

Centre for International Programs
Global Ayurveda Academy, Pennsylvania, USA
Clinical and Panchakarma Training at SDM College of Ayurveda and Hospital
Hassan, Karnataka, India
Duration: January 12- 24, 2019 (13 days)

No	Timings	Schedule	Venue
1	7.00am-8.00am	Yoga session	Meditation hall, Yogaskhema
2	8:00 am-9:00am	Breakfast	Dining hall , Yogaskhema
3	9:00am-11:00am	Panchakarma Demo	Panchakarma theatre
4	11:15am-12:15pm	Case discussion	Bedside,
5	12:15 pm-2:00 pm	Lunch	Dining hall , Yogaskhema
6	2:00 pm-3:00 pm	Theory class	Research tutorial (2 nd floor Academic block coexisted with Shalaky Dept.)
7	3:00 pm-5:00 pm	Practical demonstration	Demo room
8	5:00pm-7:00pm	Library hours	Library, Academic block
9	7:00pm-8:00pm	Dinner	Dining hall , Yogaskhema
10	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar	Meditation hall, Yogaskhema



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DATE		SESSION	Mode of learning	Resource person
Jan 10, 2019 Thursday	Travel	Travel from USA & Canada		-
Jan 11, 2019 Friday	6:30 PM – Bangalore Airport	Reaching Bangalore and travel by car to Hassan (about 4 hours)		-

Jan 12, 2019 Saturday	8:00 am-9:00am	Breakfast		
	9:00 am-11:00 am	Know your campus (college & hospital)		
	11.00am-11.30am	Pre test	Self-learning	
	11.30am-12.30pm	Live with nature (Panchamahabhota Theory)	outside activity	Dr Rajarajeshwari dept of Samhita
	12:30 pm-2:00 pm	Lunch	Self-experience	Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Brief introduction of tridosha and nidana panchaka	Theory	Dr Ajantha Dept of Roga Nidana
	3:00 pm-5:00 pm	Preparations & Clinical utility of Various dietary preparations (Pathya Kalpana like manda, Vilepi, pravicharana shena.)	Practical & Demo	Dr Govinda Sharma Dept RSBK
	5:00 pm-7:00 pm	Library hours	Self-learning	
	7:00 pm-8:00 pm	Dinner		
	8:00 pm-9:00 pm	Review & Meeting with Dr. Shekhar		



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 Hassan, Karnataka, India**

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Jan 13, 2019 Sunday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast	Self-experience	
	9:00am-11:00am	Introduction to Panchakarma & Demo Sarvanga Abhyanga	Demo and Hands on experience	Dr Ashvini Kumara M Dept of Panchakarma
	11:15am-12:15pm	Ante Natal Care	Theory	Dr Gayathri Bhat Dept Of PTSR
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Assessment of ama, agni, koshta	Theory	Dr Ajantha Dept of Roga Nidana
	3:00 pm-5:00 pm	Brief discussion regarding chikitsa siddhanta	Theory	Dr Suhas Kumar Dept Of Kayachikitsa
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		
8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar			

Jan 14, 2019 Monday	7.00am-8.00am	Yoga session		
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Shiro abhyanga and shiro pichu	Demo & Hands on experience	Dr Lohith B A Dept of Panchakarma
	11:15am-12:15pm	Pathya kalpana for obesity	Practical & Demo	Dr Kavitha M B Dept of Swasta vritta
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Poorvakarma in panchakarma - Importance & Methods	Theory	Dr Muralidhar Pujar, Dept of Panchakarma
	3:00 pm-5:00 pm	Preparations & Clinical utility of different basic Ayurvedic Preparations(Pancha Vidha Kashaya Kalpana like Swarasa, Kalka, Kashaya, Hima, Phanta & Upakalpana)	Practical & Demo	Dr Govinda Sharma Dept RSBK
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar			

Jan 15, 2019 Tuesday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Kati basti, Janu basti, Upanaha	Demo	Dr Ashvini Kumara M Dept of Panchakarma
	11:15am-12:15pm	Depression (Vishada)	Case presentation	Dr Suhas Kumar Dept Of Kayachikitsa
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Understanding of bahya snehana	Theory	Dr Lohith B A Dept of Panchakarma
	3:00 pm-5:00 pm	Introduction to common herbal drugs(Amalaki, Haritaki, Vibhitaki, Ela , Shatavari, yastimadhu)	Practical & Demo	Dr Prakash L Hegde Dept Of Dravyaguna
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar			

Jan 16, 2019 Wednesday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Panchakarma in dinacharya-Kavala, gandusha, nasya, paada abhyanga	Practical & Demo	Dr Kavitha M B Dept of Swasta vritta
	11:15am-12:15pm	Kati shoola (Low back ache)	Case presentation	Dr Prasanna N Rao Dept Of Shalya Tantra
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Different Types of swedana	Theory	Dr Ashvini Kumara M Dept of Panchakarma
	3:00 pm-5:00 pm	Baby Massage	Practical	Dr Shailaja U, Dept of Kaumara
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		

Jan 17, 2019 Thursday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Hair & skin Care	Theory & Demo	Dr Ashwini M J Dept Of Shalakya
	11:15am-12:15pm	Different Panaka for summer & winter	Demo & Self-learning	Dr Kavitha M B Dept of Swasta vritta
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Understanding of Vamana	Theory	Dr Lohith B A Dept of Panchakarma
	3:00 pm-5:00 pm	Free Hours & Shopping	Self-experience	
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		

Jan 18, 2019 Friday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Vamana,	Demo	Dr Ashvini Kumara M Dept of Panchakarma
	11:15am-12:15pm	Amlapitta (Hyperacidity)	Case presentation	Dr Suhas Kumar Dept Of Kayachikitsa
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	uttara basti	Theory & Practical	Dr Gayathri Bhat Dept Of PTSR
	3:00 pm-5:00 pm	Understanding of Virechana & Virechana Dravya preparations	Theory & Practical	Dr Lohith B A Dept of Panchakarma
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		

Jan 19, 2019 Saturday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Basti	Theory & Practical	Dr Ashvini Kumara M Dept of Panchakarma
	11:15am-12:15pm	PCOD	case presentation	Dr Gayathri Bhat Dept Of PTSR
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Constipation	case presentation	Dr Prasanna N Rao Dept Of Shalya Tantra
	3:00 pm-5:00 pm	Introduction to common herbal drugs used in Israel (Ashwagandha, shunti, bala, Manjista, yastimadu, Khadira, Lasuna)	Demo	Dr Prakash L Hegde Dept Of Dravyaguna
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		

Jan 20, 2019 Sunday	7.00am-8.00am	Yoga session		Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9.30am-5.00 pm	Sightseeing – Halebeedu, Belluru (Road trip)		
Jan 21, 2019 Monday	7.00am-8.00am	Yoga session	Practical learning	Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Nasya	Theory& Practical	Dr Lohith B A
	11:15am-12:15pm	Jalooka Avacharana	Demo	
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Recipes for immunity	Theory	
	3:00 pm-5:00 pm	Introduction to common herbal drugs (Brahmi, Kumari, Eranda, Gokshura, Guggulu, Nimba)	Demo	Dr Prakash L Hegde Dept Of Dravyaguna
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		



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Jan 22, 2019 Tuesday	7.00am-8.00am	Yoga session	Practical learning	Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Shashtika shali panda sweda	Demo & Hands on experience	Dr Lohith B A Dept of Panchakarma
	11:15am-12:15pm	Madumeha (Diabetes mellitus)	Case presentation	Dr Suhas Kumar Dept Of Kayachikitsa
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Child care	Theory	Dr Shailaja U, Dept of Kaumara
	3:00 pm-5:00 pm	Understanding of Rasayana & vajikarana	Theory	Prof Gurudip Singh Director,
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		



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Jan 23, 2019 Wednesday	7.00am-8.00am	Yoga session	Practical learning	Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Valuka sweda, Patra pinda sweda	Demo & Hands on experience	Dr Ashvini Kumara M Dept of Panchakarma
	11:15am-12:15pm	Sthoulya	Case presentation	
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Tailadhara, Takradhara, Parisheka	Demo & Hands on experience	Dr Muralidhar Pujar, Dept of Panchakarma
	3:00 pm-5:00 pm	Mental health	Theory	Dr Suhas Kumar Dept Of Kayachikitsa
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		



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Jan 24, 2019 Thursday	7.00am-8.00am	Yoga session	Practical learning	Dr Gurubasavaraj Dept of Swastavritta
	8:00 am-9:00am	Breakfast		
	9:00am-11:00am	Udwartana	Demo & Hands on experience)	Dr Lohith B A Dept of Panchakarma
	11:15am-12:15pm	Nidarnasha	Case presentation	Dr Suhas Kumar Dept Of Kayachikitsa
	12:15 pm-2:00 pm	Lunch		Dining Hall, Yogakshema
	2:00 pm-3:00 pm	Review & Panel discussion	Discussion	Principal & Faculty
	3:00 pm-5:00 pm	Feedback & Certificate awarding		Principal & Faculty
	5:00pm-7:00pm	Library hours	Self-learning	
	7:00pm-8:00pm	Dinner		Dining Hall, Yogakshema
	8:00 pm – 9:00 pm	Review & Meeting with Dr. Shekhar		



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Jan 25, 2019	7:30am-8:30am	Breakfast		
Friday	10:00 am	Check out		

Faculty Involved

Dr Prasanna Narasimha Rao	Dr Muralidhar Pujar	Dr Govinda Sharma
Dr Shailaja U	Dr Ashvini M J	Dr Suhas Kumar Shetty
Dr Gayathri bhat N V	Dr Ajantha	Dr Gurubasavaraj
Dr Ashvini Kumar M	Dr Prakash L Hegde	Dr Kavitha M B
Dr Lohith B A		