

**KVTR AYURVED COLLEGE BORADI**  
**THE TRANSITIONAL CURRICULUM PROGRAMME**

FIRST B.A.M.S 2025-26

DATE- FROM TO

DAY WISE TIME TABLE

Day- 1 <span style="float: right; color: blue;">01/12/2025</span>				
Time	Topic for the Hour	Activity	Expected Outcome (Students should.....)	Name Of Resource Person
10:00–11:00 AM	Inaugural Ceremony & Dhanvantari Homa	Lamplighting, prayer chanting, Dhanvantari Shloka recitation	Feel welcomed, understand cultural importance of Lord Dhanvantari in Ayurveda, and develop a sense of belonging	First year Staff and Principal & Vice Principal
11:00–11:30 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	Dr. Giri / Dr. Kolhe
11:30 AM–12:30 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	Senior students Fourth year
<b>BREAK:10 mins</b>				
12:30–1:00 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 Ghandge
1:00–2:00 PM	<b>Lunch Break</b>			
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 academics paces; improved campus navigation	First Year Staff
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	First Year Staff
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	
4:50–5:00 PM	Mindfulness	Sitting insilence, Guided breathing & relaxation	Experience reduced stress, improved focus, and calm closure to the day	First year staff
<b>Day- 2</b> 02/12/2025				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00–10:10 AM	Dhanvantari Prayer& Thought for the Day	Short group recitation and daily reflection	Build a positive mindset and strengthens connection to Ayurvedic traditions	
10:10–11:00 AM	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 Debateon—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.Giri Sir
11:00–12:00 AM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	know history of Ayurveda since Vedic periodandits establishment on planet earth	Dr Batra
12:00 AM–12:30PM	Administrative Procedures: Leave applications, attendance policies,and fee payments.	Role-play: applying for leave,reporting grievances, library check-in	Feel Confidentin handling administrative procedures independently	Ravi Patole/Matin
<b>BREAK:10 mins</b>				
12:40–1:00 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	Beawareof anti-ragging laws, reporting mechanisms, and personal safety measures Ability to identify and access the right support channels when required	Dr.Ghandge
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 PM	Basic principles of Ayurveda and Trisutra (Hetu,Linga,Aushadh a)	Discussion on purpose of life and lifestyles	know concepts of Panchamahabhuta, Mana, Atma, and other relevant basic principles of Ayurveda	Dr.Jaya jane
3:00–4:00 PM	Library Orientation	Library visit and digital resource search(Pub Med, AYUSH portal)	Be Familiar with library facilities, cataloguesearch,classical text and online research tools	Marathe Sir
4:00–4:50 PM	Reflection:—Ayurveda &Mel	Group circle discussion on why each student choose BAMS	Improve self-awareness, peer bonding and clarity of personal motivation	Dr.Khobragade

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.Khobragade
<b>Day- 3</b> 03/12/25				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00-10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Cultivate respect for tradition and sets a positive tone for learning	
10:10-11:00 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.Kolhe G.S.
11:00 AM-11:30 PM	Interdisciplinary exposure	Debate Ayurveda in various systems of medicine.	have knowledge of modern medical system and Indian Medical System	Dr.Kolhe G.S.
11:30-12:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	Know 8 branches of Ayurveda with application of modern advancement	Dr.Jane Madam
<b>BREAK-10mins</b>				
12:10-1:00 PM	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.Mire S.B.
1:00-2:00 PM	<b>Lunch Break</b>			
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 mapping 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.Vishal Patil
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.Jaya Jane
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.Uday Patil

4:50–5:00 PM	Mindfulness	Gratitude practice, focusing on cultural heritage/Meditation	Reinforce appreciation for tradition and nurtures mental calmness	Dr.Uday Patil
<b>Day- 4</b> 04/12/2025				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00–10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & brief reflection	Create a mind ful start to the day, reinforcing Ayurveda's spiritual foundation	
10:10–11:00 AM	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.Kamde R.R.
11:00–12:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, PanchaKarma 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.Aniket Patil Dr.Sayali Gaikwad Dr.Rohit Pawar Dr.Aniket Ghag
12:00 AM–12:30PM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of	Visit; introduction and entrepreneurial activity done in the college by Research innovation and	have Awareness of self-employment opportunities and market trends	Dr.Harshal Deore
	Ayurveda field.	entrepreneurship development cell(RIEDC).		
<b>BREAK-10mins</b>				
12:30–1:00 PM	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.Birari
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Subject puzzle(First Year); Timeline exercise marking academic milestones	Be familiar with the competency-based curriculum and academic expectations	Dr.Ghandge
3:00–4:00 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.Ghandge & Dr.Ravindra Chaudhari

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.Hitesh Thakre
4:50–5:00 PM	Mindfulness	Guide dmeditation/breathing with a focus on career visualization	Enhance focus and motivation for professional growth	Dr.Hitesh Thakre
<b>Day- 5</b> 05/12/2025				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00–10:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &short reflection	Have positive tone and connects students to Ayurvedic tradition	Dr.Birari
10:10–11:00 AM	SharirKriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab, charts models etc.	Be familiar with subject and department of Sharir Kriya	Dr.Birari
11:00–11:30 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.Batra
11:30 AM–12:00PM	Laghutrayee with elaboration of Ashtang Hridaya	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya		Dr.Jane
<b>BREAK-10mins</b>				
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 slokasof ayurveda (Ashtang Hriday Charaka Samhita)	Be familiar with the script used in classical Ayurvedic texts	Kishor Kulkarni
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 PM	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.Batra
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.Jane
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.Vishal Patil

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.Vishal Patil
<b>Day- 6</b> 8/12/2025				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00-10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Promote cultural grounding and mindful start to the day	Dr.Sonawane
10:10-11:00 AM	Self-directed, self-motivated, learning skills and studying skills	Self-studies strategies, library skills, time management	empower students to learn effectively efficiently/skillfully	Dr.Sonawane
11:00-11:45 AM	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.Uday Patil
11:45 AM-12:15 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.Birari
<b>BREAK-05mins</b>				
12:20-1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation- Basic Grammar Or asannexed(Annexure-2)	Verb conjugation drill; Sanskrit sorting game	Be familiar with Sanskrit language	Kulkarni sir
1:00-2:00 PM	<b>Lunch Break</b>			
2:00-3:00 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.Uday Patil
3:00-4:00 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-daylife	know better understanding of principles of Padartha Vigyana.	Dr.Batra sir
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.Kolhe

4:50-5:00 PM	Mindfulness	Observation of Breath and body	Improve self-awareness and relaxation before closing the day	Dr. Kolhe
<b>Day- 7</b> 09/12/25				
<b>Time</b>	<b>Topic for the Hour</b>	<b>Activity</b>	<b>Expected Outcome</b>	
10:00-11:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Promote a calm and focused start	Dr. Uday Patil
10:10-11:00 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. Uday Patil
11:00-11:30 AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	First-aid simulations	Ensure preparedness for clinical situations.	Dr. Sonwane
11:30 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. Sonwane
<b>BREAK-10mins</b>				
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	Dr. Kamde
1:00-2:00 PM	<b>Lunch Break</b>			
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. Devre Harshal & Dr. Hitesh Thakre

Day- 8

10/12/2025

Time	Topic for the Hour	Activity	Expected Outcome	Resource Person
10:00–10:10	Dhanvantari Prayer&	Group recitation & reflection	Create a mindful and focused start	
AM	Thought for the Day			
10:10–11:00 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.Narendra Mundhe
11:00–11:30 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	WHO7-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.Uday Patil
11:30 AM–12:00PM	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.Chaudhari Sir
<b>BREAK-10mins</b>				
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	Kulkarni sir
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 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.Uday Patil
3:00–4:00 PM	Environmental hygiene: Concept of —Jana pada dwamsal 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, healthcare and self-discipline.	Dr.Uday Patil
4:00–4:50 PM	e-samskara, building digital competence: Basic Computer Skills: MSWord, 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.	Matin Shaikh
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.Uday Patil

Day- 9

11/12/2025

Time	Topic for the Hour	Activity	Expected Outcome	
10:00–10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Promote focus and connection to tradition	
10:10–11:00 AM	Role of Artificial intelligence in Academics AI in education, diagnostic research	Group discussion on different AI tool sand 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.Kolhe G.S
11:00–11:30 AM	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.Munde
11:30 AM–12:00PM	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.Munde
<b>BREAK-10mins</b>				
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	Kulkarni sir
1:00–2:00 PM	<b>LunchBreak</b>			
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.Mire S.B.
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.Jaya Jane
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.Batra
4:50–5:00 PM	Mindfulness	Gentle breathing with gratitude feeling	Promote ethical reflection and inner calmness	Dr.Batra

Day- 10

12/12/2025

Time	Topic for the Hour	Activity	Expected Outcome	
10:00–10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Build focus and cultural grounding	
10:10–11:00 AM	Pride in becoming a Healer- Inter active session	Discusson different healing modalities.	Know & to be proud of becoming a future healer of the society.	Dr.Khobragade

11:00–11:30 AM	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.Shrikant wadile
11:30 AM–12:00PM	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.Shrikant wadile
<b>BREAK–10mins</b>				
12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandas or as annexed(Annexure–2)	Chhand as chanting practice	Have Aware of rhythmic patterns in Sanskrit shlokas	Kulkarni sir
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 PM	Effective time management strategies: Sankalpa to	Design a weekly planner for studies & personal time	Have Skills to balance academics, practice, and self-care	Dr.Birari
	Siddhi'–Time management for obtaining academic and clinical excellence.			
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 Birari
4:00–4:50 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.	Dr.Mundhe
4:50–5:00 PM	Mindfulness	Guided breathing with focusing on goal visualization	Reinforce commitment and clarity in personal direction	

<b>Day-11</b> 15/12/2025				
Time	Topic for the Hour	Activity	Expected Outcome	
10:00–10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Create a calm ,focused start to the day	Dr.Kolhe G.S.
10:10–11:00 AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with	Discuss on Bhoot vidya of Astangas, ancient insights for	know Triguna Concept in the context of present Modalitiesof stress	

	Modern Psychology,	modern minds.	management.	
11:00–11:30 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.Kolhe G.S.
11:30 AM–12:00PM	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.Kolhe G.S.
<b>BREAK-10mins</b>				
12:10–1:00 PM	वदतुसंस्कृतम् Shloka Recitation Practice or as annexed(Annexure – 2)	Group chanting session for accurate pronunciation	have better rhythm, clarity, and confidence in Sanskrit recitation	Kulkarni Sir
1:00–2:00 PM	<b>Lunch Break</b>			
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.Jaya Jane
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.Kamde
4:00–4:50 PM	Reflection:—Empathy and Expression I	Group discussion on inclusivity in Ayurveda	encourage compassion, active listening, and cultural sensitivity	Dr.Kamde
4:50–5:00 PM	Mindfulness	Observation of self/ meditation	Enhance awareness and compassion	Dr.Kamde

Day- 12

16/12/2025

Time	TopicfortheHour	Activity	ExpectedOutcome	
10:00–10:10 AM	Dhanvantari Prayer & Thought for the Day	Grouprecitation&reflection	Createacalm,respectfulstart to the day	Dr.Harshal Deore
10:10–11:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health	Be familiar on sustainable agriculture and organicfarming	Dr.Harshal Deore
11:00–11:30 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.Ghandge
11:30 AM–12:00PM	Ayurveda and Economics of Health: Ayurveda’s role in preventive healthcare, affordability and sustainable health economics.	Discussion on costeffective healthcarevsmo dernhealth economics. (SDG)	understand the relevance of Ayurveda in reducing healthcare burden.OrientationonAyurveda in Health and Global Economy.	Dr.Uday Patil
<b>BREAK-10mins</b>				
12:10–1:00 PM	वदतुसंस्कृतम् SanskritPractice: InteractiveGrammar orasannexed(Annexure- 2)	Noundeclensiongame;Verb conjugation relay	improverecallandapplication of basic Sanskrit grammar rules	Kulkarni sir
<b>Lunch Break</b>	<b>LunchBreak</b>			
2:00–3:00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Story board layout; Slide critique	be able to design logically structuredandvisuallyclear presentations	Dr.Sonawane
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 ableto use LMS foraccessing resources and submitting work Encouragesindependentlearning and responsible/judicious use of digital tools	Matin Shaikh
4:00–4:50 PM	Ayurvedicperspective of De addiction: role of Satvavjeya chikitsa and rasayana	Discussion:sharinfokey insights by students	beawareofpersonaladdiction free lifestyle.	Dr.Jane Madam
4:50–5:00 PM	Mindfulness	Guidedbreathing/silent sitting awareness	enhancefocusbeforeendingthe day	Dr.Jane Madam

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13652  
65852

Day- 13

17/12/2025

Time	TopicfortheHour	Activity	ExpectedOutcome	
10:00–10:10 AM	DhanvantariPrayer& Thought for the Day	Grouprecitation&r efection	promoteamindfulandfocus ed start	Dr.Kamde
10:10–11:00 AM	Academic Writing: Introductionto Scientific Writing & Plagiarism	Paragraph editing activity	understand of research writing structure, citations,and plagiarism avoidance	Dr.Kamde sir
11:00–11:30 AM	Orientation on national tobacco control programme	Discussion on tobacco cessation centers	Get acquainted with tobacco de addiction programme	Dr.Uday Patil
11:30AM–12:00PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Discussion on student scliubs, associations, club activity	Awareness on co-curricular opportunities for skill development.	Dr.Vishal Patil
<b>BREAK–10mins</b>				
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	Kulkarni Sir
1:00–2:00 PM	<b>Lunch Break</b>			
2:00–3:00 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.Uday Patil
3:00–4:00 PM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Discusson social responsibility	maintain their own health, NCISM's vision of Scientific excellence and compassion.	Dr.Mire S.B.
4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	Know complete day outreach activity details.	Dr.Birari
4:50–5:00 PM	Mindfulness	Short gratitude -based meditatio n	End the day with focu sand appreciation	Dr.Birari

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Day- 14

18/12/2025

Time	Topic for the Hour	Activity	Expected Outcome	
10:00 AM-5:00PM	—Jeevaneeyal (Ayurveda Arogyamitra 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.  <b>Note:</b> • Till completion of his/her studies one should adopt the family and serve as <b>Ayurveda Arogya Mitra</b> , for that home/family throughout the period. • Language may not be any barrier at all.	Linking rural public to Ayurvedic concepts of health preservation.	Students With First Year Staff

Day-15

19/12/2025

Time	Topic for the Hour	Activity	Expected Outcome	
10:00-10:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Set a mindful and respectful tone for the final day	Dr.Ghandge
10:10-11:30 AM	Talent show; the 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.Ghandge
11:30 AM-12:00PM	Post-Test	Individual assessment	Measure knowledge gained during the programme	Dr.Ghandge
<b>BREAK-10mins</b>				
12:10-1:00 PM	Feedback Collection	Written + oral feedback on programme content & delivery	Provide actionable suggestions for improvement	Dr.Ghandge
1:00-2:00 PM	<b>Lunch Break</b>			

2:00-4:30 PM	Reflection on Mindfulness	Gratitude reflection for the entire programme	Encourage closure with positivity and purpose	Dr.Kolhe
2:00-5:00 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	Dr.Giri,Dr.Kolhe &staff

### Annexure2 For Sanskrit topics

(Choose any eight from the given topics.)

Sl.no.	Contents	Teaching and learning methodology
1.	ॐ, ॐ, ॐ	Didactic with Video
2.	ः, एषः, एष, ए, ॐ	Didactic with Video
3.	ॐ, ए ..... With practical demonstration.	Didactic with Video
4.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic with video
5.	-१-१००	Didactic with chart
6.	writing and oral,	Didactic with chart
7.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic and activity
8.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic and activity
9.	Discussion on previous topics, ॐ-above all contents will be practiced to the students with conversation method.	Group activity and conversation
10.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic with video
11.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic with video
12.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic with video
13.	ष, ॐ, ॐ, ॐ, ॐ	Didactic with chart
14.	Discussion on previous topics, ॐ-above all contents will be practiced to the students with conversation method.	Group activity and conversation
15.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic
16.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic
17.	ॐ, ॐ, ॐ, ॐ, ॐ	Didactic and practical
18.	ष, ॐ, ॐ, ॐ, ॐ	Didactic and practical
19.	Discussion on previous topics, ॐ-above all contents will be practiced to the students with conversation method.	Group activity and conversation
20.	Samaroanam	Stage Function