

DR. G. D. POL FOUNDATION
YMT AYURVEDIC MEDICAL COLLEGE
Kharghar, Navi Mumbai, Maharashtra
6-DAY CME PROGRAMME – KAYACHIKITSA
12 October 2026 – 17 October 2026
Day 1 – 12 October 2026

Time	Topic / Activity	Resource Person
08:00 AM – 09:00 AM	Registration and Breakfast	
09:00 AM – 10:00 AM	Inauguration	
10:00 AM – 11:30 AM	Clinical Application of Shatkriyakala in Samprapti Vighatana and Algorithmic Treatment Design	Dr. Zenica D'Souza
11:45 AM – 01:15 PM	Comprehensive Ayurvedic Management Protocols for Metabolic Syndrome	Dr. Mrityunjay Sharma
01:15 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:30 PM	Ethical Principal in Clinical Practices	Dr. Zenica D'Souza
03:45 PM – 05:15 PM	Ayurvedic Perspectives and Clinical Management in Hematological Disorders	Dr. Mrityunjay Sharma

Day 2 – 13 October 2026

Time	Topic / Activity	Resource Person
07:30 AM – 08:30 AM	Breakfast	
09:00 AM – 10:30 AM	Advancements in Rasayana and Vajikarana: Clinical Efficacy of Uttarbasti in Male Infertility	Dr. Madhava Diggavi
10:45 AM – 12:15 PM	Epidemiological and Clinical Perspectives of Tuberculosis through the Lens of Rajayakshma	Dr. Shilpa K
12:20 PM – 01:15 PM	Practical Demonstration – Basic Life Support Training	Dr. Pramod Pol & Dr. Vaibhav Kurkute
01:15 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:30 PM	Evidence-Based Ayurvedic Management Strategies for Chronic Kidney Disease (CKD)	Dr. Madhava Diggavi
03:45 PM – 05:15 PM	Diagnosis & Application of Principles of Management in Twak Vikara & Clinical Insights into Common Dermatological Conditions	Dr. Shilpa K

Day 3 – 14 October 2026

Time	Topic / Activity	Resource Person
07:30 AM – 08:30 AM	Breakfast	
09:00 AM – 10:30 AM	Contemporary Ayurvedic Rheumatology: Diagnostic Protocols and Clinical Outcomes	Dr. Sanjeev Rastogi
10:45 AM – 12:15 PM	Critical Evaluation and Management of Pranavaha and Annavaha Srotodushti	Dr. Shrilatha Kamath T
12:20 PM – 01:15 PM	Hospital Visit	Dr. Minal Vaidya & Dr. Aparna Sathe
01:15 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:30 PM	Methodologies, Ethics, and Innovations in Ayurvedic Clinical Research	Dr. Sanjeev Rastogi
03:45 PM – 05:15 PM	Advanced Therapeutic Protocols for Annavaha Srotas Disorders	Dr. Shrilatha Kamath T

Day 4 – 15 October 2026

Time	Topic / Activity	Resource Person
07:30 AM – 08:30 AM	Breakfast	
09:00 AM – 10:30 AM	Conceptual & Diagnostic Approach to Liver Disorder	Dr. Sameer Naik
10:45 AM – 12:15 PM	Integrative Oncology and Ayurveda: An Approach Towards Cancer Care	Dr. V. G. Huddar
12:20 PM – 01:15 PM	Practical Demonstration – Vidhaagni – Agnikarma	Dr. Pravin Jagtap & Dr. Vidya Chaudhary
01:15 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:30 PM	Principles and Clinical Practice and Success Stories in Ayurvedic Hepatology	Dr. Sameer Naik
03:45 PM – 05:15 PM	Approach Towards Management of Brain Tumors in Ayurveda – Cases Illustrated	Dr. V. G. Huddar

Day 5 – 16 October 2026

Time	Topic / Activity	Resource Person
07:30 AM – 08:30 AM	Breakfast	
09:00 AM – 10:30 AM	Understanding Vata Vyadhi: A Clinical Neurological Perspective with Ayurvedic Management	Dr. Shraddha Sharma
10:45 AM – 12:15 PM	Contemporary Psychiatric Disorders: Ayurvedic Interventions and Psychological Care	Dr. Jithesh Madhavan
12:20 PM – 01:15 PM	Practical Demonstration – The Cyclic Meditation	Dr. Jayesh Kumbhar
01:15 PM – 02:00 PM	Lunch Break	
02:00 PM – 03:30 PM	Manasa Roga: Integrating Ayurvedic Principles with Modern Mental Health Care	Dr. Shraddha Sharma
03:45 PM – 05:15 PM	Ayurvedic Therapeutics and Rehabilitation in Neurological Disorders	Dr. Jithesh Madhavan

Day 6 – 17 October 2026

Time	Topic / Activity	Resource Person
07:30 AM – 08:30 AM	Breakfast	
09:00 AM – 10:30 AM	Evidence-Based Medicine (EBM) in the Management of Manas Roga	Dr. Basavaraj Tubaki
10:45 AM – 12:15 PM	Digital Pedagogy: Utilization of Online Tools for Practical Training and Competency Evaluation	Dr. Amit Nakanekar
12:30 PM – 01:30 PM	Lunch Break	
01:45 PM – 03:15 PM	Critical Understanding and Application of Avasthik Chikitsa in Jalodara	Dr. Basavaraj Tubaki
03:30 PM – 05:00 PM	A Critical Comparative Analysis of Diabetes Mellitus and Medovaha Sroto Dushti	Dr. Amit Nakanekar
05:00 PM – 06:00 PM	Valedictory	