

Shree Saptashrungi Ayurved Mahavidyalaya &  
Hospital, Nashik, Maharashtra.

Kamal Nagar, Hirawadi, Panchavati, Nashik 3



॥ विद्या जगतः भूषणम् ॥

**Academic Calender 2021**

# January

## 2021

Shree Saptashrungi Ayurved  
Mahaviyalaya & Hospital, Nashik



### Academic Calendar 2021

धर्मार्थकाममोक्षानामारोग्यं मूलमुत्तमम्॥१७॥  
रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च प्रादुर्भूतो मनुष्याणामन्तययो महानयम्॥१६॥  
कः स्यात्तेषां शमोपाय इत्युक्त्वा ध्यानमास्थिताः अथ ते शरणं शक्रं ददृशुर्ध्यानचक्षुषा॥१७॥  
स वक्ष्यति शमोपायं यथावदमरप्रभुः॥१८॥ च. सूत्रस्थान 1/15-18

#### Four Objectives of Life:

Health is the best source of virtue, wealth, gratification & emancipation while diseases are destroyers of this (source), welfare & life itself. Now this (disease) has appeared as a great obstacle for human beings & what could be the means for their amelioration. Saying this the concentrated on finding the solution. Then in the state of meditation they realized Indra as Savior. That the king of the gods only be able to tell the correct means of amelioration (of diseases)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						CME
3	4	5	6	7	8	9
			Agadatantra Tour	PDA		
10	11	12	13	14	15	16
	PDA	PDA		CME		Gender Equality Program
17	18	19	20	21	22	23
				PDA		
	Internal Theory Exam					
24	25	26	27	28	29	30
		Republic day	Internal Practical Exam			
31						

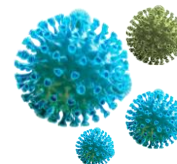
PDA -Personal Development activity

Tour

Exam

Program

CME - Continuous Medical Education Program



**Important Note** – Due to Covid 19 Pandemic there may be major changes in academic calendar.

# February

## 2021



Academic Calendar 2021

योगमासां तु यो विद्यादेशकालोपपादितम् पुरुषं पुरुषं वीक्ष्य स ज्ञेयो भिषगुत्तमः॥१२३  
यथा विषं यथा शस्त्रं यथाऽग्निश्शानिर्यथा तथौषधमविज्ञातं विज्ञातममृतं यथा॥१२४॥  
औषधं ह्यनभिज्ञातं नामरूपगुणैस्त्रिभिः विज्ञातं चापि दुर्युक्तमनर्थायोपपद्यते॥१२५॥

च. सूत्रस्थान 1/123-125

### Qualities of Best Physician & Medicine:

He is the best physician who knows the science of administration of Drugs with due reference to country & season & who use it only after examining each and every patient individually. A drug that is understood perfectly can be used as an ambrosia. But the use of a drug that is not understood perfectly may work as poison, weapon, fire or a "bolt of thunder". A drug whose name, form and properties are unknown or known but not administered properly, spells disaster.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		<b>Freshers Party</b>	<b>NSS Camp</b>			<b>CME</b>
7	8	9	10	11	12	13
<b>NSS Camp</b>				<b>CME</b>		<b>Dravyaguna Tour</b>
14	15	16	17	18	19	20
		<b>Rasashastra Tour</b>			<b>Shivaji maharaj Jayanti</b>	<b>CME</b>
21	22	23	24	25	26	27
			<b>CME</b>	<b>CPT - Final Year Students</b>		<b>CME</b>
28						

PDA - Personal Development activity

Tour

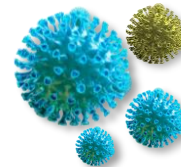
Exam

Program

CME - Continuous Medical Education Program

Camp

CPT - Clinical Performance Test



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.



# March

## 2021



Academic Calendar 2021



नगरी नगरस्येव रथस्येव रथी यथा स्वशरीरस्य मेधावी कृत्येष्ववहितो भवेत् ॥१०३॥  
वृत्युपायानिषेवेत ये स्युर्धर्माविरोधिनः शममध्ययनं चैव सुखमेवं समश्नुते ॥१०४॥

च. सूत्रस्थान 5/103-104

### Importance of vigilance in self-care:

Like the lord of a city in the affairs of his city, and a charioteer in the management of his chariot, so should a wise be ever vigilant in the caring of his own body. One should have recourse to such means of living hood as are not contrary to the dictates of religion, and should be devoted to peace and studies, living thus, one attains happiness.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Annual Gathering					
7	8	9	10	11	12	13
	Seminar - CNS (Kriya & Rachana Sharir)			Mahashivratri	CME	CME
14	15	16	17	18	19	20
	2 <sup>nd</sup> year CPT - Clinical performance test					SAQ Research and Stat
	3 <sup>rd</sup> year CPT - Clinical performance test					
21	22	23	24	25	26	27
	Research Methodology workshop				Educational Tour	
28	29	30	31			
	Dhulivandan					
	Educational Tour					

PDA -Personal Development activity

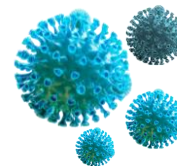
Tour

Program

CME - Continuous Medical Education Program

CPT - Clinical performance test

Annual Gathering



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

# April

## 2021

Shree Saptashrungi Ayurved  
Mahaviyalaya & Hospital, Nashik



Academic Calendar 2021



धर्मार्थदाता सदृशस्तस्य नेहोपलभ्यते | न हि जीवितदानाद्धि दानमन्यद्विशिष्यते ||६१||  
एषे भूतदया धर्म इति मत्वा चिकित्सया | वर्तते यः स सिद्धार्थः सुखमत्यन्तमश्नुते ||६२||

च. चिकित्सास्थानम् १/४ पादः /61-62

### Give Life - Most precious Donation

One who provides life to those being cutting the death nets cannot be stimulated with any other donor of virtue and wealth because there is no charity better than providing life. The physician who compassionate on living being as the highest virtue, proceeds in treatment of patients, achieves all objects and enjoy maximum happiness.

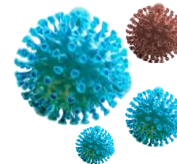
LSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				CME	Good Friday	
4	5	6	7	8	9	10
	Agadatantra Tour	Internal theory Exam				CME
11	12	13	14	15	16	17
		Gudhi Padawa	Dr. Babasaheb Ambedkar Jayanti	Internal Practical exam		
18	19	20	21	22	23	24
	CME		Ram Navami			
	Internal Practical exam					
25	26	27	28	29	30	
			CME	Quiz Competition		
				4 <sup>th</sup> BAMS CPT		

CME - Continuous Medical Education Program

Tour

CPT - Clinical performance test

Exam



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

# May

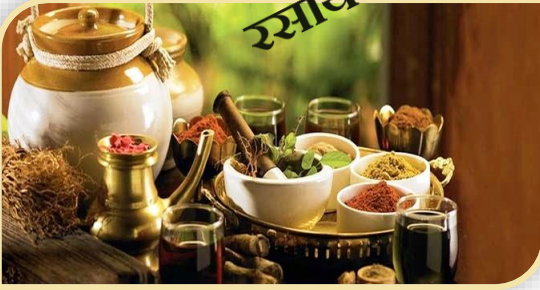
## 2021



### Provisional Academic Calendar 2021

आयुर्वेदसमुत्थानं दिव्यौषधिविधिं शुभम् अमृताल्पांतरगुणं सिद्धं रत्नरसायनम्॥६३॥  
सिद्धेभ्यो ब्रह्मचारिभ्यो यदुवाचामरेश्वरः आयुर्वेदसमुत्थाने तत् सर्वं सम्प्रकाशितम्॥६४॥

च. चिकित्सास्थानम् १/४ पादः /63-64



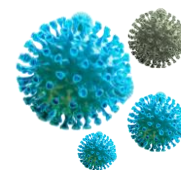
#### Rasayana:

The rising of the science of life, method of celestial rasayana drugs, ratnarasayana accomplished like nectar and delivered by the king of gods to the accomplished and intellectuals, all this has been explained in the quarter of the rising the science of life

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Maharashtra Din
2	3	4	5	6	7	8
		CME				
9	10	11	12	13	14	15
				CME	Akshya Trutiya	
16	17	18	19	20	21	22
Summer vacation						
23	24	25	26	27	28	29
			Buddha Purnima			
Summer vacation						
30	31					
Summer vacation						

CME - Continuous Medical Education Program

Summer vacation



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

# June

## 2021

Shree Saptashrungi Ayurved  
Mahaviyalaya & Hospital, Nashik



Academic Calendar 2021



रजस्तमोभ्यां निर्मुक्तास्तपोज्ञानबलेन ये येषां त्रिकालममलं ज्ञानमव्याहृतं सदा॥१८॥  
आप्ताः शिष्टा विबुद्धास्ते तेषां वाक्यमसंशयम् सत्यं, वक्ष्यन्ति ते कस्मादसत्यं नीरजस्तमाः ॥१९॥

च. सूत्रस्थान 11/18-19

### Authotitative sages:

Those who are enlightened and knowledge are absolutely free from rajas and Tamas (psychological doshas). By virtue of this, they possess knowledge of Trikala (Past, Present & Future) and are known as authorities (aptas). They are also known as the wise and the enlightened (vibiddha) persons. Their word are considered absolute truth without any doubt. As they are free from Rajas and Tamas, how could they tell lie?

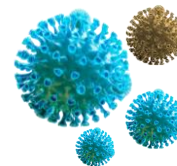
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				Educational Tour Dravyaguan, Rasa & Swasthavrutta		
		MUHS theory Exam				
6	7	8	9	10	11	12
	CME					CME
MUHS theory Exam						
13	14	15	16	17	18	19
				CME		
MUHS theory Exam						
20	21	22	23	24	25	26
	CME			4 <sup>th</sup> BAMS CPT		
MUHS practical Exam						
27	28	29	30			
	SAQ Research Stat		CME			
MUHS practical Exam						

CME - Continuous Medical Education Program

Exam

Program

Tour



**Important Note** – Due to Covid 19 Pandemic there may be major changes in academic calendar.

# July

## 2021

Shree Saptashrungi Ayurved  
Mahaviyalaya & Hospital, Nashik



### Academic Calendar 2021

ये भूतविषवाख्वग्निसम्प्रहारादिसम्भवाः| नृणामागन्तवो रोगाः प्रज्ञा तेष्वपराधयति॥७१॥  
ईर्ष्याशोकभयक्रोधमानद्वेषादयश्च ये| मनोविकारास्तेऽप्युक्ताः सर्वे प्रज्ञापराधजाः॥७२॥  
त्यागः प्रज्ञापराधानामिन्द्रियोपशमः स्मृतिः| देशकालात्मविज्ञानं सद्दृत्तस्यानुवर्तनम्॥७३॥

च. सूत्रस्थान 7/51-53

#### Pragnyaparadha (intellectual defect) and its sequelae:

Exogenous disease are produced by evil spirits, toxins, air, fire, assault on human beings. Intellect is affected in such diseases. Jealousy, grief, fear, anger, egoism and hatred, etc. and all other mentioned mental disorders result from defects in one's intellect. Avoidance of such emotions, control over sense and motor organs, memorizing (regimens), specific knowledge (orientation) of place, time and one's own self, and following regimen of good conduct are some of the way to prevent exogenous diseases.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						CME
				MUHS practical Exam		
4	5	6	7	8	9	10
	CME					
MUHS practical Exam						
11	12	13	14	15	16	17
					CME	
18	19	20	21	22	23	24
			Bakari Eid			
				Shlok Competition		
25	26	27	28	29	30	31
	CME					CME
	CPT - 4 <sup>th</sup> BAMS					

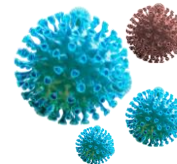
CME - Continuous Medical Education Program

Exam

Program

Competition

CPT - Clinical performance test



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.



# August

## 2021

Shree Saptashrungi Ayurved  
Mahaviyalaya & Hospital, Nashik



Academic Calendar 2021



प्रयोगज्ञानविज्ञानसिद्धिसिद्धाः सुखप्रदाः।  
जीविताभिसरन्ते स्युर्वैद्यत्वं तेष्ववस्थितमिति॥७३॥

च. सूत्रस्थान 11/53

### Genuine physician (Savior of Life):

Practical use of various therapies and the deep knowledge of Ayurveda science, having insight, famous, successful, capable of giving happiness to the patients are Jivitabhisara (savior of Life), the qualities of genuine physician.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
			CME	Agadatantra Tour		
8	9	10	11	12	13	14
					CME	
15	16	17	18	19	20	21
Indipendance Day	Pateti		CME	Moharam		
22	23	24	25	26	27	28
						CME
29	30	31	CPT - 4 <sup>th</sup> BAMS			
		Dahi Handi				

PDA - Personal Development activity

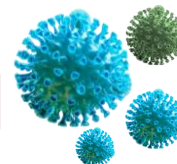
Tour

Exam

Program

CME - Continuous Medical Education Program

CPT - Clinical performance test



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

# September

## 2021



## Academic Calendar 2021

शास्त्रं ज्योतिः प्रकाशार्थं दर्शनं बुद्धिरात्मनः। ताभ्यां भिषक् सुयुक्ताभ्यां विकित्सन्नापराध्यति॥२४॥  
विकित्सिते त्रयः पादा यस्माद्द्वैद्यव्यपाश्रयः। तस्मात् प्रयत्नमातिष्ठेद्भिषक् स्वगुणसम्पदि॥२५॥

च. सूत्रस्थान 9/24

### Importance of Scientific studies:

Scientific scriptures provide light for illumination (to remove darkness of ignorance or to know things) and one's own intellect is like eyes. The physician who use both (scientific knowledge and own intellect) property, does not commit mistakes during treatment because in treatment, the other three component are dependent on the physician. Hence the physician should make all efforts to enrich the qualities.



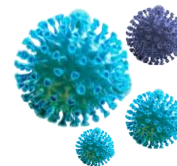
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				CME		
5	6	7	8	9	10	11
Annual Sports					Ganesh Chaturthi	
12	13	14	15	16	17	18
				CME		
Ganesh Chaturthi						
19	20	21	22	23	24	25
Educational tour Dept. of Dravya, Rasa & Swasthavritta			CME	SAQ Research & Stat		CME
26	27	28	29	30		
			CME			

Tour

Program

Event

CME - Continuous Medical Education Program



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

# October

## 2021



Academic Calendar 2021

उचितादहिताद्दीमान् क्रमशो विरमेन्नरः। हितं क्रमेण सेवेत क्रमश्चात्रोपदिश्यते॥३६॥  
प्रक्षेपापचये ताभ्यां क्रमः पादांशिको भवेत् एकान्तरं ततश्चोर्ध्वं द्रव्यन्तरं त्र्यन्तरं तथा॥३७॥  
क्रमेणापचिता दोषाः क्रमेणोपचिता गुणाः। सन्तो यान्त्यपुनर्भावमप्रकम्या भवन्ति च॥३८॥

च. सूत्रस्थान 7/36-37

### Padamshika karma (Sequence to adopt good habits and discard bad habits):

An intelligent person should gradually wean himself away from unwholesome/unhealthy practices (to which he is addicted) and adopt wholesome ones in the proper sequence. The schedule for the same is given below. On the first day one should give up a quarter of the unwholesome practice (still maintaining three-fourth of it) and correspondingly adopt a quarter of wholesome. On the second day, half of the wholesome practice should be given up and half of wholesome one should be adopted; this is to be continued for the third day also. On the fourth day till seventh day. By slowly and gradually giving up unwholesome practices and by increasing the wholesome practices in proper sequences, the unwholesome practices do not reoccur and the wholesome practices are fully adopted.



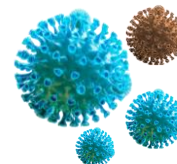
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					CME	Mahatma Gandhi Jayanti
3	4	5	6	7	8	9
				CME		Internal Practical exam
	Internal theory Exam					
10	11	12	13	14	15	16
					Dashera	CME
	Internal Practical exam					
17	18	19	20	21	22	23
		Eid - E- Milad	4 <sup>th</sup> BAMS CPT		CME	
24	25	26	27	28	29	30
	CME					CME
Winter vacation						

PDA - Personal Development activity

Exam

Program

CME - Continuous Medical Education Program



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# November

## 2021



## Academic Calendar 2021

एवं विशुद्धकोष्ठस्य कायाग्निरभिवर्धते। व्याधयश्चोपशाम्यन्ति प्रकृतिश्चानुवर्तते॥१७॥

इन्द्रियाणि मनोबुद्धिर्वर्णश्चास्य प्रसीदति। बलं पुष्टिरपत्यं च वृषता चास्य जायते॥१८॥

जरां कृच्छ्रेण लभते चिरं जीवत्यनामयः। तस्मात् संशोधनं काले युक्तियुक्तं पिबेन्नरः॥१९॥

च. सूत्रस्थान 16/17-19

### Benefits of purification therapy

Administration of therapies, leading to elimination of vitiated doshas, result in the following effects; enhancement of digestion / metabolism, pacification of disease, restoration of normal health, improvement in clarity of sense organs, mind, intellect and complexion, promotion of strength, plumpness, progeny and virility, delayed aging, and longevity. Therefore, one should take recourse to a skillfully administrated purificatory therapy at an appropriate time.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Lakshmi Pujan	5 Dipawali	6
	Winter vacation					
7	8	9	10	11	12 CME	13
Winter vacation						
14	15	16	17	18 CME	19	20
21	22	23	24	25 CME	26	27
	MUHS theory Exam					
28	29	30 CME				
MUHS theory Exam						

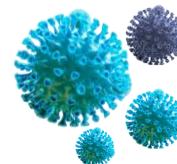
PDA - Personal Development activity

Tour

Exam

Program

CME - Continuous Medical Education Program



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.



# December

## 2021



Academic Calendar 2021

जायन्ते हेतुवैषम्याद्विषमा देहधातवः हेतुसाम्यात् समास्तेषां स्वभावोपरमः सदा॥२७॥

प्रवृत्तिहेतुर्भावानां न निरोधेऽस्ति कारणम् केचित्त्रापि मन्यन्ते हेतुं हेतोस्वर्तनम्॥२८॥

च. सूत्रस्थान 16/27-28

### Theory of Natural destruction (Swabhavoparama Vada)

Discordance of the causative factors results in disequilibrium of the tissue elements (dhatus) of the body. Conversely, concordance of tissue elements is restored by meaning of restoring the concordance of causative factors. However, the resolution / destruction of the existing always happens naturally in the course of time.

There is always a cause for the manifestation of beings but none exists for their annihilation.

However, some scholars are of the opinion that the noncontinuance of their causative factors is the very cause of their annihilation.

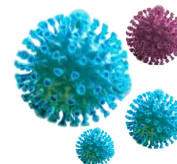


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
				CME			
			MUHS theory Exam				
5	6	7	8	9	10	11	
					CME		
MUHS theory Exam							
12	13	14	15	16	17	18	
				CME			
MUHS practical Exam							
19	20	21	22	23	24	25	
		CME				Christmas	
MUHS practical Exam							
26	27	28	29	30	31		
			CME				
MUHS practical Exam							

CME - Continuous Medical Education Program

Exam

Program



**Important Note** - Due to Covid 19 Pandemic there may be major changes in academic calendar.

**A. TENTATIVE TEMPLATE OF ACADEMIC CALENDAR**

FIRST PROFESSIONAL B.A.M.S.

(18 MONTHS)

**Academic Batch 2021-22**

Sl.No.	DATE/PERIOD	ACADEMIC ACTIVITY
1.	First Working Day of October	Course Commencement
2.	15 working Days	Induction Programme & Transitional Curriculum
3.	Fourth Week of March	First Internal Assessment
4.	Three weeks in May	Summer Vacation
5.	Fourth Week of September	Second Internal Assessment
6.	First & Second week of February	Preparatory holidays
7.	Third Week of February onwards	University Examination
8.	<b>First Working Day of April</b>	<b>Commencement of Second Prof. B.A.M.S.</b>
<p><b>NOTE.-</b></p> <ol style="list-style-type: none"> <li>Universities/Institutions/Colleges shall specify dates and year while preparing academic calendar of that particular batch of students. The same is to be informed to students and displayed in respective websites.</li> <li>Institutions/Colleges established in Extreme Weather Conditions may adjust the vacation as required by maintaining the stipulated hours of teaching. However, the structure of academic calendar shall not be altered.</li> </ol>		

**B. TENTATIVE TEMPLATE OF ACADEMIC CALENDAR**

SECOND PROFESSIONAL B.A.M.S.

(18 MONTHS)

Sl.No.	DATE/PERIOD	ACADEMIC ACTIVITY
1.	First Working Day of April	Course Commencement
2.	Fourth Week of September	First Internal Assessment
3.	Fourth Week of March	Second Internal Assessment
4.	Three weeks in May	Summer Vacation
5.	First & Second week of August	Preparatory Holidays
6.	Third Week of August onwards	University Examination
7.	<b>First Working Day of October</b>	<b>Commencement of Third Prof. B.A.M.S.</b>
<p><b>NOTE.-</b></p> <ol style="list-style-type: none"> <li>Universities/Institutions/Colleges shall specify dates and year while preparing academic calendar of that particular batch of students. The same is to be informed to students and displayed in respective websites.</li> <li>Institutions/Colleges established in Extreme Weather Conditions may adjust the vacation as required by maintaining the stipulated hours of teaching. However, the structure of academic calendar shall not be altered.</li> </ol>		

**C. TENTATIVE TEMPLATE OF ACADEMIC CALENDAR**

THIRD PROFESSIONAL B.A.M.S.

(18 MONTHS)

Sl. No.	DATE/PERIOD	ACADEMIC ACTIVITY
1.	First Working Day of October	Course Commencement
2.	Fourth Week of March	First Internal Assessment
3.	Three weeks in May	Summer Vacation
4.	Fourth Week of September	Second Internal Assessment
5.	First & Second week of February	Preparatory holidays
6.	Third Week of February onwards	University Examination
7.	<b>First Working Day of April</b>	<b>Commencement of Internship</b>
<p><b>NOTE.-</b></p> <ol style="list-style-type: none"> <li>Universities/Institutions/Colleges shall specify dates and year while preparing academic calendar of that particular batch of students. The same is to be informed to students and displayed in respective websites.</li> <li>Institutions/Colleges established in Extreme Weather Conditions may adjust the vacation as required by maintaining the stipulated hours of teaching. However, the structure of academic calendar shall not be altered.</li> </ol>		