



Ashokrao Mane Ayurvedic Medical College & Hospital

Vathar Tarf Vadgaon

Approved by National Council for Indian System of Medicine, Dept Of Ayush, Ministry of Ayush, Govt Of India New Delhi and
Affiliated to Maharashtra University of Health Sciences, Nashik



DEPT. OF KRIYA SHARIR

DATE: 18/01/2024



SELF DIRECTED LEARNING: AHARAPAKA