



Transitional Curriculum Coordinators 2025-26

LIST OF COORDINATORS

S.NO	Name	Designation & Department
1.	Dr. Avinash Wade	Associate Professor – Rog Nidana
2.	Dr. Sapna Thakur	Assistant Professor – Kayachikitsa
3.	Dr. Harshal Patel	Assistant Professor – Panchakarma
4.	Dr. Monika Prajapati	Assistant Professor – RSBK
5.	Dr. Yesha Soni	Assistant Professor – PTSR
6.	Dr. Athira	Assistant Professor – Swasthavritta

PRINCIPAL

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WELCOME TO TRANSITIONAL CURRICULUM (AYURPRAVESHKA) 2025-2026

Report of Day-1 (02/12/2025)

As per the guidelines of the National Commission for Indian System of Medicine (NCISM), the Transitional Curriculum for First Professional BAMS students was successfully initiated at **Nootan Ayurvedic College and Research Center.SPU**. The first day of the program was systematically planned to orient newly admitted students towards the academic, professional, and ethical foundations of Ayurveda education.

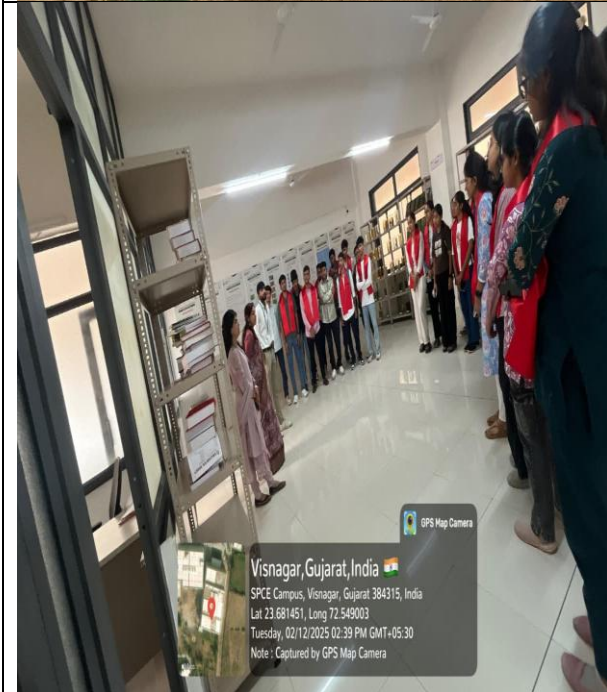
- The program commenced with an **Inaugural Ceremony**, invoking the blessings of **Lord Dhanvantari** through a **Dhanvantari Homa**, symbolizing the beginning of students' journey in Ayurvedic education with spiritual sanctity and traditional values. This was followed by the **ShishyopanayanaSanskara**, wherein all newly admitted students were ceremonially welcomed by tying a **sutra** by the respected faculty members, signifying the sacred teacher–disciple relationship and commitment towards disciplined learning.
- Following the inaugural rituals, an **interactive session** with faculty members and senior students was arranged from 11:30 AM to 12:00 PM. This session helped new students to familiarize themselves with the academic environment, teaching faculty, and seniors, creating a friendly and supportive atmosphere.
- Subsequently, a Pre-Test was conducted to assess the baseline knowledge of students, which will assist in planning future academic interventions. Thereafter, a Parent–Faculty Interaction was organized from 12:15 PM to 12:45 PM, during which parents were informed about the curriculum structure, academic expectations, institutional discipline, and support systems available for students.
- **At 12:45 Charak Oath was taken** . A lunch arrangement was made for all students and parents, ensuring their comfort and hospitality.
- In the afternoon session, an **Orientation of the Campus of Nootan Ayurvedic College and Research Center** was conducted from 2:00 PM to 3:00 PM, during which students were introduced to various departments, hospital facilities, laboratories, library, herbal garden, and other institutional infrastructure.
- From **3:00 PM to 3:45 PM, a Day Reflection Session was organized**. Students actively shared their experiences of the inaugural program and campus visit.

The day concluded with a Mindfulness Session conducted by the faculty of the Department of Swasthavritta from 3:45 PM to 4:00 PM, aiming to enhance mental well-being, focus, and emotional balance among the students.







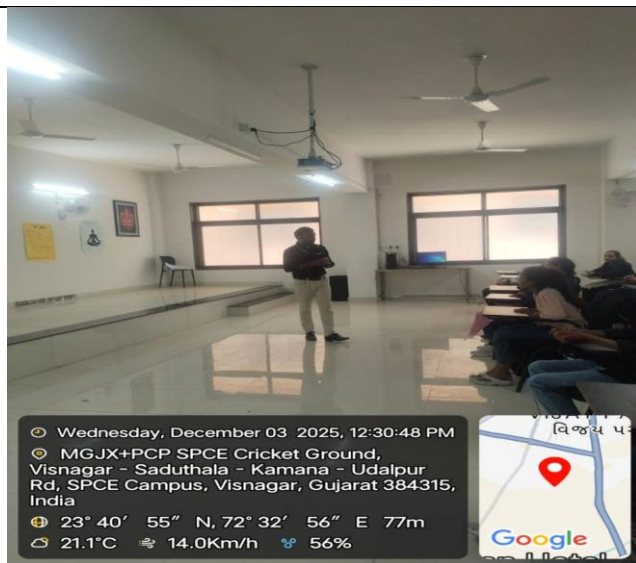
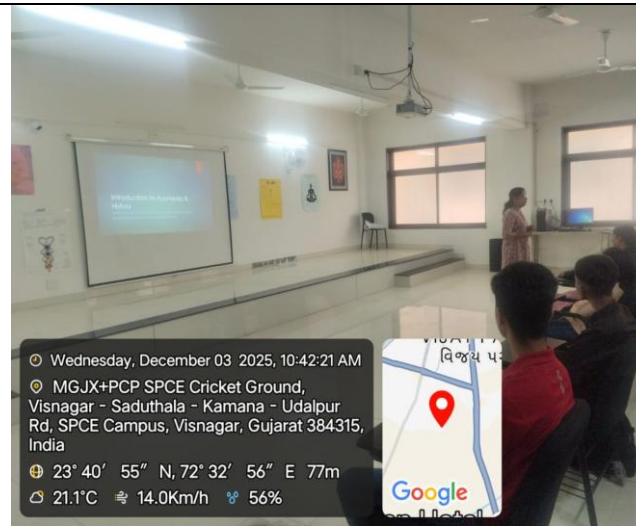




Day - 2(03/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic of the hour	Expert	Summary
9:10 am- 10:00 am	Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies.	Dr.Smitha Mam	The lecture covered the college's administrative structure, explaining the roles and responsibilities of key authorities on campus. It also outlined the campus rules and regulations, including expectations for general conduct, discipline, and respectful behavior. Students were informed about college timings, attendance requirements, and the importance of following campus policies. The dress code guidelines were explained to promote professionalism and uniformity.
10:00 am- 11:00 am	Introduction to Ayurveda and Histor	Dr.Nisha E.B	Session included the vital information about Ayurveda, different kind of vedas and Ayurveda avataran from different sampraday.
11:00 am- 12:00 pm	Administrative Procedures: Leave applications, attendance policies, and fee payments	Mrs.Palak Patel	The session included role play about applying for leave, reporting grievances, library check-in and fee payment
12:10 pm- 01:00 pm	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Dr.Pragalbha MR	The session focused on student safety and promoting a ragging-free campus. It highlighted ways to seek help, explained the student grievance redressal mechanism, and included simulations of anti-ragging scenarios.
02:00 pm- 03:00 pm	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Dr.Sagar	The session included Ayurveda's basic principles and discuss purpose of life and lifestyles.
03:00 pm- 04:00 pm	Library Orientation	Patel Deenaben	The session included information about Library visit and digital resource search (PubMed, AYUSH portal)
04:00 pm- 05:00 pm	Reflection: —Ayurveda & Me Mindfulness	Dr.YeshaSoni	This lecture included discussion on why every student choose BAMS, there was solution of every query as to what is the future of BAMS students and how they can out shine.It also included meditation and silent sitting.



Day-3(Date-04/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Title of the Hour	Expert	Summary
9:10 am- 10:00 am	वदतुसंस्कृतम् Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	Dr.Alpa	It focused on introducing VadatuSaṃskṛtam through a basic orientation to Sanskrit. It covered the fundamentals of the Sanskrit alphabet , with emphasis on correct pronunciation of vowels and consonants. A writing drill in Devanagari script helped learners practice letter formation. The session also included didactic video support and chanting of selected Ayurvedic ślokas from classical texts such as AṣṭāṅgaHṛdaya and Caraka Saṃhitā , helping students connect Sanskrit language learning with Ayurvedic literature.
10:00 am- 11:00 am	Introduction to Ashtanga Ayurveda	Dr Kalyani Bhosane	The session introduced Ashtanga Ayurveda, with an explanation of its eight branches. It included sloka recitation highlighting the foundational principles of Ayurveda.
11:00 am- 12:00 pm	Sharir Kriya Orientation details of syllabus	Dr Kalyani Bhosane	The session provided an orientation to the Sharir Kriya syllabus, along with practical exposure to pulse and respiration assessment. Students visited the department and laboratory to observe charts, models, and other learning resources.
12:10 pm- 01:00 pm	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	Dr. Dharmendra Patel	This reflective session, “ <i>My Roots in Ayurveda</i> ,” guided participants to explore their personal motivations for choosing Ayurveda as a path of study and practice. Through introspection and group sharing, participants connected their individual journeys with classical Ayurvedic wisdom by reflecting on which Samhita they resonate with most and the reasons behind that connection. the session fostered self-awareness, peer learning, and a deeper appreciation of Ayurveda’s foundational texts and their relevance to personal and professional identity.
02:00 pm- 03:00 pm	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects	Dr.Nisha E.B	The session provided an overview of the BAMS curriculum, with an introduction to the competency-based approach and the First Professional BAMS syllabus. Interactive activities like a subject puzzle and timeline exercise helped students understand academic milestones.

03:00 pm- 04:00 pm	Environmental hygiene: Concept of —Janapadadwamsa in ayurveda and its relevance to environmental hygiene	Dr. Parul Mam	The session covered the concept of environmental hygiene with reference to <i>Janapadadwamsa</i> in Ayurveda and its relevance today. It included a Swachhata Abhiyan of the surrounding environment and a discussion on the role of hygiene in professional practice.
04:00 pm- 05:00 pm	Ayurveda and Yoga as India's soft power diplomacy through wellness Mindfulness	Mrs. Kinjal	The session explored Ayurveda and Yoga as tools of India's soft power through wellness. Students participated in group discussions on inspiring insights from Indian Knowledge Systems (IKS). The session concluded with mindfulness and gratitude practices, emphasizing cultural heritage and meditation.





Day 4 - (05/12/2025)

The lectures and academic activities scheduled for the day are detailed below

Time	Expert	Title of the session	Summary
9:10 am-10:00 am	Dr. Meenakshi Manarekar	Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D. , Super specialty courses	This session focused on higher education and advanced career pathways in Ayurveda, including M.D., M.S., Ph.D., and super-specialty options. participants explored real-life academic and professional journeys through videos and short bios of MD and PhD professionals. The session concluded with a hands-on activity where participants created personalized career flowcharts, helping them visualize and plan their future academic and professional progression in the field of Ayurveda.
10:00 am-11:00 am	Dr Harshal Patel	Laghutrayee with elaboration of Ashtang Hridaya	This academic session introduced the Laghutrayee with a focused elaboration on Ashtang Hridaya . Facilitated by Dr. Harshal Patel , the discussion highlighted the structure, significance, and clinical relevance of Ashtang Hridaya within classical Ayurvedic literature. The session also examined the key differences between Ashtang Sangrah and Ashtang Hridaya , helping participants gain clarity on their authorship, style, depth, and practical application. Overall, the session strengthened foundational understanding of core Ayurvedic texts and their distinct roles in learning and practice.
11:00 am-12:00 pm	Dr Bhushan Bairagi	Indian philosophical system- Overview of darshanas linking to Ayurveda, Sankhya, Nyay, Vaisheshika	Dr. Bhushan Bairagi explained how Indian philosophical systems (<i>darshanas</i>) underpin Ayurveda. Sāṅkhya provides the framework of <i>Purusha</i> (consciousness) and <i>Prakriti</i> (matter) with the <i>gunas</i> shaping health; Nyāya contributes logical methods (<i>pramāṇas</i>) for diagnosis; and Vaiśeṣika offers categories of reality (<i>padarthas</i>) that align with Ayurvedic elements. Together, these philosophies give Ayurveda its metaphysical, logical, and scientific foundation, linking theory with medical practice.



12:00 pm- 01:00 pm	Dr. Lalit Meena	Concept of Dosha, Dhatu, Mala in brief with application aspects	This session provided a concise overview of the core Ayurvedic concepts of Dosha, Dhatu, and Mala , with emphasis on their clinical and practical applications . Participants reflected on how Tridosha manifests in patients and engaged in analogy-building activities using everyday life examples to simplify and internalize these concepts. The interactive approach helped bridge classical theory with real-world observation, strengthening foundational understanding essential for Ayurvedic diagnosis and practice.
02:00 pm- 03:00 pm	Dr. Poona Nath Chouhan	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of ayurveda field	This session highlighted Ayurveda beyond clinical practice , focusing on capacity building and entrepreneurship development within the Ayurvedic field. Led by Dr. Poona Nath Chouhan , participants were introduced to entrepreneurial initiatives and innovation-driven activities conducted by the Research Innovation and Entrepreneurship Development Cell (RIEDC) of the college. Through the visit and discussions, students gained exposure to how research, innovation, and entrepreneurship can create alternative and impactful career pathways in Ayurveda.
03:00 pm- 04:00 pm	Dr. Pragalbha	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes	This orientation session introduced the fundamental concepts of Rachana Sharir , along with an overview of the syllabus and essential cadaver room etiquettes . Conducted by Dr. Pragalbha , the session familiarized students with learning resources such as model charts, specimen organs, and the cadaver room , helping them understand the importance of discipline, respect, and safety in anatomical studies. The session set a strong foundation for systematic and ethical learning of Ayurvedic anatomy.
04:00 pm- 05:00 pm	Dr. Rashmi Jain	Introduction to Bruhatrayi – Charaka, Sushruta, Vagbhata	This session provided an introduction to the Bruhatrayi—Charaka, Sushruta, and Vagbhata —highlighting their unique contributions to Ayurvedic science. Led by Dr. Rashmi Jain , the session featured an engaging three-corner debate comparing the perspectives of Charaka, Sushruta, and Vagbhata, encouraging critical thinking and deeper textual



			<p>understanding. A quote-matching activity further helped participants connect key teachings with their respective Acharyas, making the learning interactive and memorable.</p>
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Date-06/12/2025-Day 5

The lectures and academic activities scheduled for the day are detailed below.



Time	Expert	Title of the session	Summary
9:10 am- 10:00 am	Dr Poonanath Chouhan	Research awareness and evidence based ayurveda: Orientation	This session introduced the concept of research awareness and evidence-based Ayurveda. It provided an orientation to the fundamentals of research methodology and basic data interpretation, along with guided reading and discussion of a published research paper. The session was conducted by Dr. Poona Nath Chouhan .
10:00 am- 11:00 am	Mr. Vinod	Concept of ‘Anand’ the true goal of healing lessons from Taittarreya Upanishad.	The session focused on the concept of Anand as the ultimate goal of healing, based on teachings from the <i>Taittiriya Upanishad</i> , with a discussion on experiencing and understanding true happiness in practice.
11:00 am- 12:00 pm	Dr Chandni	Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond pathogens	This session explained Ayurvedic pathology through the Nidana Panchaka framework, emphasizing the understanding of disease beyond pathogens. It included discussion on causative factors other than viruses, bacteria, and other microorganisms.
12:00 pm- 01:00 pm	Dr. Prateek Gheewala	What is Indian knowledge system (IKS)? Overview: Orientation Lecture on vision of reality, Holistic view of human wellbeing.	This session introduced the Indian Knowledge System (IKS) , presenting an overview of its vision of reality and a holistic perspective on human wellbeing. It highlighted Ayurveda’s unique understanding of health and included a quick quiz on ancient Indian contributions to medicine, technology, and science.



02:00 pm- 03:00 pm	Dr. Shreejith sir	Who is good Vaidya (Charaka's view) professional code of conduct/personal code of conduct	This session discussed the concept of a good Vaidya as described by Charaka , focusing on professional and personal codes of conduct. It also addressed modern challenges faced by practitioners in applying these ethical principles in contemporary practice.
03:00 pm- 04:00 pm	Dr. Namdev sir	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	This reflective session encouraged participants to explore their personal motivations for choosing Ayurveda and their roots in the tradition. Through group sharing, participants discussed which Ayurvedic Samhita they resonated with most and the reasons behind their connection.
04:00 pm- 05:00 pm	Dr Namdev sir	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship Mindfulness	This session explored the diverse career opportunities available after BAMS , including clinical practice, wellness centers, Panchakarma units, government Ayurvedic dispensaries, and entrepreneurship. Through an alumni talk (live or recorded), participants gained practical insights into real-world career paths and professional experiences. The interactive role-exploration activity, " <i>If I were a...</i> ", encouraged participants to envision themselves in different professional roles, helping them broaden their perspective and make informed career choices within the field of Ayurveda. Meditation was done at end of session.







DAY-6 (08/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic For The Hour	Expert Name	Summary
9:00-9:10AM	Dhanvantari Prayer & Thought for the Day		
9:10-10:00AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Dr..Poonanath Chouhan	<p>Academic Writing session by Dr. Poonam Chouhan introduces scientific writing fundamentals and plagiarism prevention.</p> <p>Scientific writing structures research via IMRaD (Introduction, Methods, Results, Discussion), with intros hooking readers, contextualizing gaps, and stating hypotheses concisely.</p> <p>Plagiarism—using others' work without credit—harms integrity; avoid via paraphrasing, quoting, and citations (e.g., APA/Vancouver).</p> <p>Ethical practices ensure originality, using tools like Turnitin for checks, fostering credible academic communication.</p>
10:00-11:00AM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Dr Mamta Sarda	Dr. Mamta Sarda's session explores "Swasthya, Satya, Seva" as core commitments for Ayurveda students, emphasizing health (Swasthya), truth (Satya), and service (Seva)
11:00-12:00PM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Dr Shreyansh	This session overviews the key regulatory bodies in Ayurveda, including NCISM, universities, Directorate of AYUSH, and State ISM Councils, highlighting their roles in education standards, professional regulation, and integration of Ayurveda into public health.
12:10-1:00PM	वदतुसंस्कृतम् Sanskrit Orientation – Basic Grammar	Dr. Alpa	This session introduces basic Sanskrit grammar and technical terms to help students read and



			interpret classical Ayurvedic texts, enhancing comprehension of foundational works like Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya.
LUNCH BREAK			
2:00-3:00PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	Dr. Athira	Expert explained that healthy diets emphasize whole foods like fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting sugars, sodium, and processed items. The nutritional plate model (e.g., Healthy Eating Plate or MyPlate) divides meals as: half fruits/vegetables, quarter whole grains, quarter proteins, with water or unsweetened drinks.
3:00-4:00PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Dr Durgalal	This session explains Ayurveda's approach to de-addiction, emphasizing Satvavajaya Chikitsa for mental control and Rasayana therapy for physical and mental rejuvenation, supporting holistic recovery and long-term well-being.
4:00-4:50PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities	Dr Chandani	Dr. Chandani's session (4:00-4:50 PM) examines Ayurveda's scope, covering its robust current status in India with legal recognition via the AYUSH Ministry, over 500 colleges, and integration into national healthcare.
4:50-5:00PM	Mindfulness	Dr Chandani	





DAY-7 (09/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic For The Hour	Expert Name	Summary
9:00-9:10AM	Dhanvantari Prayer & Thought for the Day		
9:10-10:00AM	Self-directed, self- motivated, learning skills and studying skills	Dr. Sanjay Soni	This session focuses on developing self-directed learning skills, including goal setting, time management, study planning, and effective use of resources. It also promotes self-assessment and reflection to foster lifelong learning and academic growth in Ayurveda education.
10:00-11:00AM	First-aid simulations	Dr. Prakash	The lecture on First-Aid Simulations focused on practical training through simulated emergency scenarios. It emphasized the application of basic first-aid principles, rapid assessment, decision-making, and appropriate response techniques to manage common medical emergencies effectively and safely.
11:00-12:00PM	Role-play conscious/unconscious choking scenarios Watch CPR demo video; Group discussion on age- based differences Hands-on CPR practice	Dr. Prakash	The lecture on Role-Play and CPR Training covered conscious and unconscious choking scenarios through role-play exercises. Participants watched CPR demonstration videos, engaged in group discussions on age-based differences in resuscitation, and practiced hands-on CPR techniques. The session aimed to enhance students' practical skills, confidence, and ability to respond effectively in real-life emergencies.
12:10-1:00PM	Inspirational talk by senior Vaidya/Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Dr. Mukesh Patel	The lecture featured an inspirational talk by a senior Vaidya/Professor highlighting the enduring relevance of Ayurveda in modern healthcare.



			The speaker shared personal experiences and insights from their journey as an Ayurvedic doctor, emphasizing the value of holistic medicine, patient-centered care, and the integration of traditional knowledge with contemporary practices to address today's health challenges.
LUNCH BREAK			
2:00-5:00PM	Half day field visit	Dr Drakshayani PICS	The visit to the university, herbal garden, and simulation lab provided students with comprehensive exposure to academic and practical aspects of Ayurveda. Students observed medicinal plant cultivation, explored laboratory and simulation facilities, and gained hands-on understanding of clinical procedures, research practices, and experiential learning opportunities within the university environment.







DAY-8 (10/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic For The Hour	Expert Name	Summary
9:00-9:10AM	Dhanvantari Prayer &Thought for the Day		
9:10-10:00AM	Ayurveda and Neuron mental science. Role of Ritucharya and Dinacharya in climate adaptation.	Dr Drakshayani	The lecture focused on Ayurveda and Neuron Mental Science, highlighting the integrative approach of Ayurveda in understanding mind-brain functions and mental health. It emphasized the role of mind-body balance, cognitive regulation, and lifestyle practices in maintaining mental well-being. The session also covered the role of Ritucharya and Dinacharya in climate adaptation, explaining how seasonal and daily regimens help the body adjust to environmental changes, maintain doshic balance, enhance immunity, and prevent lifestyle- and season-related disorders.
10:00-11:00AM	Hand Hygiene & Universal Precautions. Infection Control Measures	Dr Avinash	The lecture on Hand Hygiene and Universal Precautions covered essential practices to prevent healthcare-associated infections. It emphasized proper handwashing techniques, use of personal protective equipment, and adherence to universal precautions. The session also highlighted infection control measures, including sterilization, waste management, and safe handling of patients, to ensure a hygienic and safe clinical environment.
11:00-12:00PM	Heritage in young hands: Youth as brand ambassadors of Ayurveda	Dr Monika	The lecture on “Heritage in Young Hands: Youth as Brand Ambassadors of Ayurveda” emphasized the role of young practitioners and students in promoting Ayurvedic knowledge and practices. It



			highlighted ways to preserve and propagate traditional heritage, engage communities, and foster awareness about Ayurveda's relevance, encouraging students to act as informed ambassadors for holistic health and wellness.
12:10-1:00PM	वदतुसंस्कृतम् SpokenSanskrit: Common communicational Phrases in class or as annexed (Annexure – 2)	Mrs. Alpa	The lecture on <i>VadatuSamskritam: Spoken Sanskrit</i> focused on common communicational phrases used in the classroom and practical settings. It aimed to enhance students' conversational skills in Sanskrit, promote usage of traditional language in daily academic interactions, and strengthen their understanding of classical terminology relevant to Ayurveda (as per Annexure–2).
2:00-3:00PM	Soft skills & Life skills inAyurvedic context, building collaborative skills (Communication & empathy-based care)	Dr Lalit Meena	<p>Communication Skills</p> <p>Clear, truthful speech (Satya) prevents misunderstandings; active listening tunes into patient Prakriti. Non-verbal cues via touch and observation strengthen doctor-patient bonds in consultations.</p> <p>Empathy-Based Care</p> <p>Empathy views patients as unique Dosha-Vata-Pitta-Kapha individuals, reducing barriers like fear. Role-playing scenarios teach compassionate responses, inspiring collaborative care with families and peers.</p>
3:00-4:00PM	e-samskara, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	Mr Hemant Patel	The lecture on “E-Samskara: Building Digital Competence” focused on developing basic computer skills essential for academic and professional work. It covered practical training in MS Word, Excel, PowerPoint, and the use of AI tools, aiming to enhance

			students' efficiency, digital literacy, and ability to integrate technology effectively in research, presentations, and documentation.
4:00-4:50PM	Interdisciplinary exposure Mindfulness	Dr Gayathri	The lecture on Interdisciplinary Exposure and Mindfulness combined insights into collaborative healthcare learning with techniques for mental well-being. It highlighted the integration of Ayurveda with other disciplines to enhance patient care and research, while emphasizing mindfulness practices such as meditation and conscious awareness to improve focus, emotional regulation, and overall mental and physical wellness.
4:50-5:00PM			





DAY-9 (11/12/2025)

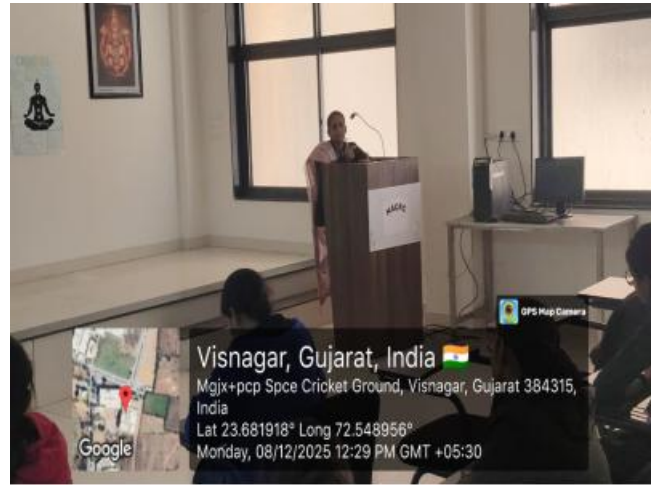
The lectures and academic activities scheduled for the day are detailed below.

Time	Topic For The Hour	Expert Name	Summary
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day		Session focused on invoking traditional values through prayer and reflective thought to set a positive academic and ethical tone for the day.
9:10–	What are the risk if technology	Dr Harshal Patel	Dr. Harshal Patel's session (9:10–



10:00 AM	overtakes human wisdom? Digital toxicity.		10:00 AM) warns of risks when technology surpasses human wisdom, including digital toxicity from overuse leading to addiction, misinformation, and mental health decline.
10:00– 11:00 AM	Nation Building: Ayurveda as a Pillar of India's Health Security	Dr P.J Patel	Discussion on the role of Ayurveda in strengthening national health systems and contributing to self-reliance in healthcare.
11:00– 12:00 PM	Glory of Ayurveda in Global Health	Dr Sreejith	Overview of Ayurveda's global relevance with special reference to WHO-GCTM and international acceptance of traditional medicine.
12:10– 1:00 PM	VadatuSanskritam (Spoken Sanskrit)	Dr. Alpa	Session aimed at improving pronunciation and understanding of Ayurvedic terminology through spoken Sanskrit practice.
2:00–3:00 PM	Ayurveda & Communication / Media Studies	Dr. Meenakshi	Focused on effective communication strategies to address misinformation and promote evidence-based understanding of Ayurveda.
3:00–4:00 PM	Ayurveda Ethics & Philosophy in Context of Sadvritta	Dr. Athira	Exploration of ethical principles and moral conduct in Ayurveda with relevance to modern bioethics.
4:00–4:50 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy	Dr. PragalbhM.R	Dr. Pragalbh M.R.'s lecture (4:00–4:50 PM) covers Charaka Samhita's principles shaping health policy and Ayurveda's role in modern diplomacy.
4:50–5:00 PM	Mindfulness	Dr. PragalbhM.R	Short session on mindfulness practices focusing on breathing techniques and gratitude for mental well-being.





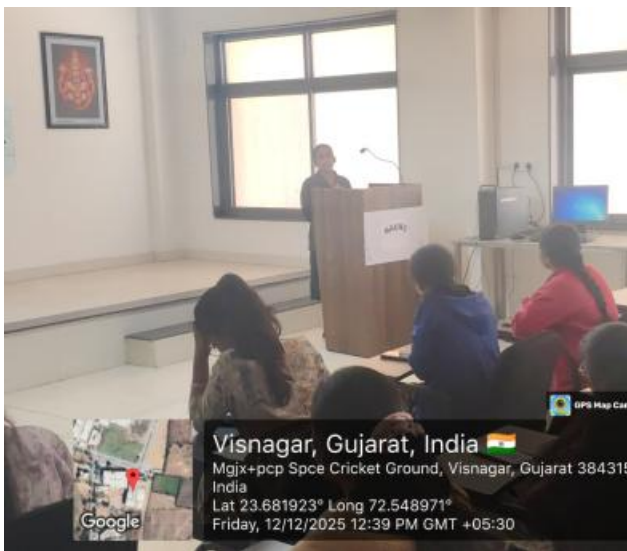
DAY-10 (12/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic for the Hour	Expert name	Summary
9:00– 9:10 AM	Dhanvantari Prayer & Thought for the Day		
9:10– 10:00 AM	Pride in becoming a Healer- - Interactive session	Dr. Monika Prajapati	This interactive session fosters pride in becoming a healer by helping students understand the noble role and responsibilities of an Ayurvedic physician, inspiring commitment to compassionate and ethical practice.
10:00– 11:00 AM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Dr. Yesha	This session presents real-life success stories of Ayurveda in patient care, highlighting evidence-based outcomes and its relevance through modern research and clinical practice.
11:00 AM– 12:00 PM	Integrative tradition with ambition: Goal setting in ayurveda education	Dr. Yash Patel	his session focuses on integrating Ayurvedic tradition with modern ambitions by guiding students in goal setting for academic excellence, professional growth, and responsible practice in Ayurveda education.
12:10– 1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandas	Dr. Alpa	This session introduces spoken Sanskrit with a basic understanding of Chhandas, focusing on correct pronunciation and rhythmic chanting to support comprehension of classical Ayurvedic texts.



2:00– 3:00 PM	Effective time management strategies: ‘Sankalpa to Siddhi’ - Time management for obtaining academic and clinical excellence.	Dr. Dhanraj Nagar	This session focuses on effective time management strategies to help students plan studies and clinical work efficiently, transforming determination (Sankalpa) into achievement (Siddhi) for academic and clinical excellence.
3:00– 4:00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Dr. Kalyani Bhosane	This session explains the role of Prakriti in personalized medicine, highlighting how Ayurvedic principles support individualized prevention and treatment for maintaining health and managing disease.
4:00– 4:50 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Dr. Pragalbh	This reflective session encourages students to explore their identity as future Vaidyas, helping them clarify personal goals, values, and purpose in their professional journey.
4:50– 5:00 PM	Mindfulness	Dr. Pragalbh	This session introduces mindfulness practices to enhance self-awareness, focus, and emotional balance, supporting mental well-being and purposeful learning in Ayurveda education.





Day - 11(13/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic for the Hour	Expert name	Summary
9:00–9:10 AM	Dhanvantari Prayer done at prayer area & Thought for the Day was discussed.		
9:10–10:00 AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology,	Dr. PJ Patel	Our resource person explained about basics of trigunaslike Sattva aligns with emotional stability, life satisfaction, positivity, and low stress, similar to traits in positive psychology. Rajas corresponds to extraversion, neuroticism, ambition, akin to traits causing hyperactivity or anxiety. Tamas links to depression, apathy, psychotic tendencies, rigidity, and high stress perception, resembling inertia in modern mental health models This topic bridges ancient Ayurvedic mind science with contemporary psychology, aiding BAMS students in holistic patient assessments and therapies. Understanding guna balance promotes mental health strategies like meditation to enhance Sattva.
10:00–11:00 AM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata	Mrs. Sakshi Thakrar (Physiotherapy)	Maam explained that Sattva boosts self-awareness and empathy by promoting clear thinking and calm responses to emotions. Rajas fuels motivation but can cause impulsivity; balancing it enhances relationship skills. Tamas clouds judgment, so reducing it sharpens emotional regulation for better decisions Daily practices like yoga increase Sattva, lowering anxiety and building resilience. Students can assess guna dominance to tailor stress-relief techniques effectively. Sattva cultivates inner strength and independence via wisdom and focus, key to self-reliance. Rajas drives ambition but needs Sattva to avoid dependency; curbing Tamas prevents procrastination. Applying Triguna empowers self-motivated growth and holistic well-being
11:00 AM–12:00 PM	National Health Programmes & Role of Ayurveda.	Dr. Chandni	Our expert detailed about Ayurveda's Role Ayurveda contributes through herbal medicines, Panchakarma for detoxification, and lifestyle guidance in



			<p>NHPs like National Programme for Prevention of Blindness. It supports immunization drives with immune-boosting Rasayanas and integrates into National Health Mission for rural wellness centers. BAMS students must understand this synergy for community health practice.</p> <p>The Ayushman Bharat scheme expands health coverage, incorporating AYUSH systems like Ayurveda for primary care. Rashtriya Bal SwasthyaKaryakram focuses on child health, where Ayurvedic nutrition aids growth.</p>
BREAK - 10mins			
12:10-1:00 PM	वदतुसंस्कृतम् Shloka Recitation	Dr. Alpa	Shloka recitation done by the students of chapter 1 of Ashtanga Hridayam.
1:00-2:00 PM		Lunch	
2:00-3:00 PM	Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations	Dr. Sachin Sir	<p>It was an interactive session in which following matter was covered.</p> <p>Disabilities include physical, sensory, intellectual, and mental challenges, affecting millions globally; Ayurveda views them as imbalances in doshas needing personalized therapies. Early intervention via Panchakarma, herbs like Ashwagandha, and yoga restores balance without stigma. Students learn to assess unique needs, promoting dignity in treatment.</p> <p>Some Real stories of Ayurvedic success in paralysis and autism etc were discussed.</p>
3:00-4:00 PM	A healer's duty to health and environment, eco responsibility: Biomedical Waste Management Principles	Dr. Sapna Thakur	<p>Following points were discussed:</p> <p>As future Ayurvedic practitioners, protecting patient and environmental health is their sacred duty.</p> <p>Color-Coded Segregation: The First Step to Safety was told.</p> <p>Hazards of Poor Biomedical Waste Management</p> <p>The 7 R's of Eco-Responsible Waste Management Treatment and Disposal Methods were discussed.</p> <p>Conclusion: Healing the World Starts with Responsible Waste Management.</p>

			At the end, hands on training done with an activity.
4:00-4:50 PM	Reflection: - Empathy and Expressionl	Dr. Dhanraj Nagar	Group discussion was done as inclusivity in Ayurveda. Empathy through understanding individual Prakriti, treating each person holistically without bias based on caste, gender, or ability. Compassionate listening reveals emotional dosha imbalances, enabling tailored therapies like gentle Abhyanga for the vulnerable. Inclusivity means adapting Panchakarma for elders or herbs for low-income groups, ensuring Ayurveda serves all.
4:50-5:00 PM	Mindfulness	Dr. Dhanraj Nagar	Om chanting was done at the end of the session.





Day - 12(15/12/2025)

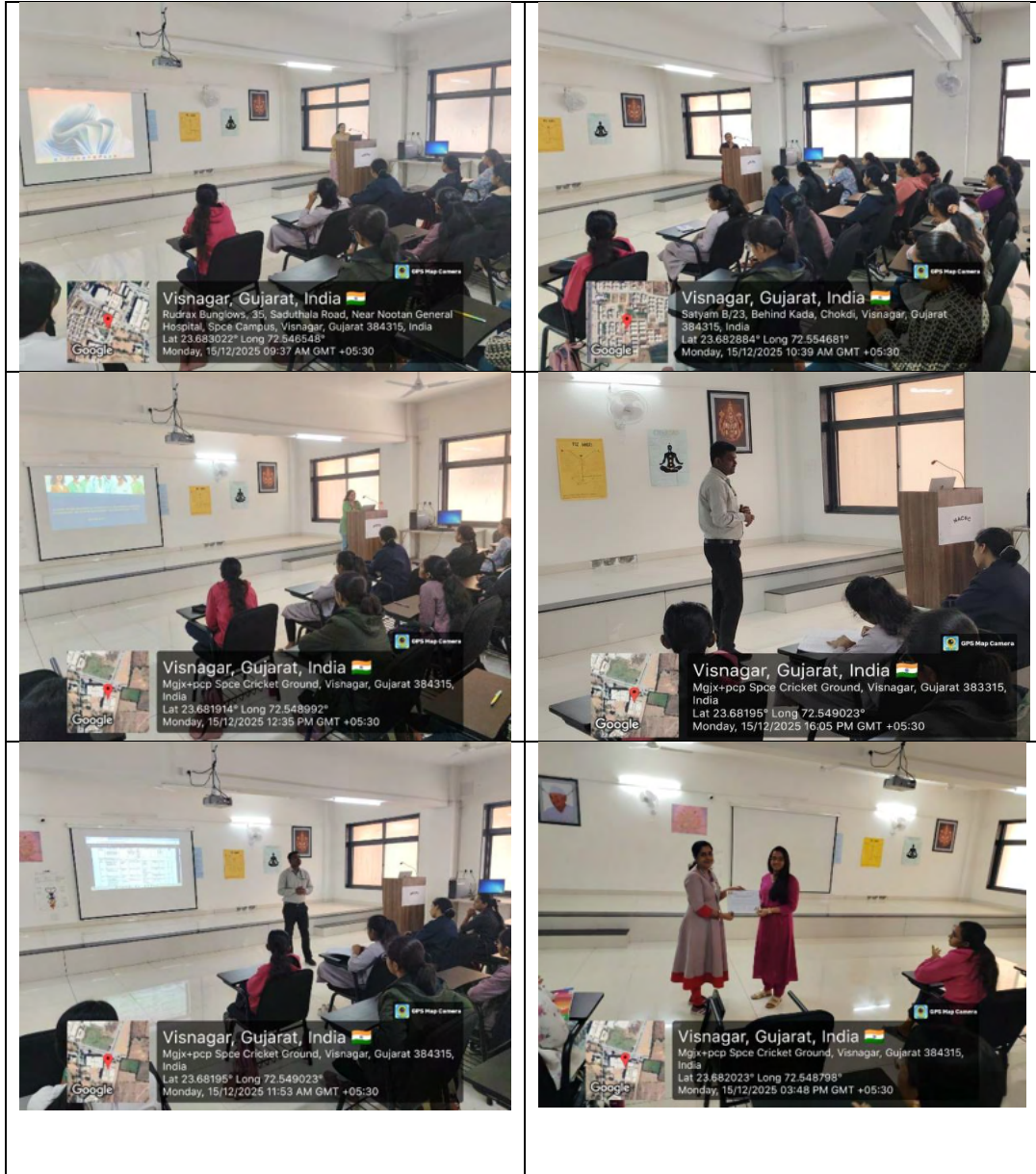
The lectures and academic activities scheduled for the day are detailed below.

Time	Topic for the Hour	Expert name	Summary
9:00-9:10 AM	Dhanvantari Prayer & Thought for the Day	Dhanvantari Prayer done at prayer area & Thought for the Day was discussed.	
9:10-10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	Dr. Drakshayani Benni	Discussion on Ayurvedic Principles of soil and plant health were discussed Soil Health Principles Healthy soil mirrors balanced Tridosha: Vata for aeration, Pitta for fertility, Kapha for moisture retention; test via texture and Panchabhuta analysis. Add cow dung, Panchagavya for microbial life, preventing soil tamas (infertility). Krishi Ayurveda Basics Krishi Ayurveda views farming as an extension of Ayurvedic healing, using herbal preparations like Jeevamruta to nourish soil like Ojas boosts vitality. It promotes organic methods to avoid chemical dosha imbalances, ensuring wholesome food production.
10:00–11:00 AM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar	Dr. Alpa	Noun declension game; Verb conjugation relay was done in this session by the expert.
11:00 AM-12:00 PM	Ayurveda and Economics of Health: Ayurveda's role in preventive healthcare, affordability and sustainable health economics.	Dr. Sapna Thakur	Discussion on cost effective healthcare vs modern health economics. (SDG) was done. In Ayurveda, economy is not only about money. It is mainly about maintaining health in a balanced, preventive, and cost-effective way. Ayurvedic concept of economy focuses on: staying healthy reduces medical expenses. Balanced use of resources – using food, herbs, and lifestyle wisely. Low-cost healthcare – home remedies, diet control, and daily routines (Dinacharya). Sustainable health – maintaining harmony between body, mind, society, and nature. SDGs (Sustainable Development Goals) are 17 global goals set by the United Nations in 2015 to achieve sustainable



			development by the year 2030. SDG 3 is most directly related to healthcare and Ayurveda.
BREAK - 10mins			
12:10-1:00 PM	Healing Hands and Compassionate Hearts: Reflection activity	Dr.Khyati	Healing Hands and Compassionate Hearts" is a reflective activity focused on cultivating empathy, self-compassion, and emotional support in healthcare or educational settings Group sharing on readiness for clinical responsibilities was done.
1:00-2:00PM Lunch Break			
2:00-3:00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Mrs. Riketa	Our presenter explained that presentation skills are essential for BAMS students to communicate Ayurvedic knowledge confidently in academics and clinics. Structuring presentations with clear content ensures engaging, memorable delivery. Key Structure Elements Start with a strong hook like an Ayurvedic proverb on health, followed by objectives and agenda for audience focus. Use simple slides with visuals of doshas or herbs, limiting text to key points. Content Quality Back content with authentic sources like Charaka Samhita; include real cases for relevance. Practice timing: intro (2 min), body (10 min), conclusion with Q&A. Delivery Tips Speak clearly with enthusiasm, maintain eye contact, and use stories for empathy. End with a call to action, like applying Panchakarma principles daily.
3:00- 4:00PM	Digital Literacy: Learning Management System (LMS) Orientation —How Will LMS Help Your Academic Success?	Dr. Sagar	Digital literacy through Learning Management Systems (LMS) equips first-year BAMS students with tools for seamless academic success in Ayurveda studies. LMS platforms like Moodle or Google Classroom centralize resources, fostering organized learning and collaboration.

4:00–4:50 PM	PadarthaVigyana orientation in brief with detailed elaboration of Tantrayuktees	Dr. Sagar	Discussion on practical application in day-to-day life was done. Tantrayuktis prevent misinterpretation, ensuring accurate diagnosis, treatment planning, and Dravyaguna application in practice. They foster critical thinking, enabling students to resolve ambiguities in classical texts for modern holistic care. Mastering them builds scholarly rigor essential for BAMS success
4:50–5:00 PM	Mindfulness	Dr. Sagar	Deep breathing was done at the end of session.





Day - 13(16/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic for the Hour	Expert name	Summary
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day		Dhanvantari Prayer done at prayer area & Thought for the Day was discussed.
9:10–10:00 AM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health)	Dr. Manohar	This session highlights Ayurveda's role in community health, emphasizing preventive care through lifestyle, diet, and Rasayana therapy. It demonstrates how Ayurvedic principles support immunity, healthy behaviors, and public health initiatives for disease prevention and well-being
10:00–11:00 AM	Orientation on national tobacco control programme	Dr. Rashmi jain	Discussion on tobacco cessation centers was done. Tobacco cessation centers provide specialized support for quitting smoking and smokeless tobacco, crucial for preventing diseases like cancer and COPD in India. Ayurveda integrates these centers with holistic de-addiction protocols. NTCP integrates counseling at cessation centers, nicotine therapy, and school programs for youth prevention. Ayurveda supports via de-addiction herbs like Haritaki and yoga to balance doshas disrupted by tobacco. BAMS students can play key roles in community outreach, aligning NTCP with holistic Swasthavritta practices.
11:00 AM-12:00 PM	Role of Artificial intelligence in Academics AI in education, diagnostic research	Dr.Parul Mam	Group discussion on different AI tools and their better utility in study circle was done, use of AI for data mining from classical texts helps in processing to extract knowledge from Samhitas like Charaka, identifying patterns in Dravyaguna or Tantrayuktis for evidence-based protocols. This bridges ancient wisdom with research, enabling BAMS students to uncover hidden correlations efficiently.
BREAK – 10 mins			
	Overview of other Indian Medical Systems: Unani, Siddha, Sowa	Dr. Chandni	India recognizes several traditional medical systems beyond Ayurveda, collectively under AYUSH, including Unani, Siddha,

12:10-1:00 PM	Rigpa, Yoga Naturopathy & Homeopathy		Sowa Rigpa, Yoga & Naturopathy, and Homeopathy. Interactive quiz/discussion was done
1:00-2:00 PM		Lunch Break	
2:00-3:00 PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Mrs. Kinjal	videos of proper pranayama, yoga, dyana and live demo was given in front of students by our yoga expert. Ashtanga Yoga, outlined by Patanjali in Yoga Sutras, comprises eight limbs for holistic physical and mental well-being, integrating body, mind, and spirit
3:00-4:00 PM	वदतुसंस्कृतम् Sanskrit Practice Session	Dr. Alpa	Storytelling in Sanskrit, Group recitation done by teacher and students.
4:00-4:50 PM	Discussion of outreach activity on 14th day.	Dr. Sapna Thakur	Do's and don't were explained. How to make comfortable aura with patients and families was guided. Form of undertaking from parents was taken. Short description of Ayurveda Arogya Mitra was given to the students. Provisional performa was given to the students to be filled next day.
4:50-5:00 PM	Mindfulness	Sapna Thakur	Om chanting was done at the end of day.





Day - 14(17/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

<p>9:00 AM-5:00 PM</p>	<p>Jeevaneeya (Ayurveda Arogya mitra Abhiyan) visit of nearby village/rural area</p>	<p>4 villages adopted for same activity:- Dr. Sapna,Dr.Sagar with 25 students -Udalpur Dr. Monika, Dr.Manish with 25 students-Tarabh Dr.Parul, Dr. Nisha with 25 Students-Kharod Dr.Athira,Dr.Gayatri with 25 Students-Ganeshpura</p>	<p>Prior going to village area,undertaking was received from parents. 100 students were divided into 4 groups 25 in each one. 3 buses were arranged from TransportDepartment of university to visit the villages. Questionnaire was given to students to be filled. AIM:- One student visited one home\family and adopt to keep a follow-up of the family throughout his/her academic journey.</p>
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Day -15(18/12/2025)

The lectures and academic activities scheduled for the day are detailed below.

Time	Topic For The Hour	Expert Name	SUMMARY
9:00-9:10 AM	Dhanvantari Prayer & Thought for the Day		Dhanvantari Prayer done at prayer area & Thought for the Day was discussed.
9:10-11:00 AM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Mr. Jay Patel, Prof. Harsh Patel	Discussion on student clubs, associations, club activities Introduction of mentors, rules and regulations, indoor - outdoor activities their overall benefits in every aspects were told. Vedios were played regarding this.Students were full of enthusiasm after attending this session.
11:00-11:30 AM	Post-Test	Dr. Sapna Thakur Dr. Pragalbh MR	Post test form in google form was given to students and record was taken.
11:30-1:00 PM	Feedback Collection	Dr. Sapna Thakur Dr. Pragalbh MR	Written + oral feedback on programmewaws taken in this session.
1:00-2:00 PM	Lunch Break		
2:00-3:00PM	Talent show; the talent exhibition	PRIYANSHI + VIRAL (Anchors of the Day)	Students took part in chess competition,guitar playing,group song,group dance,solo song, solo dance etc activities.
3:00-3:30 PM	Reflection on Mindfulness	Dr. Smitha (Principal Ma'am)	Shared her kind thoughts and inspired the students. Gratitude reflection for the entire program.
3:30-4:00 PM	Valedictory Function,Final address	Dr. Smitha (Principal Ma'am)	The Program was started with SPU Anthem Informal Interaction was done. Importance of transitional curriculum was told, some positive oral feedbacks from students received during talk.Respected Ma'am Shared her future vision for students and institute, Felicitation done in form of Certificates for faculty of NACRC.Whole program ended with a Group photo capturing cheerful faces. JAI AYURVEDA.





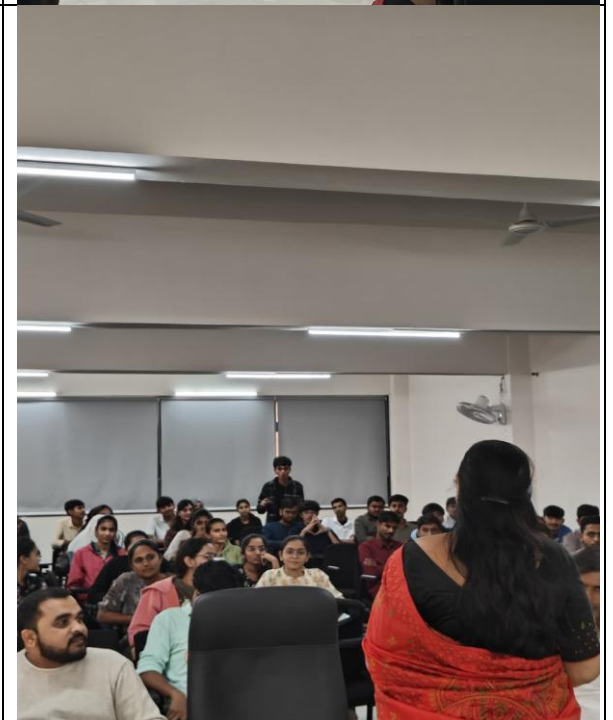














LIST OF EXTERNAL GUESTS

SR NO.	NAMES	UNIVERSITY
1.	Mr. Prateek	SPU
.2.	Dr. Yash Patel	SPU
3.	Mr. Hemant Patel	SPU
4.	Dr. Mukesh Patel	SPU
5.	Dr. Prakash	SPU
6.	Mr. Sanjay Soni	SPU
7.	Mr. Sachin Sir	PARUL UNIVERSITY
8.	Mrs. Sakshi Thakrar	SPU
9.	Mr. Kishan	SPU
10.	Ms. Khyati	SPU
11.	Mrs. Riketa	SPU
12.	Mr. Abhijit Jadeja	SPU
13.	Dr. PJ Patel	SPU
14.	Mrs Bhumika Goswami	SPU
15.	Mr. Harsh Patel	SPU
16.	Mr. JayPatel	SPU
17.	Mr. Vinod	SPU
18.	Mr.Bhushan Bairagi Sir	NOBLE UNIVERSITY JUNAGADH
19	Dr. Dharmendra Patel	SWARNIM UNIVERSITY

CIRCULARS AND ATTENDANCE:

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(attendance)

VIDEOS OF TALENT AND ACTIVITIES

https://drive.google.com/file/d/1wqiQito2B3fny4B0BAG7Wd2JoZfv2cK/view?usp=drive_link