

M.D AYURVEDIC COLLEGE AND HOSPITAL SIKANDRA AGRA

Ayurpraveshika Transitional Curriculum Report 2025 – 2026

DAY 1 - 03/11/2025 Monday		
TIME	TOPIC FOR THE HOUR	
9.00-9.45 AM	Inaugural Ceremony Lamp lighting, prayer chanting,	
9.45-10.30 AM	Valedictory Function	
10.45-11.30 AM	Introduction By Individual Students	
11.30-12.15 PM	Know Your College Timeline Creation – Students draw a visual timeline of the institution ‘s milestones	Dr Ayushi
12.15-1.00 PM	Pre-Test & Parent Interaction	
1.00-2.30 PM	LUNCH BREAK	
3.00-4.00 PM	Administrative works Hostel Allotment	

DAY 2 - 04/11/2025 Tuesday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanvantari Prayer	
9.10-9.45 AM	Introduction to Ayurveda and History	Dr Sreevidya G
9.45-10.30 AM	Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies	Dr Geethu Arumughan
BREAK		
10.45-11.30 AM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Dr Geethu Arumughan
11.30-12.15 PM	Reflection: —Ayurveda & Me	Dr Athira S Nair
12.15-1.00 PM	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Dr Nibin Sajan
LUNCH BREAK		
2.00-3.00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Dr Nayanathara
3.00-4.00 PM	Library Orientation- Library visit and digital	Rambrij Sharma (Librarian)

DAY 3 - 06/11/2025 Thursday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanvantari Prayer	
9.10-9.45 AM	Ayurveda and Yoga as India 's soft power diplomacy through wellness	Dr Geethu Arumughan
9.45-10.30 AM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy	Dr Nibin Sajan
BREAK		
10.45-11.30 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing.	Dr Rajiv Bhosekar
11.30-12.15 PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Dr Athri SS
12.15-1.00 PM	Concept of <u>Anand</u> 'the true goal of healing lessons from Taittarreeya Upanishad	Dr Rajiv Bhosekar
LUNCH BREAK		
2.00-3.00 PM	Introduction to Ashtanga Ayurveda	Dr Nayanathara
3.00-3.50 PM	Interdisciplinary exposure-Debate Ayurveda in various systems of medicine.	Dr Ayushi
3.50-4.00 PM	Mindfulness	

DAY 4 - 07/11/2025 Friday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanvantari Prayer	
9.10-9.45 AM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	Dr Mude Rajesh Naik
9.45-10.30 AM	Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D., Super specialty courses	Dr Rajiv Bhosekar
BREAK		
10.45-11.30 AM	वदतुसंस्कृतम् Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	Dr Shalini Verma
11.30-12.15 PM	Concept of Dosha, Dhatus, Mala in brief with application aspects. Concept reflection: “How is Tridosha seen in patients?”, Analogy building using daily life examples	Dr Nidhi
12.15-1.00 PM	Healing Hands and Compassionate Hearts: Reflection activity	Dr Nikita
LUNCH BREAK		
2.00-3.00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Dr Rajeev Agrawal
3.00-3.45 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Dr Geethu Arumughan
3.45-4.00 PM	Mindfulness	

DAY 5 - 08/11/2025 SATURDAY		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantari Prayer	
9.10-9.45 AM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurvedic field	Dr Rajiv Bhosekar
9.45-10.30 AM	Laghutrayee with elaboration of Ashtang Hridaya Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya	Dr Athri SS
BREAK		
10.45-11.30 AM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Dr Athri SS
11.30-12.15 PM	Who is good Vaidya (Charaka 's view) professional code of conduct/personal code of conduct	Dr Ayushi Gupta
12.15-1.00 PM	Sharir Kriya Orientation details of syllabus Pulse respiration assessment practice visit dept/lab, charts models etc.	Dr Devika K
LUNCH BREAK		
2.00-3.00 PM	Introduction to Bruhatrayi – Charaka, Sushruta, Vagbhata	Dr Nayanathara
3.00-4.00 PM	Sports activity followed by mindfulness	

DAY 6 - 10/11/2025 MONDAY		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantary Prayer	
9.10-9.45 AM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Dr Geethu Arumughan
9.45-10.30 AM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health)	Dr Sreejaya T K
BREAK		
10.45-11.30 AM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Dr Neha Mehra
11.30-12.15 PM	वदतुसंस्कृतम् Sanskrit Orientation – Basic Grammar or as annexed (Annexure – 2)	Dr Shalini Verma
12.15-1.00 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	Dr Rini P
LUNCH BREAK		
2.00-3.00 PM	Self-directed, self- motivated, learning skills and studying skills Self-studies strategies, library skills, time management	Dr Nibin Sajan
3.00-3.45 PM	Talent Show Practice	
3.45-4.00	Mindfulness	

DAY 7 - 11/11/2025 TUESDAY		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.15 AM	Dhanantari Prayer	
9.30-11.00 AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology	Dr Prasad Mamidi (Guest Speaker)
11.00-12.15 PM	Basic understanding of Ashtanga Yoga for physical and mental well being	Dr Kshama Gupta (Guest Speaker)
BREAK		
12.15-1.00 PM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants	Dr Nibin Sajan
LUNCH BREAK		
2.00-4.00 PM	Ayurvedic herbology, field visit, herbal garden	Dr Rajiv Bhosekar

DAY 8 - 12/11/2025 Wednesday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantari Prayer	
9.10-9.45 AM	Research awareness and evidence based ayurveda: Orientation	Dr Athira S Nair
9.45-10.30 AM	Hand Hygiene & Universal Precautions. Infection Control Measures WHO 7-step hand washing demo. Gloves, masks, aprons, waste handling	Dr Rashmi Bharti
BREAK		
10.45-11.30 AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	Dr Sreevidya G
11.30-12.15 PM	Environmental hygiene: Concept of Janapadadwamsall in ayurveda and its relevance to environmental hygiene	Dr Nikita
12.15-1.00 PM	वदतु संस्कृतम् Spoken Sanskrit: Common communicational Phrases in class or as annexed (Annexure – 2) Sanskrit basics focused on ayurvedic terminology and classical texts	Dr Shalini Verma
LUNCH BREAK		
2.00-3.00 PM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Dr Pooja P J
3.00-4.00 PM	e-samskara, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	Mr Vikas Mishra

DAY 9 - 13/11/2025 Thursday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-10.00 AM	Dhanwantary Prayer	
9.00-9.45 AM	Role of Artificial intelligence in Academics AI in education, diagnostic research	Dr Safeera K
9.45-10.30 AM	Nation building: Ayurveda as a pillar of India's Health security. Discussion: Ayurveda for Atma Nirbharata.	Dr Nibin Sajan
BREAK		
10.30-11.00 AM	Ayurveda and Neuron mental science. Role of Ritucharya and Dinacharya in climate adaptation.	Dr Rini
11.00-11.30 AM	Glory of Ayurveda in Global Health. Discussion on WHO GCTM (Global Centre for Traditional Medicine)	Dr Sukanya B S
11.30-12.15 PM	Ayurveda & Communication/ media studies Countering misinformation of Ayurveda.	Dr Pooja P J
12.15-1.00 PM	वद्युसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2) Group recitation; Shloka pronunciation drills	Dr Shalini Verma
LUNCH BREAK		
2.00-3.00 PM	Ayurveda ethics & Philosophy in context of Sadvritta. Refer & Discuss Sadvritta & Bioethics.	Dr Hukum singh
3.00-4.00 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy.	Dr Hukum Singh

DAY 10 - 14/11/2025 Friday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwanthary Prayer	
9.00-9.45 AM	A healer 's duty to health and environment, eco responsibility: Biomedical Waste Management Principles	Dr Nibin Sajan
9.45-10.30 AM	1. Integrative tradition with ambition: Goal setting in ayurveda education Write SMART goals for academic & professional life under the heading of vision for Vikasit Bharat 2047 2. Reflection: becoming a Vaidya, discovering my Path to Purpose Share one personal goal set	Dr Geethu Arumughan

	during the day	
BREAK		
10.30-11.00 AM	Effective time management strategies: „Sankalpa to Siddhi ‘ – Time management for obtaining academic and clinical excellence	Dr Shyam Chauhan
11.00-12.15 PM	1. Pride in becoming a Healer -Interactive session Discuss on different healing modalities. 2. Inspirational talk by senior Vaidya/Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Prof. Dr Pratima Devi
12.15-1.00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health. Self-Prakriti Assessment by seniors.	Dr Devika K
LUNCH BREAK		
2.00-3.30 PM	Learning from Seniors —Ask Me Anything! – Q&A with seniors; Interaction with senior students	
3.30-4.00 PM	Sports and mindfulness	

DAY 11 - 15/11/2025 Saturday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantary Prayer	
9.00-9.45 AM	National Health Programmes & Role of Ayurveda. Make a calendar of National Health Programmes.	Dr Manisha Raput
9.45-10.15 AM	Reflection: —Empathy and Expression! Group discussion on inclusivity in Ayurveda	Group Discussion
BREAK		
10.15-11.00 AM	Campus Orientation	
11.00-1.00 PM	1. Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata Discussion on harmony of mind: Triguna insights for students 2. Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations 3. Soft skills & Life skills in Ayurvedic context, building collaborative skills	Dr Athri SS
LUNCH BREAK		
2.00-3.00 PM	वदतुसंस्कृतम् Shloka Recitation Practice	Dr Shalini Verma
3.00-4.00 PM	Sports & Practice for Talent show	

DAY 12 - 17/11/2025 Monday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantary Prayer	
9.00-9.45 AM	Ayurveda and Agriculture	Dr Rajiv Bhosekar
9.45-10.30 AM	वद्वृसंस्कृतम् Sanskrit Practice: Interactive Grammar or as annexed (Annexure – 2)	Dr Shalini Verma
BREAK		
10.30-11.00 AM	What are the risk if technology overtakes human wisdom? Digital toxicity.	Dr Geethu Arumughan
11.00-12.00 PM	Digital Literacy: Learning Management System (LMS) Orientation —How Will LMS Help Your Academic Success?	Dr Uma Guest Lecture
12.00-12.30 PM	Ayurveda and Economics of Health: Ayurveda 's role in preventive healthcare, affordability and sustainable health economics.	Dr Geethu Arumughan
LUNCH BREAK		
2.00-3.00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Dr Anwar
3.00-4.00 PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Dr Anwar

DAY 13 - 18/11/2025 Tuesday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00-9.10 AM	Dhanwantary Prayer	
9.00-9.45 AM	Orientation on national tobacco control programme	Dr Anjali
9.45-10.30 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism Paragraph editing activity Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Dr Monisha M
BREAK		
10.45-11.30 AM	Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond pathogens	Dr Deepti Pandey
11.30-12.15 PM	वदत्संस्कृतम् Sanskrit Practice Session or as annexed (Annexure – 2) Storytelling in Sanskrit (simple phrases); Group recitation	Dr Shalini Verma
12.15-1.00 PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors) Discussion on students' clubs, associations, club activity	Dr Geethu
LUNCH BREAK		
2.00-3.00 PM	Computer Skills	Mr Rahul
3.00-4.00 PM	Discussion on outreach activity. Practice for Talent show	

DAY 14 - 19/11/2025 Wednesday		
TIME	TOPIC FOR THE HOUR	FACULTY
9.00 AM- 1.00 PM	Talent show; the talent exhibition,	
LUNCH BREAK		
2.00-3.00 PM	Talent show; the talent exhibition,	
3.00-4.00 PM	Post-Test Individual assessment Feedback Collection Written + oral feedback on programme content & delivery	Dr Geethu Arumughan

DAY 15 - 20/11/2025 Thursday		
TIME	TOPIC FOR THE HOUR	FACULTY
	Jeevaneeyall (Ayurveda Arogya mitra Abhiyan) visit of nearby village/rural area Visited Village Name: <u>Banke Biharpuram</u> <u>Sikandra Agra</u> Student outreach programme. - Rural house visits with questionnaire for interaction.	Dr Geethu Dr Nibin Dr Anwar Dr Rajiv Bhosekar

21/11/2025 Friday and 22/11/2025 Saturday		
Different Sports Matches conducted with senior Students		
1. Cricket 2. Badminton 3. Volleyball		

24/11/2025 Monday		
1. Shishyopanayana ceremony 2. Dhanwantary Homa 3. Valedictory Function 4. Transitional Curriculum Report Submission 5. Introducing Class Representatives 6. Unveiling Batch Name 7. Final address by Principal/Dean Group Photo Informal Interaction 8. Sharing future vision, felicitation, awards for assignments/projects		