



GS AYURVEDA MEDICAL COLLEGE AND HOSPITAL (GS UNIVERSITY)

NH-09, Near Railway Station Pilkhuwa, District - Hapur, Uttar Pradesh-245304



IN NCISM-QCI-NABET RATING FOR ACADEMIC YEAR 2025-26

AYURPRAVESHKA - TRANSITIONAL CURRICULUM BAMS FIRST PROFESSIONAL PROGRAM

11th to 27th November 2025



PROF. VD. RABINARAYAN ACHARYA
Director General,
CCRAS, New Delhi



DR. RAJANI A. NAYAR
President, Board of Ethics & Registration
(NCISM)



PROF. (DR.) MAHESH VYAS
Dean, HOD, Dept. of Samhita Sidhanta
A/IA, Delhi



DR. SURENDRA CHAUDHARY
President, Vishwa Ayurveda Parishad



DR. RACHANA PANT
CMO, NFSG, GNCT, Delhi



Chief Guest

DR. SIDDALINGESH M. KUDARI
President, Board of Ayurveda
(NCISM)



PROF. (DR.) SATYANARYANA DORNALA
Panchkarma Specialist,
MCD



DR. GAURAV PHULL
Dy. MS, CBPACS
Delhi



DR. MEHAK KUKREJA
Clinical Psychologist,
HIIMS



DR. SHIVA KUMAR HARTI
Professor, Dept. of Swasthavritta
A/IA, Delhi



DR. PRASHANT
Research Officer, CCRAS,
HQ New Delhi



GS Ayurveda Medical
College and Hospital

GS AYURVEDA MEDICAL COLLEGE & HOSPITAL

N.H-9, Near Railway Station, Pilkhuwa,

Dist.: - Hapur (U.P.) -245304

Ref No. GSAMCH/AC/2025/1524

Date:03/11/2025

Induction program for BAMS 2025-2026

In accordance with the Gazette Notification Ref. No. BOA/Regulation/UG/07-10/2021, "**Minimum Standards of Undergraduate Ayurveda Education, Regulation 2022**" issued by the National Commission for Indian System of Medicine (NCISM), dated 10.02.2024, all newly admitted students are hereby informed about the commencement of the Transition Curriculum Program for the 2025-26 B.A.M.S. batch.

As per the regulation, point 09, the B.A.M.S. program requires a fifteen-day induction program, total less than 90 hours. The induction program is designed to introduce students to the Ayurveda System of Medicine and make them aware of the Program, they are going to study for next 4.5 year along with essential skills, including:

1. Basics of Sanskrit for Ayurveda.
2. Basic Life Support and First Aid.
3. Additional foundational topics outlined in the syllabus.
4. This induction program aims to familiarize students with the curriculum and support a successful transition into the B.A.M.S. program.

Details of the Program:

- **Start Date:** 11.11.2025
- **Duration & Timing:** Schedule Attached
- **Attendance:** Mandatory for all newly admitted students

The program schedule is attached herewith. Students are directed to attend all sessions to ensure they meet the standards set by the NCISM for the introductory phase of the B.A.M.S. program.

Prof (Dr.) Jina Pattanaik

Vice-Principal/

Head of Academic Committee

Copy to: -

- Managing Director Office
- Principal Office
- Vice Principal Office 1 & 2
- MS Office
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Dist.:- Hapur (U.P.) -245304

AYURPRAVESHKA

Transitional Curriculum for BAMS (Batch 2025-26)

Detailed Schedule

Day - 1						
Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting + Newspaper
11 Nov 2025 Tuesday	9:00–10:00 AM	Inaugural Ceremony & Dhanvantari Homa	(Dr. Kiran Tamwar & Team) Mr. Ram Pratap Yadav	Lamp lighting, prayer chanting, Dhanvantari Shloka recitation	Feel welcomed, understand cultural importance of Lord Dhanvantari in Ayurveda, and develop a sense of belonging	Dr. Priyanka Bhardwaj, Dr. Pragya Sharma Followed by Dr. Rahul
	10:00–10:30 AM	Know Your College	Dr. Amritha Aravind	Timeline Creation – Students draw a visual timeline of the institution 's milestones	be aware of the institution 's history, values, and achievements; stronger connection with college identity	
	10:30–11:00 AM	Pre-Test & Parent Interaction (Annexure – 1)	Dr. Sarojini Kuchanur & Dr. Rizwan	Google Form pre-test (30 questions); Parent–student guided Q&A	Get baseline knowledge assessment; mutual understanding of academic journey expectations	
	11:00-11:30 AM	Lecture by Eminent Speaker	Dr. Siddalingesh M. Kudari President (BOA) (NCISM)			
	11:30-12:00 PM	Lecture by Eminent Speaker	Dr. Surendra Chaudhary President (VAP)			
	12:00 PM–12:30 PM	Myths Vs Facts About Ayurveda	Prof. Dr. Satyanarayana Dornala (RMS, MCD)			
	12:30-01:00 PM	Lecture by Eminent Speaker	Prof. (Dr.) Mahesh Vyas Dean (AIIA)			

	1:00 PM– 1:30 PM	Learning from Seniors	(Dr. Mohit) – 4 Students (Dr. Manoj V. Yadav) – Q & A	—Ask Me Anything! – Q&A with seniors; — Message to My Future Self! – personal reflection writing. Interaction with senior students	Get inspired from peer experiences; motivation to set academic and personal goals	
	2:00–3:00 PM	Campus Orientation – Part 1 & 2	(Dr. Nupur Shukla, Dr. Usha Singh Mr. Ram Pratap Yadav, Dr. Mohit)	Campus visit- academic blocks/department visits/meet faculty of Rachana, Kriya & Samhita Encouraging observational learning. Photography in academic block, herbal garden, hospital, OPD/IPD, pharmacy, library etc.	Be familiar with academic spaces; improved campus navigation Recognize the key campus facilities and their functions	
	3:00–4:00 PM	Mindfulness	Dr. Gunjan Sabarwal, Mr. Kishan	Sitting in silence, Guided breathing & relaxation	Experience reduced stress, improved focus, and calm closure to the day	

Day - 2

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting	
	9:00–10:00 AM	Dhanvantari Prayer & Thought for the Day. Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies, Hostel, Log Book.	(Mr. Sanjeev Kumar) (Rules & Regulation)	Short group recitation and daily reflection. Interactive introduction to Principal, Dean, Head of the Dept. and key staff Debate on —Why rules and discipline help learning	Build a positive mindset and strengthens connection to Ayurvedic traditions Get acquainted with the official, administrative and academic teams, their roles, and whom to approach for academic/administrative needs Understanding of campus rules, discipline benefits, and dress code importance	Reflection of Ayurveda & Mindfulness Dr. Atul Shankar Sarokte	
	10:00–10:30 AM	Introduction to Ayurveda and History	Prof. (Dr.) Seema Jain	Discuss on Ayurveda Avatarana from different Sampradayas	know history of Ayurveda since Vedic period and its establishment on planet earth		

12 Nov 2025							
Wednesday	10:30–11:00 AM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Mr. Sanjeev Kumar	Role-play: applying for leave, reporting grievances, library check-in	Feel Confident in handling administrative procedures independently		Dr. Rizwan (Anchoring) Followed By Prof. (Dr.) Rahul S. Bankar
	11:00 AM–12:00 PM	Lecture by Eminent Speaker	Prof. (Vd.) Rabinarayan Acharya (Director General)				
	12:00-1:00 PM	Lecture by Eminent Speaker	Dr. Rajani A. Nayar, President (BOE&R) (NCISM)				
	2:00–2:30 PM	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Dr. Ghanshyam Vatsa	Simulation of anti-ragging scenarios; Poster-making – —Say No to Ragging Problem–solution mapping of student concerns	Be aware of anti-ragging laws, reporting mechanisms, and personal safety measures Ability to identify and access the right support channels when required		
	2:30-3:00 PM	Interaction with 1 st Prof BAMS faculties					
	3:00–3:30 PM	Library Orientation	Dr. Shubham Garg, Mr. Shobhit	Library visit and digital resource search (PubMed, AYUSH portal)	Be Familiar with library facilities, catalogue search, classical text and online research tools		
	3:30-4:00 PM	Reflection of Ayurveda & Mindfulness Dr. Atul Shankar Sarokte					

Day - 3

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
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13 Nov 2025 Thursday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & short reflection	Cultivate respect for tradition and sets a positive tone for learning	Dr. Usha Singh
	9:10–10:00 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing.	Prof. (Dr.) Rahul Sukhdev Bankar,	Storytelling: share one traditional home practice for health; Discussion – “How is Ayurveda’s vision of health unique?”/ Quick quiz on ancient contributions in ancient medicine, Technology and Science etc.	Understand of Ayurveda ‘s holistic philosophy and its place in Indian heritage Appreciation of India ‘s scientific heritage and its relevance to health systems	
	10:00–10:30 AM	Introduction to Ashtanga Ayurveda	Prof. (Dr.) Pankaj Taneja	Sloka recitation of eight branches of Ayurveda	know 8 branches of Ayurveda with application of modern advancement	
	10:30 AM–11:00 AM	Interdisciplinary exposure	Prof. (Dr.) Sandip Funde	Debate Ayurveda in various systems of medicine.	have knowledge of modern medical system and Indian Medical System	
	11:00 AM–01:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadhi)	Prof (Dr.) Shiva Kumar Harti AIIA	Discussion on purpose of life and lifestyles	know concepts of Pancha Maha Bhuta, Mana, Atma, and other relevant basic principles of Ayurveda	
	02:00–3:00 PM	Introduction to Bruhatrayi – Charaka, Sushruta, Vagbhata	Prof. (Dr.) Pratibha CK	Three-corner debate: Charaka vs. Sushruta vs. Vagbhata; Quote matching activity	Understand the contributions and specialties of each Samhita	
	3:00–3:30 PM	Concept of _Anand ‘the true goal of healing lessons from Taittarreeya Upanishad.	Prof. (Dr.) Dilip Kumar Verma	Discussion on experimental feeling of actual happiness	understand actual meaning and feeling of Anand (Happiness) as per Upanishad	
	3:30–4:00 PM	Ayurveda and Yoga as India ‘s soft power diplomacy through wellness	Prof. (Dr.) Atul Shankar Sarokte & Mr. Kishan Singh	Group discussion on surprising or inspiring insights from IKS	encourage global perspective and pride in Ayurvedic and Yoga identity	

Day - 4

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & brief reflection	Create a mindful start to the day, reinforcing Ayurveda ‘s spiritual foundation	
	9:10–10:00	Proposed Higher Education Pathways in	Dr. Rizwan	Watch videos/read short bios of MD/PhD professionals;	have the understanding of postgraduate and research opportunities after BAMS	

14 Nov 2025 Friday	AM	Ayurveda (M.D./M.S./Ph.D., Super specialty courses		Create career flowchart		Dr. Nupur Shukla
	10:00– 10:30 AM	Different Career opportunities after BAMS Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	Dr. Sonam Sharma	Alumni talk (live or recorded); Role exploration: “If I were a...”	be exposed to diverse roles in clinical practice, academia, and research, Entrepreneurship and in other fields	
	10:30– 11:00 AM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurveda field.	Dr. Shubham Garg	Visit; introduction and entrepreneurial activity done in the college by Research innovation and entrepreneurship development cell (RIEDC).	have Awareness of self- employment opportunities and market trends	
	11:00 AM- 12:00 PM	Lecture by Eminent Speaker	Dr. Gaurav Phull DMS, CBPACS			
	12:00–1:00 PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Dr. Mehak Kukreja Clinical Psychologist	Fact searches on AYUSH and NCISM portals. World map pin-up activity – mark countries recognizing/practicing Ayurveda (online/ offline)		
	02:00–2:30 PM	Concept of Dosha, Dhatu, Mala in brief with application aspects	Dr. Indu Sharma	Concept reflection: “ <i>How is Tridosha seen in patients?</i> ”; Analogy building using daily life examples	understand Ayurveda ‘s unique diagnostic and therapeutic principles	
	2:30–3:00 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Prof. (Dr.) Rahul Sukhdev Bankar	Subject puzzle (First Year); Timeline exercise marking academic milestones	be familiar with the competency- based curriculum and academic expectations	

	2:30–3:00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Dr. Manoj V. Yadav	Model charts, cadaver room, specimen organs	know overall details of the department and to be familiar with etiquettes	
	3:00–3:30 PM	Healing Hands and Compassionate Hearts: Reflection activity	Dr. Vikas Chauhan	Group sharing on readiness for clinical responsibilities	encourage self-reflection and professional mindset	
	3:30–4:00 PM	Mindfulness	Dr. Gunjan Sabarwal	Guided meditation/ breathing with a focus on career visualization	enhance focus and motivation for professional growth	

Day – 5

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
15 Nov 2025 Saturday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & short reflection	have positive tone and connects students to Ayurvedic tradition	Dr. Sonam Sharma
	9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Dr. Kiran Tanwar	Pulse respiration assessment practice visits dept/lab, charts models etc.	be familiar with subject and department of Sharir Kriya	
	10:00–11:00 AM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy	Dr. Ghanshyam Vatsa	Interactive quiz/discussion		
	11:00 AM–12:00 PM	Laghutrayee with elaboration of Ashtang Hridaya	Dr. Bhawana Joshi	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya		
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	Mr. Ram Pratap Yadav	Writing drill: vowels and consonants in Devanagari/ Didactic with video, chant slokas of ayurveda (Ashtang Hriday Charaka Samhita)	be familiar with the script used in classical Ayurvedic texts	
	2:00–2:30 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantra yuktees	Dr. Pragya Sharma	Discussion on practical application in day-to-day life	know better understanding of principles of Padartha Vigyana.	
	2:30–3:00 PM	Who is good Vaidya (Charaka 's view) professional code of	Dr. Madhu Pathak	Discussion on modern challenges	have better understanding of Chikitsa chatuspada	

		conduct/personal code of conduct				
	3:00–3:30 PM	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	Dr. Usha Singh	Group sharing: Which Samhita do you resonate with most and why?	encourage personal connection with Ayurvedic heritage	
	3:30–4:00 PM	Mindfulness	Prof. (Dr.) Atul Shankar Sarokte	Guided visualization with meditation on connecting with ancient Ayurvedic wisdom	promote respect for tradition and calm closure to the day	

Day – 6

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting+ Newspaper
17 Nov 2025 Monday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	promote cultural grounding and mindful start to the day	Dr. Madhu Bhardwaj
	9:10–10:00 AM	Self-directed, self-motivated, learning skills and studying skills	Dr. Madhu Bhardwaj	Self-studies strategies, library skills, time management	empower students to learn effectively efficiently/skillfully	
	10:00–11:00 AM	Ayurveda Arogya Mitra Abhiyan Visit to camp	Followed by Prof. (Dr.) Parveen Goyal			
	11:00–11:30 AM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health)	Prof. (Dr.) Parveen Goyal	Search for activities of National Ayush Mission	understand broader societal roles of Ayurveda professionals	
	11:30 AM–12:00 PM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Dr. Nazir KK	Draw NCISM organizational tree; Rapid-fire quiz on functions/policies	understand of all regulatory bodies structure, roles, and regulatory importance	
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation – Basic Grammar or as annexed (Annexure – 2)	Mr. Ram Pratap Yadav	Verb conjugation drill; Sanskrit sorting game	Be familiar with Sanskrit language	
	2:00–2:30 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	Dr. Gunjan Sabarwal	May refer Ayurveda Ahara Regulations (FSSAI – Ayurveda Ahara, 2021) making Ay. Herbal tea, balanced Ay. Plate	understand dietary regulations, safe food practices, and health benefits Have the ability to design an Ayurvedic meal plan and recognize therapeutic foods.	

	2:30–3:00 PM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Dr. Himani Goswami	Group discussion on Darshanas concepts	understand life and ideas to find truth and freedom	
	3:00–3:30 PM	Ayurvedic pathology, Nidana Panchama framework understanding disease in Ayurveda beyond pathogens	Dr. Swati Chauhan	Discuss on causative factors beyond pathogenic virus, bacteria and other organisms	Encourage linking traditional wisdom of positive factors of disease manifestation	
	3:30–4:00 PM	Mindfulness	Prof. (Dr.) Atul Shankar Sarokte	Observation of Breath and body	Improve self-awareness and relaxation before closing the day	

Day – 7

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	promote cultural grounding and mindful start to the day	
	9:10–10:00 AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	Dr. Shalu	First-aid simulations	ensure preparedness for clinical situations.	
	10:00–11:00 AM	Ayurveda Arogya Mitra Abhiyan Visit to camp	Followed by Prof. (Dr.) Parveen Goyal			
	11:00–11:30 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	Prof. (Dr.) Atul Shankar Sarokte	WHO 7-step hand washing demo. Gloves, masks, aprons, waste handling	be able to perform correct hand hygiene procedure in clinical settings. Able to wear and remove gloves, masks and aprons.	
	11:30 AM–12:00 PM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)	Dr. Sarojini Kuchanur	Role-play conscious/unconscious choking scenarios Watch CPR demo video; Group discussion on age-based differences Hands-on CPR practice	Understand correct CPR sequence and differences in technique as per age group.	
18 Nov 2025 Tuesday	12:00–1:00 PM	Inspirational talk by senior Vaidya/Professor about why ayurveda is	Dr. Rachana Pant Directorate of	Question answer session/interaction	inspire and motivate students to practice ayurveda for the benefit of society	Dr. Swati Chauhan

		more relevant than ever/my journey as an ayurvedic doctor	Ayush			
	2:00–4:00 PM	Half day field visit	Dr. Masooda, Dr. Rizwan, Dr. Mohit, Dr. Usha Singh, Mr. Ram Pratap Yadav	Ayurvedic herbology, field visit, herbal garden, incubation center, Ayurveda hospital, district ayurveda hospital, medicine manufacturing unit, any nearby Institute of National Importance (Anyone which is convenient as per availability nearby institution)	participate in outreach activities	

Day – 8

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
19 Nov 2025 Wednesday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap	Group recitation & reflection	create a mindful and focused start	Dr. Anita
	9:10–10:00 AM	Research awareness and evidence based ayurveda: Orientation	Dr. Arvind Kumar	Discussion on basics of research methodology and data interpretation, read a published paper	demonstrate and encourage evidence based ayurveda and research scope	
	10:00–11:00 AM	Ayurveda Arogya Mitra Abhiyan Visit to camp	Followed by Prof. (Dr.) Parveen Goyal			
	11:00–11:30 AM	Ayurveda and Neuron mental science. Role of Ritucharya and Dinacharya in climate adaptation.	Dr. Ghanshyam Vatsa	Discuss on herbal drinks according to ritus. Track your dinacharya and plan ritucharya for present local climate	know ritus and to be familiar with dinacharya accordingly	
	11:30 AM–12:00 PM	Heritage in young hands: Youth as brand ambassadors of Ayurveda	Dr. Robin Chaudhary	Search for Start-ups, wellness industry on digital platforms.	know, how students can take Ayurveda to society And National & Global wellness industry.	
	12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Common communicational Phrases	Mr. Ram Pratap Yadav		be able to use basic Sanskrit terms in classroom, build linguistic foundation	

		in class or as annexed (Annexure – 2)		Sanskrit basics focused on ayurvedic terminology and classical texts		
	2:00–2:30 PM	A healer 's duty to health and environment, eco responsibility: Biomedical Waste Management Principles	Dr. Akansha Sharma	Color code game – match items to bins	be able to segregate biomedical waste as per safety norms	
	2:30–3:00 PM	e-samskara, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	Mr. Sanjeev Kumar	Create PPT slides using presentation templates	be able to create and format a simple document for assignments/reports, able to prepare usually clear innovative academic presentations.	
	3:00–3:30 PM	Environmental hygiene: Concept of —Janapadadwamsa in ayurveda and its relevance to environmental hygiene	Prof. (Dr.) Atul Shankar Sarokte	Swachata abhiyana of surrounding environment, discussion on role of hygiene in professionalism	develop awareness of hygiene linked to health, health care and self-discipline.	
	3:30–4:00 PM	Mindfulness	Prof. (Dr.) Atul Shankar Sarokte	Slow breathing aligned with gentle stretches	have Physical relaxation and mental clarity at the end of the day	

Day – 9

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
20 Nov 2025	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	promote focus and connection to tradition	
	9:10–10:00 AM	Role of Artificial intelligence in Academics AI in education, diagnostic research	Dr. Rizwan	Group discussion on different AI tools and their better utility in study circle, use of AI for data mining from classical texts.	be Easy to access required study material to gain efficiency in academics, adoptive learning platforms.	
	10:00–11:00 AM	Ayurveda Arogya Mitra Abhiyan Visit to camp	Followed by Prof. (Dr.) Parveen Goyal			
	11:00–11:30 AM	Nation building: Ayurveda as a pillar of India 's Health security.	Prof. (Dr.) Soonrita Taneja	Discussion: Ayurveda for Atma Nirbharata.	know the Contribution of Ayurveda & Ayush integration in National Health Policy.	

Thursday	11:30 AM-12:00 PM	Glory of Ayurveda in Global Health	Prof. (Dr.) Sheetal Minhas	Discussion on WHO GCTM (Global Centre for Traditional Medicine)	know How Ayurveda is recognized by WHO & practiced world wide	Dr. Suman Purohit
	12:10-1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	Mr. Ram Pratap Yadav	Group recitation; Shloka pronunciation drills	be able to use basic Sanskrit terms in classroom, build linguistic foundation	
	01:00-01:30 PM	Lecture by Eminent Speaker	Dr. Prashant RO, CCRAS			
	2:00-2:30 PM	Ayurveda & Communication/ media studies	Dr. Manoj Sharma	Countering misinformation of Ayurveda.	understand role of Ayurveda in Public discourse & branding it at Global wellness industry.	
	2:30-3:00 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Dr. Ghanshyam Vatsa	Refer & Discuss Sadvritta & Bioethics.	be familiar with Professional values Life ethics, Compassion & integrity in Health care.	
	3:00-3:30 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda 's role in shaping Modern Health diplomacy.	Prof. (Dr.) Pankaj Taneja	Search relevant context in Charak Samhita.	know significance of Charak Samhita in today 's scenario	
	3:30-4:00 PM	Mindfulness	Dr. Gunjan Sabarwal Followed by Mr. Kishan	Gentle breathing with gratitude feeling	promote ethical reflection and inner calmness	

Day – 10

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
	9:00-9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	build focus and cultural grounding	
	9:10-10:00 AM	Pride in becoming a Healer-Interactive session	Dr. Suresh Kumar	Discuss on different healing modalities.	know & to be proud of becoming a future healer of the society.	
	10:00-11:00 AM	Ayurveda Arogya Mitra Abhiyan Visit to camp	Followed by Prof. (Dr.) Parveen Goyal			
	11:00-11:30 AM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Dr. Vikas Chauhan	Alumni talk on clinical/research/entrepreneurs ' hip; Vision board creation	get motivated from role models; personal goal visualization. Ex. rasayana, integrative oncology.	

21 Nov 2025	11:30 AM– 12:00 PM	Integrative tradition with ambition: Goal setting in ayurveda education	Dr. Nazir KK	Write SMART goals for academic & professional life under the heading of vision for Vikasit Bharat 2047.	build competence in Ashtanga Ayurveda, setting milestones for learning and service.	Dr. Himani Goswami
Friday	12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandas or as annexed (Annexure – 2)	Mr. Ram Pratap Yadav	Chhandas chanting practice	have Aware of rhythmic patterns in Sanskrit shlokas	
	2:00–2:30 PM	Effective time management strategies: _Sankalpa to Siddhi_ – Time management for obtaining academic and clinical excellence.	Prof. (Dr.) Sandip V. Funde	Design a weekly planner for studies & personal time	have Skills to balance academics, practice, and self-care	
	2:30–3:00 PM	Ayurveda & personalized Medicine. Prakriti as a key to preventive and curative health.	Dr. Mohit	Self-Prakriti Assessment by seniors.	know concept of Prakriti pariksha as the original personalized Health Model, now validated by Genomics.	
	3:00–3:30 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Prof. (Dr.) Alka Tyagi	Share one personal goal set during the day	Increase self-awareness and commitment to personal growth towards transformation.	
	3:30–4:00 PM	Mindfulness	Mr. Kishan Singh	Guided breathing with focusing on goal visualization	Reinforce commitment and clarity in personal direction	

Day – 11

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	create a calm, focused start to the day	
	9:10–10:00 AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology,	Dr. Pragya Sharma	Discuss on Bhoot vidya of Astangas, ancient insights for modern minds.	know Triguna Concept in the context of present Modalities of stress management.	
	11:00– 11:30 AM	Applying Triguna theory for Emotional ntelligence, Stress management and Atmanirbharata	Dr. Usha Singh	Discussion on harmony of mind: Triguna insights for students	know triguna in today 's world: relevance of Satva, Raja, Tamas – ancient wisdom with modern day student life and society.	

22 Nov 2025 Saturday	11:30 AM– 12:00 PM	Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)	Dr. Nupur Shukla	Audio visual experience, discuss on personal and professional competencies expected for a student.	Discipline, Observation, Patience & leadership rooted in Dharma, adoptability, decision making, integrity.	Dr. Bhawana Joshi
	12:00–1:00 PM	वदतुसंस्कृतम् Shloka Recitation Practice or as annexed (Annexure – 2)	Mr. Ram Pratap Yadav	Group chanting session for accurate pronunciation	have better rhythm, clarity, and confidence in Sanskrit recitation	
	2:00–2:30 PM	Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations	Dr. Manoj Sharma	Discussion on Healing without barriers, disability awareness, inspiring students to be compassionate.	Have Awareness of patient challenges; improved empathy in care	
	2:30–3:00 PM	National Health Programmes & Role of Ayurveda.	Dr. Priyanka Bhardwaj	Make a calendar of National Health Programmes.	know National Health Programmes for active participation & to understanding role of Ayurveda.	
	3:00–3:30 PM	Reflection: —Empathy and Expression!	Dr. Sarojini Kuchanur	Group discussion on inclusivity in Ayurveda	encourage compassion, active listening, and cultural sensitivity	
	3:30–4:00 PM	Mindfulness	Mr. Kishan Singh	Observation of self/ meditation	Enhance awareness and compassion	

Day – 12

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
24 Nov 2025 Monday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	Create a calm, respectful start to the day	
	9:10–10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	Prof. (Dr.) Sandip Funde	discussion on Ayurvedic Principles of soil and plant health	Be familiar on sustainable agriculture and organic farming	
	10:00– 11:00 AM	What is the risk if technology overtakes human wisdom? Digital toxicity.	Dr. Robin Chaudhary	Check your college website and learning websites. Debate on different selected crisis and situation. (“No mobiles day”)	reinforce technology and AI just a tool but not as a replacement of human knowledge. appreciate the balance between timeless wisdom and emerging scientific tools.	
	11:00 AM– 12:00 PM	Ayurveda and Economics of Health: Ayurveda ‘s role in preventive healthcare, affordability and sustainable health economics.	Dr. Shubham Garg	Discussion on cost effective healthcare vs modern health economics. (SDG)	understand the relevance of Ayurveda in reducing healthcare burden. Orientation on Ayurveda in Health and Global Economy.	

	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar or as annexed (Annexure–2)	Mr. Ram Pratap Yadav	Noun declension game; Verb conjugation relay	improve recall and application of basic Sanskrit grammar rules	Dr. Amritha Aravind
	2:00–2:30 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Dr. Chippy Soman	Storyboard layout; Slide critique	be able to design logically structured and visually clear presentations	
	2:30–3:00 PM	Digital Literacy: Learning Management System (LMS) Orientation How Will LMS Help Your Academic Success?	Mr. Kushvindra	Login, navigation, uploading a sample assignment Group discussion	be able to use LMS for accessing resources and submitting work Encourages independent learning and responsible/judicious use of digital tools	
	3:00–3:30 PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Dr. Sonam Sharma	Discussion: sharing of key insights by students	be aware of personal addiction free lifestyle.	
	3:30–4:00 PM	Mindfulness	Mr. Kishan Singh	Guided breathing/ silent sitting awareness	enhance focus before ending the day	

Day – 13

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
25 Nov 2025 Tuesday	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	promote a mindful and focused start	Dr. Mohit
	9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Dr. Saba Naaz	Paragraph editing activity	understand of research writing structure, citations, and plagiarism avoidance	
	10:00–11:00 AM	Orientation on national tobacco control programme	Dr. Madhu Pathak	Discussion on tobacco cessation centers	get acquainted with tobacco deaddiction programme	
	11:00 AM–12:00 PM	Orientation on co- curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Dr. Manoj Sharma/ Dr. Tanuj	Discussion on students cliubs, associations, club activity	awareness on co-curricular opportunities for skill development.	
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice Session or as annexed (Annexure–	Mr. Ram Pratap Yadav	Storytelling in Sanskrit (simple phrases); Group recitation	improve spoken fluency and confidence in Sanskrit	

		2)				
	2:00–2:30 PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Dr. Manoj V. Yadav	Search for videos of proper pranayama, yoga, dyana.	know Patanjali yoga sutra for better health and better living.	
	2:30–3:00 PM	Swasthya, Satya, Seva: The ayurveda student 's commitment of self, society and world.	Dr. Sonia Tyagi	Discuss on social responsibility	maintain their own health, NCISM 's vision of Scientific excellence and compassion.	
	3:00–3:30 PM	Discussion on outreach activity of 14th day.	Prof. (Dr.) Parveen Goyal	Planning to visit nearby village.	know complete day outreach activity details.	
	3:30–4:00 PM	Mindfulness	Mr. Kishan Singh	Short gratitude-based meditation	End the day with focus and appreciation	

Day – 14

Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
26 Nov 2025 Wednesday	9:00 AM to 4:00 PM	—Jeevaneeyal (Ayurveda Arogya mitra Abhiyan) visit of nearby village/rural area	KC, PK Panchkarma Faculty & Followed by Prof. (Dr.) Parveen Goyal	Student outreach programme. - Rural house visits with questionnaire for interaction. (physical, mental, social, cultural conditions, health aspects, food and habits) One student has to visit one home/family and adopt to keep a follow-up of the family throughout his/her academic journey. Note: • Till completion of his/her studies one should adopt the family and serve as Ayurveda Arogya Mitra , for that home/family throughout the period. Language may not be any barrier at all.	Linking rural public to Ayurvedic concepts of health preservation.	Dr. Suresh Kumar

Day – 15

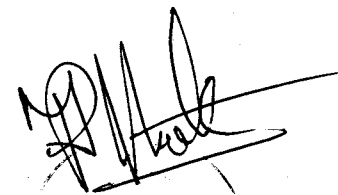
Date	Time	Topic for the Hour	Faculty Members	Activity	Expected Outcome	Anchoring + Photo + Social Media Reporting
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27 Nov 2025 Thursday	9:00 to 9:10 Am	Dhanvantari Prayer & Thought for the Day	Mr. Ram Pratap Yadav	Group recitation & reflection	set a mindful and respectful tone for the final day
	9:10 to 11:30AM	Talent show; the talent exhibition, talented students are to be identified and recorded. Such students are encouraged to participate in institutional activities and to participate in various events.		Performing Arts, Visual Arts, Literary & Intellectual Talents, Innovation & Technical Skills, Leadership & Management Talents	Identify individual interest and talents
	11:30 to 12:00 PM	Post-Test	Dr. Sarojini Kuchanur	Individual assessment	measure knowledge gained during the program
	12:10 to 4:00 PM	Feedback Collection	Prof. (Dr.) Rahul Sukhdev Bankar, Dr. Priyanka Bhardwaj	Written + oral feedback on programme content & delivery	provide actionable suggestions for improvement

Dr. Chippy Soman,
Dr. Shalu

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Prof. (Dr.) Jina Pattanaik
Vice Principal/ H
Head of Academic Committee
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