE ARTS OF ANJAN, TARPAN, PINDI & BIDALAKA, ASCHOTAN, UNLOCKING THE ANCIENT WISDOM THAT LIES WITHIN THESE PROFOUND RITUALS.

DURATION
02 WEEKS

TIME
02 HOURS WEEKLY
EVERY SATURDAY

YEAR
2018-19

Coordinator

**DR. SURESH WAGH
DR. POURNIMA FASALE**

COURSE ELIGIBILITY
4TH YEAR BAMS STUDENTS

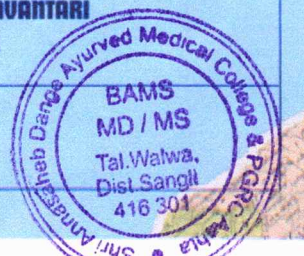
**HON. SHRI. ANNA SAHEB DANGE AYURVED
MEDICAL COLLEGE, POST GRADUATE
RESEARCH CENTRE & DHANVANTARI
HOSPITAL ASHTA.**

H.O.D.

Shalakyatantra Dept
A.D.A.M.C., ASHTA

PRINCIPAL

Shri Annasaheb Dange Ayurved Medical
College, Ashta, Tal. Walwa, Dist. Sangli





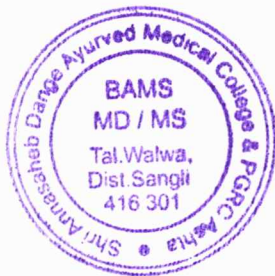
DEPARTMENT OF SHALAKYATANTRA

NETRA KRIYAKALPA - TARPAN

2022-23

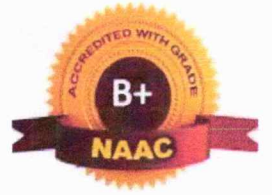
Course Content:

Sr.No.	Content
1.	Introduction to Ayurveda in Eye Care
2.	Eye Diseases and Conditions
3.	Netra Kriyakalpa Tarpan Therapy
4.	Ayurvedic Treatment Planning
5.	Ethics and Legal Aspects
6.	Hands on Training.
7.	Assesment & Evaluation
8.	Project Submission





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NAAC AccrediatatedISO Certified 9001-2015, 14000-2015



Course Content: E - 2022-23 Vidha Karma

Sr. No	Content
1.	Introduction to Ayurveda: Understanding the basic principles and phylosophy of Ayurveda, including the concept of doshas and the role of Vidhya Karma in Ayurvedic treatments
2.	Anatomy and Physiology: A study of relevant anatomical structures and their functions, particularly those related to the conditions treated with Vidhya Karma
3.	Instruments and Equipment: Learning about the various instruments and equipment used in Vidhya Karma procedures, including their preparation and maintenance
4.	Indications and Contraindications: Understanding when Vidhya Karma is suitable and when it should be avoided based on patient conditions and contraindications.
5.	Preparation and Sterilization: Proper techniques for sterilizing instruments and creating a sterile environment for the procedure
6.	Vidhya Karma Techniques: Detailed instruction on the different techniques of Vidhya Karma, including how to perform it safely and effectively
7.	Safety and Hygiene: Emphasizing the importance of safety measures and maintaining a clean and hygienic workspace during Vidhya Karma procedures.
8.	Patient Assessment: How to assess patients, select appropriate candidates for Vidhya Karma, and create treatment plans
9.	Post-treatment Care: Guidelines for post-treatment care and follow-up to ensure patients' well-being and recovery
10.	Legal and Ethical Considerations: Understanding the legal and ethical aspects of practicing Vidhya Karma, including informed consent and patient confidentiality
11.	Hands-On Training: Practical training sessions to develop proficiency in performing Vidhya Karma procedures under supervision
12.	Case Studies: Analyzing and discussing real-life cases where Vidhya Karma was used as a treatment option.

