



# GS AYURVEDA MEDICAL COLLEGE AND HOSPITAL

## (GS UNIVERSITY)

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



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

## AYURPRAVESHika - TRANSITIONAL CURRICULUM

## BAMS FIRST PROFESSIONAL PROGRAM

11th to 27th November 2025

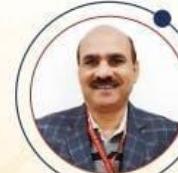


**PROF. VD. RABINARAYAN ACHARYA**

Director General,  
CCRAS, New Delhi



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



**PROF. (DR.) MAHESH VYAS**  
Dear, HOD, Dept. of Samhita Siddhanta  
AIA, Delhi



**DR. SURENDRA CHAUDHARY**  
President, Vishwa Ayurveda Parishad



**DR. RACHANA PANT**  
CMO, NFSG, GNCT, Delhi



**Chief Guest**



**DR. PRASHANT**  
Research Officer, CCRAS,  
HQ New Delhi



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



**DR. GAURAV PHULL**  
Dy. MS, CBPACS,  
Delhi



**DR. MEHK KUKREJA**  
Clinical Psychologist,  
IIIMS



**DR. SHIVA KUMAR HARTI**  
Professor, Dept. of Swasthavritta  
AIA, Delhi

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



# 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
- DMS Office
- Office Copy
- Notice Board





GS Ayurveda Medical  
College and Hospital

# GS AYURVEDA MEDICAL COLLEGE & HOSPITAL

N.H-9, Near Railway Station, Pilkhuwa,  
Dist.: Hapur (U.P.) -245304

## AYURPRAVESHika

### **Transitional Curriculum for BAMS (Batch 2025-26)**

#### **Detailed Schedule**

| <b>Day - 1</b>            |                   |  |   |  |   |  |
|---------------------------|-------------------|--|---|--|---|--|
| Date                      | Time              | Topic for the Hour                           | Faculty Members                                       | Activity   | Expected Outcome  | Anchoring + Photo + Social Media Reporting + Newspaper               |
| 11 Nov<br>2025<br>Tuesday | 9:00–10:00 AM     | Inaugural Ceremony & Dhanvantari Homa        | (Dr. Kiran Tamwar & Team)<br>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,<br>Dr. Pragya Sharma<br>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<br>President (BOA) (NCISM) |  |   |  |
|                           | 11:30-12:00 PM    | Lecture by Eminent Speaker                   | Dr. Surendra Chaudhary<br>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<br>Dean (AIIA)                |  |   |  |

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

## Day - 2

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

|                   |   |  |   |   |  |  |  |
|-------------------|---|--|---|---|--|--|--|
| 12 Nov<br>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 <sup>st</sup> 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<br>Dr. Atul Shankar Sarokte  |  |   |   |  |  |  |

### Day - 3

| Date | Time | Topic for the Hour | Faculty Members | Activity | Expected Outcome | Anchoring + Photo + Social Media Reporting |
|------|------|--------------------|-----------------|----------|------------------|--|
|      |      |                    |                 |          |                  |  |

|                         |                   |   |   |   |  |                |
|-------------------------|-------------------|---|---|---|--|----------------|
| 13 Nov 2025<br>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)?<br>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 – “ <i>How is Ayurveda’s vision of health unique?</i> ” / Quick quiz on ancient contributions in ancient medicine, Technology and Science etc. | Understand of Ayurveda ‘s holistic philosophy and its place in Indian heritage<br>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 | <b>Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadhi)</b>  | <b>Prof (Dr.) Shiva Kumar Harti AIIA</b>            | <b>Discussion on purpose of life and lifestyles</b>   | <b>know concepts of Pancha Maha Bhuta, Mana, Atma, and other relevant basic principles of Ayurveda</b>   |                |
|                         | 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<br>Friday | AM                    | Ayurveda<br>(M.D./M.S./Ph.D., Super specialty courses)  |  | Create career flowchart  |  |                  |
|                       | 10:00–<br>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–<br>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   | Dr. Nupur Shukla |
|                       | 11:00 AM–<br>12:00 PM | Lecture by Eminent Speaker  | Dr. Gaurav Phull<br>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<br>Clinical Psychologist | Fact searches on AYUSH and NCISM portals.<br>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                                    |                  |

|  |              |  |                     |   |   |  |
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|  | 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<br>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 Sanghran and Ashtang Haridaya   |   |  |
|                         | 12:10–1:00 PM     | वदतुसंस्कृतम्<br>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 yukties                              | 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 chatushpada               |  |

|              |  |                                  |  |   |  |  |
|--------------|--|----------------------------------|--|---|--|--|
|              |  | 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 | 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     | वद्युसंस्कृतम् 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 |
|---------------------|-------------------|---|---------------------------------------|---|--|--|
| 18 Nov 2025 Tuesday | 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. Swati Chauhan                          |
|                     | 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<br>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.<br>Gloves, masks, aprons, waste handling  | be able to perform correct hand hygiene procedure in clinical settings.<br>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;<br>Group discussion on age-based differences<br>Hands-on CPR practice | Understand correct CPR sequence and differences in technique as per age group.   |  |
|                     | 12:00–1:00 PM     | Inspirational talk by senior Vaidya/Professor about why ayurveda is                                 | Dr. Rachana Pant<br>Directorate of    | Question answer session/interaction   | inspire and motivate students to practice ayurveda for the benefit of society  |  |

|              |                      |  |   |                                    |  |  |
|--------------|----------------------|--|---|------------------------------------|--|--|
|              |                      | <b>more relevant than ever/my journey as an ayurvedic doctor</b>         | <b>Ayush</b>  |                                    |  |  |
| 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<br>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<br>Visit to camp  | Followed by Prof. (Dr.) Parveen Goyal |   |  |  |
|                          | 11:00–11:30 AM    | Ayurveda and Neuron mental science.<br>Role of Ritucharya and Dinacharya in climate adaptation. | Dr. Ghanshyam Vatsa                   | Discuss on herbal drinks according to ritus.<br>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<br>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.                        |  |

|                 |                |   |   |   |  |                   |
|-----------------|----------------|---|---|---|--|-------------------|
| <b>Thursday</b> | 11:30 AM       | 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 |
|                 | 12:00 PM       | वदतुसंस्कृतम्<br>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              |                   |
|                 | 12:10–1:00 PM  |   |   |   |  |                   |
|                 | 01:00–01:30 PM | <b>Lecture by Eminent Speaker</b>   | 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<br>Followed by Mr. Kishan   | Dr. Gunjan Sabarwal<br>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<br>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<br>Spoken Sanskrit: Introduction to Chandas or as annexed (Annexure – 2)                                     | Mr. Ram Pratap Yadav        | Chandas 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 intelligence, 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 | 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, discussion 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     | वद्युसंस्कृतम्<br>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 | 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<br>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<br>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<br>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/<br>Dr. Tanuj | Discussion on students clubs, associations, club activity   | awareness on co-curricular opportunities for skill development.               |  |
|                        | 12:10–1:00 PM     | वदतुसंस्कृतम्<br>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                             |  |

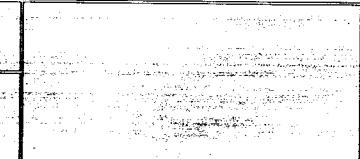
|              |   |                           |   |   |  |  |
|--------------|---|---------------------------|---|---|--|--|
|              |   | 2)                        |   |   |  |  |
| 2:00–2:30 PM | Basic understanding of Ashtanga yoga for physical and mental well-being.              | Dr. Manoj 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<br>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 | <p>Student outreach programme. - Rural house visits with questionnaire for interaction. (physical, mental, social, cultural conditions, health aspects, food and habits)</p> <p>One student has to visit one home/family and adopt to keep a follow-up of the family throughout his/her academic journey.</p> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>Till completion of his/her studies one should adopt the family and serve as <b>Ayurveda Arogya Mitra</b>, for that home/family throughout the period.</li> <li>Language may not be any barrier at all.</li> </ul> | <p>Linking rural public to Ayurvedic concepts of health preservation.</p> | Dr. Suresh Kumar                           |

### Day – 15

| Date | Time | Topic for the Hour | Faculty Members | Activity | Expected Outcome | Anchoring + Photo + Social Media Reporting |
|------|------|--------------------|-----------------|----------|------------------|--|
|------|------|--------------------|-----------------|----------|------------------|--|

|   |                          |  |   |   |   |  |
|---|--------------------------|--|---|---|---|--|
| <b>27 Nov<br/>2025</b><br><br><b>Thursday</b> | <b>9:00 to 9:10 Am</b>   | Dhanyavarti Prayer & Thought for the Day   | Mr. Ram Pratap Yadav                                    | Group recitation & reflection   | set a mindful and respectful tone for the final day | <br><br>Dr. Chippy Soman,<br>Dr. Shalu |
|   | <b>9:10 to 11:30AM</b>   | 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            |  |
|   | <b>11:30 to 12:00 PM</b> | Post-Test  | Dr. Sarojini Kuchanur                                   | Individual assessment   | measure knowledge gained during the program         |  |
|   | <b>12:10 to 4:00 PM</b>  | Feedback Collection  | Prof. (Dr.) Rahul Sukhdev Bankar, Dr. Priyanka Bhardwaj | Written + oral feedback on programme content & delivery   | provide actionable suggestions for improvement      |  |

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