

Advanced Ayurveda Dietetics

Tentative Course Schedule

March'24 - May'24

#	Date	Day	Topic	Speakers	Assessment
1	19-03-2024	Tuesday	<ul style="list-style-type: none"> Intro to course, objectives and teachers. Understanding Swasthya 	Dr. Madhumitha Dr. Megha	
2	21-03-2024	Thursday	<ul style="list-style-type: none"> Mahabhuta Siddhanta Dosha gunas Choice of food ingredients in specific conditions Rasa in relation to gunas (Eg: Type of sour ingredients in specific Doshas) Revision of previous concepts 	Dr. Madhumitha	Quiz # 1
3	25-03-2024	Monday	<ul style="list-style-type: none"> Agni & strotas Gut microbiome 	Dr. Madhumitha Dr. Megha	Assignment # 1
4	26-03-2024	Tuesday	<ul style="list-style-type: none"> Dhatus Mala 	Dr. Madhumitha	
5	28-03-2024	Thursday	<ul style="list-style-type: none"> Ama Nourishment: Ayurveda vs contemporary perspective 	Dr. Madhumitha Dr. Megha	Quiz # 2
6	30-03-2024	Saturday	Modern dietetics – Process of dietary recall and diet planning.	Ms. Sonia	
7	02-04-2024	Tuesday	<ul style="list-style-type: none"> Ahara varga Cooking methods 	Dr. Madhumitha	Quiz 3
8	04-04-2024	Thursday	Shadkriya Kala (Pathogenesis of diseases)	Dr. Madhumitha	
9	06-04-2024	Saturday	Food formats and combinations: recipes from IAIM Healthcare for therapeutic use	Ms. Sonia	Quiz # 4
10	09-04-2024	Tuesday	Ayurvedic treatment primer: Deepana, pachana, anulomana,	Dr. Sanket	

			sangrahana, sramsana, bedhana, rechana, stambhana, snehana, swedana, etc. with examples and practical implementation in therapeutics		
11	11-04-2024	Thursday	Ayurvedic treatment practices	Dr Sanket	Quiz #5
12	13-04-2024	Saturday	IBS (Grahani)	Dr. Shankar	Quiz #6
13	16-04-2024	Tuesday	Menopause/ PCOD	Dr Ashwini (IAIM)	Quiz # 7
14	18-04-2024	Thursday	Autism and diet	Dr Madhu	
15	20-04-2024	Saturday	Geriatric Nutrition	Dr.Prasan (IAIM)	Quiz #8
16	23-04-2024	Tuesday	Metabolic syndrome	Dr. Yashaswini	Assignment # 2
18	25-04-2024	Thursday	Primary healthcare in Ayurveda: Home remedies (5-6:30 PM)	Dr. Girish Kumar	Quiz #9
19	27-04-2024	Saturday	Gouty Arthritis	Dr. Pendse	
20	30-04-2024	Tuesday	Haemorrhoids	Dr.Vikram / Dr. Neelambika (IAIM)	Assignment # 3
21	02-05-2024	Thursday	Skin Health (Psoriasis)	Dr. Shashidhara	
22	03-05-2024	Friday	Rasayana concept and diets	Dr. Subrahmanya	Quiz # 10
23	04-05-2024	Saturday	Panel discussion	All physicians + Sonia	

Red: Dates yet to be confirmed

Blue: Topics yet to be confirmed