

**WORK PLAN 2022****SEMESTER IIIrd**

<b>Teachers Name</b>	<b>Paper Name</b>	<b>Paper Code</b>	<b>Work plan</b>	<b>Text Reading</b>
Dr. Shiv Kumar	Basic Elements of Ayurveda (SEC)	62136949	1.August- Introduction of Upanishad taittiriyanopanishad Bhriguvalli	1.August- Annamaya kosh Praanmaya kosh,
			2.September- General Introduction of Ashtanghridaya	2.September- Chikitsa Paddhati
			3.October- Introduction of Ayurvedaand two schools	3.October- Dhanvantari and Punarvasu
			4.November- Main Acharya's of Ayurveda and revision	4. November- Test