Ayurpraveshika (आयुर्-प्रवेशिका)

"Transitional Curriculum for First Professional BAMS" (2026 batch)

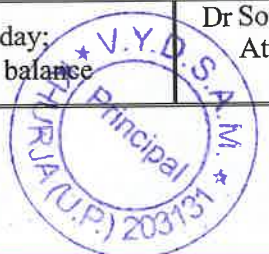
Core Team : Dr. A. K. Dwivedi, Dr. Bipin Bihari Keshari, Dr. Bhappil Sharma, Dr. Vandana Gupta, Dr. Kalyani Umate, Dr. Dimple, Dr. Sadhana Sharma

Day – 1 (16/11/2026, Monday)

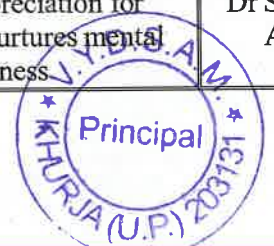
Time	Topic for the Hour	Activity	Expected Outcome	DR'S NAME
9:00–10:00AM	Inaugural Ceremony & Dhanvantari Homa	Lamp lighting, prayer chanting, Dhanvantari Shloka recitation	Feel welcomed, understand cultural importance of Lord Dhanvantari in Ayurveda, and develop a sense of belonging	TEAM VYDSAM
10:00–11:00 AM	Know Your College	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	The Principal
11:00 AM–12:00 PM	Learning from Seniors	—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	Dr. Konic, SPARK Stds & Seniors
BREAK: 10 mins				
12:10–1:00 PM	Pre-Test & Parent Interaction (Annexure – 1)	Google Form pre-test (30 questions); Parent–student guided Q&A	Get baseline knowledge assessment; mutual understanding of academic journey expectations	Dr, Bhappil & Dr. Varun
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Campus Orientation – Part 1	Campus visit- academic blocks/department visits/meet faculty of Rachana, Kriya & Samhita Encouraging observational learning	Be familiar with academic spaces; improved campus navigation	Dr. Sadhana & Dr. Varun
3:00–4:00 PM	Campus Orientation – Part 2	Photography in academic block, herbal garden, hospital, OPD/IPD, pharmacy, library etc.	Recognize the key campus facilities and their functions	Dr. Chhaya Gupta & Dr. Sivakumar B.
4:00–4:50 PM	Day Reflection: Icebreakers & Faculty Interaction	Group sharing, fun intro games	Feel comfort in interacting with peers and faculty; better integration into academic community	Dr. Kalyani Umate
4:50–5:00 PM	Mindfulness	Sitting in silence, Guided breathing & relaxation	Experience reduced stress, improved focus, and calm closure to the day	Dr Somitra Attri

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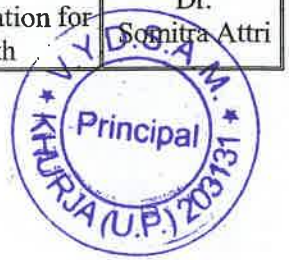
Day – 2 (17/11/2026, Tuesday)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Short group recitation and daily reflection	Build a positive mindset and strengthens connection to Ayurvedic traditions	TEAM VYDSAM
9:10–10:00 AM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Discuss on social responsibility	maintain their own health, NCISM's vision of Scientific excellence and compassion.	Dr A. K. Rai
10:00–11:00 AM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	know history of Ayurveda since Vedic period and its establishment on planet earth	Dr Priyanshu Chauhan
11:00 AM–12:00 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Share one personal goal set during the day	Increase self-awareness and commitment to personal growth towards transformation.	Prof B R Tripathi
BREAK: 10 mins				
12:10–1:00 PM	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	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	Dr Ashu & Dr. Yashsmita
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies.	Interactive introduction to Principal, Dean, Head of the Dept. and key staff Debate on —Why rules and discipline help learning‖	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	Dr.Bhappil Sharma
3:00–4:00 PM	Reflection: —Ayurveda & Me	Group circle discussion on why each student choose BAMS	Improve self-awareness, peer bonding and clarity of personal motivation	Dr Dimple
4:00–4:50 PM	Library Orientation	Library visit and digital resource search (PubMed, AYUSH portal)	Be Familiar with library facilities, catalogue search, classical text and online research Tools	Dr Nishant & Librarian
4:50–5:00 PM	Mindfulness	Short guided meditation/ Silent sitting	be Calm at the end of the day; improved focus and emotional balance	Dr Somitra Attri



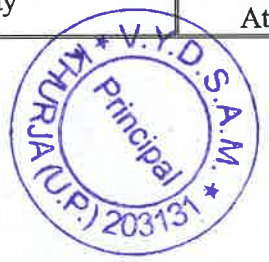
Day – 3 (18/11/2026, Wednesday)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Cultivate respect for tradition and sets a positive tone for learning	TEAM VYDSAM
9:10–10:00 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing.	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	Dr Kalyani
10:00–11:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	know 8 branches of Ayruveda with application of modern advancement	Dr Priyanshu Chauhan
11:00 AM–12:00 PM	Interdisciplinary exposure	Debate Ayurveda in various systems of medicine.	have knowledge of modern medical system and Indian Medical System	Dr Konic
BREAK -10mins				
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice Session or as annexed (Annexure – 2)	Storytelling in Sanskrit (simple phrases); Group recitation	improve spoken fluency and confidence in Sanskrit	Dr. G. P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Fact search on AYUSH and NCISM portals. World map pin-up activity – mark countries recognizing/practicing Ayurveda (online/ offline)	Understanding of Ayurveda's recognition, current scope, and institutions. Awareness of global opportunities and international acceptance of Ayurveda.	Dr Ekta
3:00–4:00 PM	Concept of _Anand' the true goal of healing lessons from Taittarreeya Upanishad.	Discussion on experimental feeling of actual happiness	understand actual meaning and feeling of Anand (Happiness) as per Upanishad	Dr. Rameshwar pandey
4:00–4:50 PM	Ayurveda and Yoga as India's soft power diplomacy through wellness	Group discussion on surprising or inspiring insights from IKS	encourage global perspective and pride in Ayurvedic and Yoga identity	Dr Somitra Attri
4:50–5:00 PM	Mindfulness	Gratitude practice, focusing on cultural heritage/Meditation	reinforce appreciation for tradition and nurtures mental calmness	Dr Somitra Attri



Day – 4 (19/11/2026, Thursday)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & brief reflection	Create a mindful start to the day, reinforcing Ayurveda's spiritual foundation	TEAM VYDSAM
9:10–10:00 AM	Concept of Dosha, Dhatu, Mala in brief with application aspects	Concept reflection: *"How is Tridosha seen in patients?"*; Analogy building using daily life examples	understand Ayurveda's unique diagnostic and therapeutic principles	Dr Hitesh Kaushik
10:00–11:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	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	Dr S. C. Mishra & Alumni Committee
11:00 AM–12:00 PM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurveda field.	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. Bipin Bihari
BREAK - 10mins				
12:10–1:00 PM	वदतुसंस्कृतम्	Group chanting session for accurate pronunciation	have better rhythm, clarity, and confidence in Sanskrit recitation	Dr. G. P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subs.	Subject puzzle (First Year); Timeline exercise marking academic milestones	be familiar with the competency-based curriculum and academic expectations	Dr Nishant
3:00–4:00 PM	A healer's duty to health and environment, eco responsibility:Biomedical Waste Management Principles	Color code game – match items to bins	be able to segregate biomedical waste as per safety norms	Dr. Yashsmita
4:00–4:50 PM	Healing Hands and Compassionate Hearts: Reflection activity	Group sharing on readiness for clinical responsibilities	encourage self-reflection and professional mindset	Dr Varun Tiwari & Dr Jyotsna
4:50–5:00 PM	Mindfulness	Guided meditation/ breathing with a focus on career visualization	enhance focus and motivation for professional growth	Dr. Somitra Attri



Day – 5 (20/11/2026, FRIDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	have positive tone and connects students to Ayurvedic tradition	TEAM VYDSAM
9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab, charts models etc.	be familiar with subject and department of Sharir Kriya	Dr Kalyani
10:00–11:00 AM	Ayurveda and Neuron mental science. Role of Ritucharya and Dinacharya in climate adaptation.	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	Dr. Priyanshu Chauhan
11:00 AM–12:00 PM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)	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.	Dr Vandana
BREAK - 10mins				
12:10–1:00 PM	**वदतुसंस्कृतम्** Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	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	Dr. G. P Tiwari
1:00–2:00 PM		**Lunch Break**		
2:00–3:00 PM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammaror as annexed (Annexure – 2)	Noun declension game; Verb conjugation relay	improve recall and application of basic Sanskrit grammar rules	Dr. G. P Tiwari
3:00–4:00 PM	Who is good Vaidya (Charaka's view) professional code of conduct/personal code of conduct	Discussion on modern challenges	have better understanding of Chikitsa chatushpada	Dr. Bipin Bihari
4:00–4:50 PM	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	Group sharing: Which Samhita do you resonate with most and why?	encourage personal connection with Ayurvedic heritage	Dr Priya Bhardwaj
4:50–5:00 PM	Mindfulness	Guided visualization with meditation on connecting with ancient Ayurvedic wisdom	promote respect for tradition and calm closure to the day	Dr. Somitra Attri



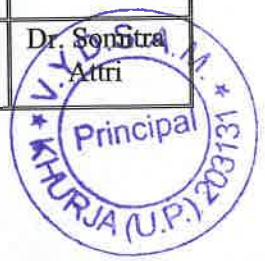
Day – 6 (21/11/2026, SATURDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	promote cultural grounding and mindful start to the day	TEAM VYDS
9:10–10:00 AM	Pride in becoming a Healer--Interactive session	Discuss on different healing modalities.	know & to be proud of becoming a future healer of the society.	Dr. Hitesh Kaushik
10:00–11:00 AM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy	Interactive quiz/discussion	have Awareness of the diversity of Indian health systems.	Dr. Shivani
11:00 AM–12:00 PM	Laghutrayee with elaboration of Ashtang Hridaya	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya	know the significance of Laghutrayee for better understanding of principles of ayurveda	Dr Priyanshu Chauhan
BREAK - 10mins				
12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation – Basic Grammar or as annexed (Annexure – 2)	Verb conjugation drill; Sanskrit sorting game	Be familiar with Sanskrit language	Dr. G. P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-day life	know better understanding of principles of Padartha Vigyana.	Dr. Varun Gupta
3:00–4:00 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	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.	Dr. Deeksha Singh
4:00–4:50 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy.	Search relevant context in Charak Samhita.	know significance of Charak Samhita in today's scenario	Dr. Bipin Bihari
4:50–5:00 PM	Mindfulness	Observation of Breath and body	Improve self-awareness and relaxation before closing the day	Dr. Somitra Attri



Day – 7 (23/11/2026, MONDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	promote a calm and focused start	TEAM VYDS
9:10–10:00 AM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Group discussion on Darshanas concepts	understand life and ideas to find truth and freedom	Dr. Konic Singh Chauhan
10:00–11:00 AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	First-aid simulations	ensure preparedness for clinical situations.	Dr. Ishan Parashar
11:00 AM–12:00 PM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Draw NCISM organizational tree; Rapid-fire quiz on functions/policies	understand of all regulatory bodies structure, roles, and regulatory importance	Dr. Unnikrishnan
BREAK - 10mins				
12:10–1:00 PM	Inspirational talk by senior Vaidya/Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Question answer session/interaction	inspire and motivate students to practice ayurveda for the benefit of society	Prof R K Panda
1:00–2:00 PM	**Lunch Break**			
2:00–5:00 PM	Half day field visit	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	Dr. Chandrashekhar & Dr. Shiva kumar B



Day – 8 (25/11/2026, WEDNESDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	create a mindful and focused start	**TEAM VYDSAM**
9:10–10:00 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	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.	Dr. Nitin Sharma
10:00– 11:00 AM	Research awareness and evidence based ayurveda: Orientation	Discussion on basics of research methodology and data interpretation, read a published paper	demonstrate and encourage evidence based ayurveda and research scope	Dr. Bipin Bihari
11:00 AM– 12:00 PM	Heritage in young hands: Youth as brand ambassadors of Ayurveda	Search for Start-ups, wellness industry on digital platforms.	know, How students can take Ayurveda to society And National & Global wellness industry.	Dr. Tanuja Bharti
BREAK - 10mins				
12:10–1:00 PM	**वदतुसंस्कृतम्** Spoken Sanskrit: Common communicational Phrases in class or as annexed (Annexure – 2)	Sanskrit basics focused on ayurvedic terminology and classical texts	be able to use basic Sanskrit terms in classroom, build linguistic foundation	Dr. G. P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Model charts, cadaver room, specimen organs	know overall details of the department and to be familiar with etiquettes	Dr Sadhana
3:00–4:00 PM	**e-samskara**, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	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.	Dr Ashu & Mr. Gaurav
4:00–4:50 PM	Environmental hygiene: Concept of —Janapadadwamsal in ayurveda and its relevance to environmental hygiene	Swachata abhiyana of surrounding environment, discussion on role of hygiene in professionalism	develop awareness of hygiene linked to health, health care and self-discipline.	Dr. Somitra Attri
4:50–5:00 PM	Mindfulness	Slow breathing aligned with gentle stretches	have Physical relaxation and mental clarity at the end of the day	Dr. Somitra Attri



Day – 9 (26/11/2026, THURSDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	promote focus and connection to tradition	TEAM VYDSAM
9:10–10:00 AM	Role of Artificial intelligence in Academics AI in education, diagnostic research	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.	Dr. Arjun
10:00–11:00 AM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Role-play: applying for leave, reporting grievances, library check-in	Feel Confident in handling administrative procedures independently	Dr. Girish Rai
11:00 AM–12:00 PM	Glory of Ayurveda in Global Health	Discussion on WHO GCTM (Global Centre for Traditional Medicine)	know How Ayurveda is recognized by WHO & practiced world wide	Dr. Jyotsna
BREAK - 10mins				
12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	Group recitation; Shloka pronunciation drills	be able to use basic Sanskrit terms in classroom, build linguistic foundation	Dr. G.P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Ayurveda & Communication/ media studies	Countering misinformation of Ayurveda.	understand role of Ayurveda in Public discourse & branding it at Global wellness industry.	Dr. Murari Sreenivasulu
3:00–4:00 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Refer & Discuss Sadvritta & Bioethics.	be familiar with Professional values Life ethics, Compassion & integrity in Health care.	Dr. M. Balaji
4:00–4:50 PM	Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond pathogens	Discuss on causative factors beyond pathogenic virus, bacteria and other organisms	Encourage linking traditional wisdom of positive factors of disease manifestation	Dr. Anjali Bharti
4:50–5:00 PM	Mindfulness	Gentle breathing with gratitude feeling	promote ethical reflection and inner calmness	Dr. Somitra Attri

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Day – 10 (27/11/2026, FRIDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	build focus and cultural grounding	TEAM VYDSAM
9:10–10:00 AM	Introduction to Bruhatrayi – Charaka, Sushruta, Vagbhata	Three-corner debate: Charaka vs. Sushruta vs. Vagbhata; Quote matching activity	Understand the contributions and specialties of each Samhita	Dr. Konic Singh Chauhan
10:00–11:00 AM	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.	build competence in Ashtanga Ayurveda, setting milestones for learning and service.	Dr. Ashu
11:00 AM–12:00 PM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Alumni talk on clinical/research/entrepreneurs hip; Vision board creation	get motivated from role models; personal goal visualization. Ex. rasayana, integrative oncology.	Dr. Vandana Gupta
BREAK – 10 mins				
12:10–1:00 PM	**वदतुसंस्कृतम्** Spoken Sanskrit: Introduction to Chhandas or as annexed (Annexure – 2)	Chhandas chanting practice	have Aware of rhythmic patterns in Sanskrit shlokas	Dr. G.P Tiwari
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Effective time management strategies: _Sankalpa to Siddhi' – Time management for obtaining academic and clinical excellence.	Design a weekly planner for studies & personal time	have Skills to balance academics, practice, and self-care	Dr. S. C. Mishra
3:00–4:00 PM	Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)	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. Priya Bharadwaj
4:00–4:50 PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Search for videos of proper pranayama, yoga, dyana.	know Patanjali yoga sutra for better health and better living.	Dr. Deeksha Singh
4:50–5:00 PM	Mindfulness	Guided breathing with focusing on goal visualization	Reinforce commitment and clarity in personal direction	Dr. Rameshwar Pandey

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Day – 11 (28/11/2026, SATURDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	create a calm, focused start to the day	TEAM VYDSAM
9:10–10:00 AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology,	Discuss on Bhoot vidya of Astangas, ancient insights for modern minds.	know Triguna Concept in the context of present Modalities of stress management.	Dr. Shikha Khokhar
10:00–11:00 AM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata	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.	Dr. Ekta Sharma
11:00 AM–12:00 PM	National Health Programmes & Role of Ayurveda.	Make a calendar of National Health Programmes.	know National Health Programmes for active participation & to understanding role of Ayurveda.	Dr.Deeksha
BREAK - 10mins				
12:10–1:00 PM	Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D., Super specialty courses	Watch videos/read short bios of MD/PhD professionals; Create career flowchart	have the understanding of postgraduate and research opportunities after BAMS	Dr Bhappil
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations	Discussion on Healing without barriers, disability awareness, inspiring students to be compassionate.	Have Awareness of patient challenges; improved empathy in care	Dr. Elizabeth john
3:00–4:00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Self-Prakriti Assessment by seniors.	know concept of Prakriti pariksha as the original personalized Health Model, now validated by Genomics.	Dr. Kalyani
4:00–4:50 PM	Reflection: —Empathy and Expression‖	Group discussion on inclusivity in Ayurveda	encourage compassion, active listening, and cultural sensitivity	Dr. Unnikrishnan
4:50–5:00 PM	Mindfulness	Observation of self/ meditation	Enhance awareness and compassion	Dr Somitra Attri



Day – 12 (30/11/2026, MONDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Create a calm, respectful start to the day	TEAM VYDSAM
9:10–10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health	Be familiar on sustainable agriculture and organic farming	Dr. Yogita
10:00–11:00 AM	What are the risk if technology overtakes human wisdom? Digital toxicity.	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.	Dr. Arjun
11:00 AM–12:00 PM	Ayurveda and Economics of Health: Ayurveda's role in preventive healthcare, affordability and sustainable health economics.	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.	Dr.Tanu Choudhary
BREAK - 10mins				
12:10–1:00 PM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health	Search for activities of National Ayush Mission	understand broader societal roles of Ayurveda professionals	Dr. Shikha Nayak
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Storyboard layout; Slide critique	be able to design logically structured and visually clear presentations	Dr Shikha Nayak
3:00–4:00 PM	Digital Literacy: Learning Management System (LMS) Orientation—How Will LMS Help Your Academic Success?‖	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	Dr.Yashmita
4:00–4:50 PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Discussion: sharing of key insights by students	be aware of personal addiction free lifestyle.	Dr.Saumya
4:50–5:00 PM	Mindfulness	Guided breathing/ silent sitting awareness	enhance focus before ending the day	Dr.Somitra Attri

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Day – 13 (01/12/2026, TUESDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	promote a mindful and focused start	TEAM VYDSAM
9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Paragraph editing activity	understand of research writing structure, citations, and plagiarism avoidance	Dr.Varun
10:00–11:00 AM	Orientation on national tobacco control programme	Discussion on tobacco cessation centers	get acquainted with tobacco deaddiction programme	Dr.Nishant
11:00 AM–12:00 PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Discussion on students cliubs, associations, club activity	awareness on co-curricular opportunities for skill development.	Dr. Maneri Balaji & Dr Reetu Vashisht
BREAK – 10 mins				
12:10–1:00 PM	Self-directed, self- motivated, learning skills and studying skills	Self-studies strategies, library skills, time management	empower students to learn effectively efficiently/skillfully	Dr. Nilesh Dalvi
1:00–2:00 PM	**Lunch Break**			
2:00–3:00 PM	Nation building: Ayurveda as a pillar of India's Health security.	Discussion: Ayurveda for Atma Nirbharata.	know the Contribution of Ayurveda & Ayush integration in National Health Policy.	Dr. Nilesh
3:00–4:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Discussion on purpose of life and lifestyles	know concepts of Panchamahabhuta, Mana, Atma, and other relevant basic principles of Ayruveda	Dr. Konic Singh Chauhan
4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	know complete day outreach activity details.	Dr, Somitra Attri
4:50–5:00 PM	Mindfulness	Short gratitude-based meditation	End the day with focus and appreciation	Dr, Somitra Attri

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Day – 14 (02/12/2026, WEDNESDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00 AM– 5:00 PM	"Jeevaneeyal" (Ayurveda Arogya mitra Abhiyan) visit of nearby village / rural area	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.	Swasthawritta Department and team

Day – 15 (03/12/2025, THURSDAY)				
Time	**Topic for the Hour**	**Activity**	**Expected Outcome**	**DR'S NAME**
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	set a mindful and respectful tone for the final day	TEAM VYDSAM
9:10–11:30 AM	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	Dr.Kalyani & team
11:30 AM – 12:00PM	Post-Test	Individual assessment	measure knowledge gained during the programme	Dr Bhappil & Dr Varun
BREAK - 10mins				
12:10–1:00 PM	Feedback Collection	Written + oral feedback on programme content & delivery	provide actionable suggestions for improvement	The Principal & VYDSAM TEAM
1:00–2:00 PM		**Lunch Break**		
2:00–4:00 PM	Reflection on Mindfulness	Gratitude reflection for the entire programme	encourage closure with positivity and purpose	Dr. Sadhana & Dr Mukesh
4:00–5:00 PM	Valedictory Function	Sharing future vision, felicitation, awards for assignments/projects Final address by Principal/Dean Group Photo Informal Interaction	encourage pride and motivation to excel in BAMS journey Recognize student participation and achievements	TEAM VYDSAM

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14.11.2026