

A REPORT ON
15 DAY SAMSKARA-PG ORIENTATION PROGRAM (2025)

BY-

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(co-ordinator)

Submitted as directed by **BOARD OF AYURVEDA, NATIONAL
COMMISSION FOR INDIAN SYSTEM OF MEDICINE(NCISM)**

(01/12/2025 -15/12/2025)

Held at-

GURUKUL CAMPUS,

UTTARAKHAND AYURVED UNIVERSITY,

HARIDWAR

- This report summarizes the key aspects of the recent college orientation program held on [01/12/2025 -15/12/2025] for 2025-2026 batch of PG (1st year) conducted by **GURUKUL CAMPUS, UAU, Haridwar.**
- The program aimed to provide a warm welcome to incoming students, familiarize them with the college environment, and equip them with essential information for a successful academic journey.

OBJECTIVES

1. Familiar and get acclimatize with the college campus and facilities
2. Aware of institutional policies, rules and regulations of campus and other regulatory bodies
3. Understand hierarchy and roles of institutional officials as well as other regulatory bodies
4. Familiar with various PG academic activities.
5. Acquire specific skills and knowledge to pursue postgraduate education comprehensively, effectively.
6. Able to develop good atmosphere in the campus.

PROGRAM HIGHLIGHTS-

Welcome Address:

- The program commenced with a warm welcome address by Dr. Mayank Bhatkoti, (Co-ordinator). The welcome address highlighted the significance of the occasion and emphasized the importance of education and enlightenment.
- This was followed by the traditional lighting of the ceremonial lamp, symbolizing the dispelling of ignorance and the spread of knowledge.
- The Honourable Principal, along with respected faculty members Dr. Shikha Pandey, Dr. Sheetal Verma, Dr. Balkrishna, Dr. Uttam Kumar Sharma and other dignitaries, graced the occasion by lighting the lamp. The ceremony created a serene and inspiring atmosphere and set a positive tone for the program.
- It was followed by a thank you speech by Dr. Gyanendra Datta Shukla, Associate Professor (Panchakarma Dept.)
- The program aimed to provide a warm welcome to incoming students, familiarize them with the college environment, and equip them with essential information for a successful academic journey.
- The program was also addressed by Dr. Giriraj Prasad Garg (Campus Director), Dr. Pankaj Sharma (Dean), and H.O.D's and Professor's of all departments.
- Introductions were also given by the PG scholars and Google forms were distributed to them as per the NCISM guidelines.

Departmental Introductions:

- Heads of departments from various disciplines introduced their respective programs, outlining curriculum, faculty expertise, research opportunities, and career prospects.

Academic guidance:

- Senior faculty members offered valuable insights on academic expectations, study strategies, and time management techniques.

Student Activities:

- Information was provided on student extracurricular activities, encouraging student participation and engagement.

Valedictory session:

- The session commenced with a detailed address by Dr. Mayank Bhatkoti, who presented a comprehensive overview of the 15-day Orientation Program.
- Following this, the Principal, Dr. Giriraj Prasad Garg, delivered an inspiring speech. He appreciated the efforts of the organizers, faculty members, and students for making the orientation program successful. In his address, he encouraged students to apply the knowledge gained during the program in their academic and personal lives and motivated them to strive for excellence with discipline and dedication.
- The session concluded with a vote of thanks by Dr. Shikha Pandey, who expressed gratitude to the dignitaries, faculty members, coordinators, and students for their active participation and support throughout the orientation program.

STUDENT FEEDBACK-

- Dr. Shubhi Verma and Dr. Sumit Raina gave their valuable feedback on the orientation programme.
- They appreciated the warm welcome and informative sessions.
- They found the campus tour helpful in understanding the campus layout.

- They valued the information provided on student services and academic guidance.

CONCLUSION-

- The orientation program was deemed successful in achieving its objectives.
- It provided a positive and informative experience for incoming students, fostering a sense of belonging and preparing them for their academic journey.
- The feedback received from students will be carefully considered for future orientation programs to enhance their effectiveness.

APPENDICES-

1. List of lectures alongwith associated professor's held in the orientation.
2. List of PG (1st year) scholars who attended the orientation.

STUDENTS WHO ATTENDED THE ORIENTATION PROGRAM -

KAYA CHIKITSA-

1)	Dr. Akshansh Kumar
2)	Dr. Ayush Bhatt
3)	Dr. Namandeep Kaur
4)	Dr. Sumit Raina

PANCHAKARMA-

5)	Dr. Aditya Sharma
6)	Dr. Apoorv Rohilla
7)	Dr. Himani Negi
8)	Dr. Renu Gautam

SHALYA TANTRA-

9)	Dr. Abhishek Vishwakarma
10)	Dr. Bageshwar Lamba
11)	Dr. Mukesh Negi

SHALAKYA TANTRA-

12)	Dr. Shubhi Verma
13)	Dr. Shweta Chauhan

KAUMARBHRITYA-

14)	Dr. Anjali Kumari
15)	Dr. Osheen Baguri

LECTURES HELD AT THE ORIENTATION PROGRAM-

EVENT AND SPEAKER	TIME
	1/12/2025
1) Inaugural function a) Dr. Mayank Bhatkoti Institutional profile (origin & history of the institution, introduction of society/trust, track records/achievements/ innovations of the college/institution, collaborations etc.)	09:00 a.m. to 10:00 a.m.
2) Break	10:00 a.m. to 11:00 a.m.
3) Dr. Deepshikha Personality development	11:00 a.m. to 12:00 p.m.
	2/12/2025
1) Dr. Gyanendra Datta Shukla How to prepare Synopsis	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Balkrishna An Overview of the PG Structure/Pattern of study, PG curriculum, subjects, assessment, Elective courses (Domain specific/Capacity. enhancing categories), components of PG program, PG activities etc. Campus/Hospital/Laboratory etiquettes.	12:00 p.m. to 01:00 p.m.
	3/12/2025
1) Dr. Vipin Arora Research ethics	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Devesh Shukla Editing and formatting software like PDF converter, Image editor, Video editing etc. Workshop on PPT preparation; Poster making etc.	12:00 p.m. to 01:00 p.m.
	4/12/2025
1) Dr. Uttam Kumar Sharma Scope of research in Ayurveda	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Sheetal Verma Self-protection for female scholars. Rights and responsibilities of a PG Scholar	12:00 p.m. to 01:00 p.m.

5/12/2025

1) Dr. Sunil Gupta Institutional Policies	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Pallavi Motivational Talks by eminent personalities. Health awareness, Fitness, and Hygiene	12:00 p.m. to 01:00 p.m.

6/12/2025

1) Dr. Pankaj Kumar Sharma Globalization of Ayurveda	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Shikha Pandey Internet browsing, Chat GPT, Meta AI etc	12:00 p.m. to 01:00 p.m.

7/12/2025

1) Dr. Kartikay Soft skills and life skills in Ayurveda	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Mohan Sharma Registering and using Digi locker h. Introduction to HIMS (Hospital Information Management System)	12:00 p.m. to 01:00 p.m.

8/12/2025

1) Dr. Rajeev Marma and its scope in Ayurveda	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Renu Self-learning, collaborative learning, lifelong learning strategies . Team building activities	12:00 p.m. to 01:00 p.m.

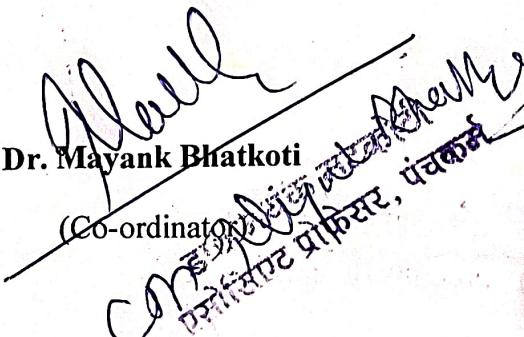
9/12/2025

1) Dr. G. M Kavya Proffessional ethics	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Awadesh Mishra Yoga and its practical approach	12:00 p.m. to 01:00 p.m.

10/12/2025

1) Dr. Sumit Goel Introduction to research organization of AYUSH	10:30 a.m. to 11:30 a.m.
2) Break	11:30 a.m. to 12:00 p.m.
3) Dr. Giriraj Garg	12:00 p.m. to 01:00 p.m.

NAAC-Information Dream Building and Goal Setting	
11/12/2025	
1) Dr. Aditi Biomedical waste management	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Gyanendra Datta Shukla Introduction and presentation of related policies Leave policies , Medical care availing policy, Do's and Don'ts , Hospital SOPs	12:00 p.m. to 01:00 p.m.
12/12/2025	
1) Dr. Dinesh Goel De-addiction	09:30 a.m. to 10:30 a.m.
2) Break	10:30 a.m. to 11:00 a.m.
3) Dr. Puneeta Pandey Health awareness w.s.r to lifestyle diseases	11:00 a.m. to 12:00 p.m.
13/12/2025	
1) Dr. Kiran Pharmacovigilance and its importance in clinical practice	10:00 a.m. to 11:00 a.m.
2) Break	11:00 a.m. to 12:00 p.m.
3) Dr. Mayank Bhatkoti Recreational activities and talent show (During the talent exhibition, talented students are to be identified and recorded.)	12:00 p.m. to 01:00 p.m.
14/12/2025	
College and Hospital tour	
15/12/2025	
Valedictory session	


Dr. Mayank Bhatkoti
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Comprehensive Hospital, Dabhol

COURSE CURRICULUM FOR FIRST PROFESSIONAL B.A.M.S

(PRESCRIBED BY NCISM)



Ayurpraveshika

“Transitional Curriculum”
(An introductory gateway into Ayurveda)



GURUKUL CAMPUS
UTTARAKHAND AYURVED UNIVERSITY, HARIDWAR



Day wise Schedule of Events:-

Day- 1 20.11.2025 – Thursday			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–10:00 AM	Inaugural Ceremony & Dhanvantari Homa	Lamp lighting ,prayer chanting, Dhanvantari Shloka recitation	Prof. Arun Kumar Tripathi Vice-Chancellor, UAU, Dehradun Sh. Narinder Singh Registrar, UAU, Dehradun
10:00–11:00 AM	Know Your College	Timeline Creation–Students draw a visual timeline of the institution’s milestones	
11:00 AM–12:00PM	Learning from Seniors	—Ask Me Anything!–Q&A with seniors; —Message to My Future Self! – personal reflection writing. Interaction with senior students	
BREAK:10 min			
12:10–1:00 PM	Pre-Test & Parent Interaction(Annexure-1)	Google Form pre-test (30 questions);Parent–student guided Q&A	
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	
3:00–4:00 PM	Campus Orientation–Part 2	Photography in academic block, herbal garden, hospital, OPD/IPD, pharmacy, library etc.	
4:00–4:50 PM	Day Reflection: Icebreakers & Faculty Interaction	Group sharing, fun intro games	
4:50–5:00 PM	Mindfulness	Sitting in silence, Guided breathing & relaxation	
Day- 2 (21.11.2025) - Friday			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Short group recitation and daily reflection	

9:10–10:00 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 Debate on —Why rules and discipline help learning	Dr. B.K.Panwar
10:00–11:00 AM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	Dr. Sheetal Verma
11:00 AM–12:00PM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Role-play: applying for leave, reporting grievances, library check-in	Dr. Aditi
BREAK:10 min			
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	Dr. Mayank Bhatkoti
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga ,Aushadha)	Discussion on purpose of life and lifestyles	Dr. Anup Kumar Gakkhar
3:00–4:00 PM	Library Orientation	Library visit and digital resource search (PubMed, AYUSH portal)	Dr. Aditi
4:00–4:50 PM	Reflection:—Ayurveda &Me	Group circle discussion on why each student choose BAMS	Dr. Renu Rao
4:50–5:00 PM	Mindfulness	Short guided meditation/ Silent sitting	Dr. Aditi

Day- 3 22.11.2025 (Saturday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	
9:10–10:00 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality,	Storytelling: share one traditional home practice for health; Discussion—“How is	Prof. Pankaj Kumar Sharma
	Holistic view of human wellbeing.	<i>Ayurveda's vision of health unique? ”/ Quick quiz on ancient contributions in ancient medicine, Technology and Science etc.</i>	

10:00–11:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	Dr. R.K.Gautam
11:00 AM–12:00PM	Inter disciplinary exposure	Debate Ayurveda in various systems of medicine.	Dr. Deepshikha
BREAK-10mins			
12:10–1:00 PM	Overview of other Indian Medical Systems: Unani , Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy	Inter active quiz/discussion	Dr.G.M.Kavya
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 in-up activity– mark countries recognizing/practicing Ayurveda (online/ offline)	Dr.G.M.Kavya
3:00–4:00 PM	Concept of <u>Anand</u> ‘the true goal of healing lessons from Taittarreeya Upanishad.	Discussion on experimental feeling of actual happiness	Dr. Pallavi Bhushan
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	Dr. Awadesh Mishra
4:50–5:00 PM	Mindfulness	Gratitude practice, focusing on cultural heritage/Meditation	Dr. Pallavi Bhushan

Day- 4 24.11.2025 (Monday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation & brief reflection	
9:10–10:00 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	Dr. Aditi
10:00–11:00 AM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Draw NCISM organizational tree; Rapid-fire quiz on functions/policies	Dr. G.P.Garg

11:00 AM– 12:00PM	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)	Dr. Yadvendra Yadav
BREAK-10min			
12:10–1:00 PM	Concept of Dosha, Dhatu, Mala in brief with application aspects	Concept reflection: " <i>How is Tridosha seen in patients?</i> "; Analogy building using daily life examples	Dr. Sheetal
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 subjects.	Subject puzzle (FirstYear); Timeline exercise marking academic milestones	Dr. Aditi
3:00–4:00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Model charts, cadaver room, specimen organs	Dr.R.K.Gautam
4:00–4:50 PM	Healing Hands and Compassionate Hearts: Reflection activity	Group sharing on readiness for clinical responsibilities	Dr. Awadhesh Mishra
4:50–5:00 PM	Mindfulness	Guided meditation/breathing with a focus on career visualization	Dr. Awadhesh Mishra

Day- 5 26.11.2025 (Wednesday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation & short reflection	Dr. V.K.Pandey
9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab ,charts models etc.	
10:00–11:00 AM	Inspirational talk by senior Vaidya /Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic	Question answer session/interaction	

	doctor		
11:00 AM–12:00PM	Laghutrayee with elaboration of Ashtang Hridaya	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya	Dr. Sheetal
BREAK-10mins			
12:10–1:00 PM	Nation building: Ayurveda as a pillar of India's Health security.	Discussion: Ayurveda for Atma Nirbharata.	Dr. Shikha Pandey
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Group discussion on Darshanas concepts	Dr. Punita Pandey
3:00–4:00 PM	Who is good Vaidya (Charaka's view) professional code of conduct/personal code of conduct	Discussion on modern challenges	Dr. Mayank
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?	Dr. Pallavi
4:50–5:00 PM	Mindfulness	Guided visualization with meditation on connecting with ancient Ayurvedic wisdom	Dr. Sheetal

Day- 6 27.11.2025 (Thursday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	
9:10–10:00 AM	Self-directed, self-motivated ,learning skills and studying skills	Self-studies strategies, library skills, time management	Dr. Vipin Kumar
10:00–11:00 AM	Heritage in young hands: Youth as brand ambassadors of Ayurveda	Search for Start-ups, wellness industry on digital platforms.	Dr. Saurabh Singh
11:00 AM–12:00PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Search for videos of proper pranayama, yoga, dyana.	Dr. Udhamp Singh
BREAK-10mins			

12:10–1:00 PM	e-samskara , building digital competence: Basic Computer Skills: MSWord, excel, PowerPoint etc. with AI.	Create PPT slides using presentation templates	Dr. Krishan Kumar
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Alumni talk on clinical/research/entrepreneur's hip; Vision board creation	Dr. Davesh Shukla
3:00–4:00 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-day life	Dr. Sheetal
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	Dr. Pallavi
4:50–5:00 PM	Mindfulness	Observation of Breath and body	Dr. Vipin

Day- 7 28.11.2025 (Friday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &short reflection	
9:10–10:00 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	Dr. Adesh Kumar
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.	Dr. Sanjay Tripathi
11:00 AM–12:00PM	Cultural Competence& Disability Awareness: empathy as therapy to disability care and rehabilitations	Discussion on Healing without barriers, disability awareness, inspiring students to be compassionate.	Dr. Shikha Pandey
BREAK-10mins			

12:10–1:00 PM	Glory of Ayurveda in Global Health	Discussion on WHO GCTM (Global Centre for Traditional Medicine)	Dr. Sumeet Goel
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)	Dr. Kiran

Day- 8 29.11.2025 (Saturday)			
Time	Topic for The Hour	Activity	Guest Speaker
9:00–9:10	Dhanvantari Prayer&	Group recitation &reflection	
AM	Thought for the Day		
9:10–10:00 AM	Hand Hygiene &Universal Precautions. Infection Control Measures	WHO7-step handwashing demo. Gloves ,masks ,aprons ,waste handling	Dr. Awadesh Kumar
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	Dr. Amit Rai
11:00 AM–12:00PM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	Alumni talk (live or recorded); Role exploration: <i>“If I were a...”</i>	Dr. Sudhindra Sharma
BREAK-10mins			
12:10–1:00 PM	Environmental hygiene: Concept of —Janapad adwamsa in ayurveda and its relevance to environmental hygiene	Swachata abhiyana of surrounding environment, discussion on role of hygiene in professionalism	Dr. Uttam Kumar Sharma
1:00–2:00 PM	Lunch Break		

2:00–3:00 PM	Introduction to Bruhatrayi– Charaka, Sushruta, Vagbhata	Three-corner debate: Charaka vs. Sushruta vs. Vagbhata ; Quote matching activity	Dr. Vipin
3:00–4:00 PM	वदतुसंस्कृतम् Sanskrit Orientation–Basic Grammar Or as annexed(Annexure– 2)	Verb conjugation drill; Sanskrit sorting game	--
4:00–4:50 PM	वदतुसंस्कृतम् Spoken Sanskrit: Common communicational Phrases in class Or as annexed(Annexure– 2)	Sanskrit basics focused on ayurvedic terminology and classical texts	--
4:50–5:00 PM	Mindfulness	Slow breathing aligned with gentle stretches	Dr. Adesh Kumar

Day- 9 01.12.2025 (Monday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	
9:10–10:00 AM	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).	Dr. Vipin Kumar
10:00–11:00 AM	What are the risk if technology over takes human wisdom? Digital toxicity.	Check your college website and learning websites. Debate on different selected crisis and situation. (“ No mobiles day ”)	Mr. Dhruv
11:00 AM–12:00PM	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.	Dr. Rajeev Kumar
BREAK - 10mins			
12:10–1:00 PM	National Health Programmes & Role of Ayurveda.	Make a calendar of National Health Programmes.	Dr. Birendra Tamta
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	Guest Health policy in Lecture - Charak Samhita, <u>Ayurveda's role in shaping</u>	Search relevant context In Charak Samhita.	Dr. Mayank Bhatkoti

	Modern Health Diplomacy.		
3:00–4:00 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Refer & Discuss Sadvritta & Bioethics.	Dr. Saurabh
4:00–4:50 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) Search relevant context In Charak Samhita.	-
4:50–5:00 PM	Mindfulness	Gentle breathing with gratitude feeling	Dr. Rajeev

Day- 10 02.12.2025 (Tuesday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	
9:10–10:00 AM	Pride in becoming a Healer- -Interactive session	Discusson different healing modalities.	Dr. Deepshikha
10:00–11:00 AM	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.	Dr. Kartikay
11:00 AM–12:00PM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	First-aid simulations	Dr. Sunil Gupta
BREAK–10mins			
12:10–1:00 PM	Effective time management strategies: _Sankalpa to Siddhi ‘–Time management for obtaining academic and clinical excellence.	Design a weekly planner for studies & personal time Chhandas chanting practice	Dr. Meena Rani Ahuja
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandas or as annexed(Annexure– 2)	Chhandas chanting practice	-
3:00–4:00 PM	Swasthya, Satya, Seva: The ayurveda student’s commitment of self, society and world.	Discussion social responsibility	Dr. Shanshak

4:00–4:50 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Share one personal goal set during the day	Dr. Deepshikha
4:50–5:00 PM	Mindfulness	Guided breathing with focusing on goal visualization	Dr. Deepshikha

Day- 11 03.12.2025 (Wednesday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	
9:10–10:00 AM	Ayurveda Psychology— correlations of Satva ,Rajas, Tamas with Modern Psychology,	Discuss on Bhoot vidya of Astangas ,ancientinsightsfor modern minds.	Dr. Sheetal
10:00–11:00 AM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanir bharata	Discussion on harmony of mind: Triguna insights for students	Dr. Vipin
11:00 AM–12:00PM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health	Search for activities of National Ayush Mission	Dr. G.M.Kavya

BREAK-10min			
Time	Topic for the Hour	Activity	Guest Speaker
12:10–1:00 PM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health pronunciation Role-play conscious/unconscious choking scenarios Watch CPR demo video; Group discussion on age-based differences	Dr. Shailendra
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	Ayurveda & Communication/media studies	Countering misinformation of Ayurveda.	Dr. Gyanendra Shukla
3:00–4:00 PM	वदतुसंस्कृतम् Shloka Recitation Practice or as annexed(Annexure–2)	Group chanting session for accurate	-
4:00–4:50 PM	Reflection:—Empathy and Expression	Group discussion on inclusivity in Ayurveda	Dr. Shikha
4:50–5:00 PM	Mindfulness	Observation of self/ meditation	Dr. Shikha

Day- 12 04.12.2025 (Thursday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	

9:10–10:00 AM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)	pronunciation Role-play conscious/unconscious choking scenarios Watch CPR demo video; Group discussion on age-based differences	Dr. Sunil Gupta
10:00–11:00 AM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayan	Discussion: sharing of key insights by students	Dr. Dinesh Goyal
11:00 AM–12:00PM	A healer's duty to health and environment, eco responsibility :Biomedical Waste Management Principles	Color code game–match items to bins	Dr. Aditi
BREAK-10min			
12:10–1:00 PM	Orientation on co-curricular arrangement ,indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Discussion on students clubs, associations, club activity	Dr. Mayank Bhatkoti
Lunch Break	Lunch Break		
2:00–3:00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Story board layout; Slide critique	Dr. Rajeev
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	Dr. Rajeev
4:00–4:50 PM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar Or as annexed (Annexure–2)	No un declension game; Verb conjugation relay	-
4:50–5:00 PM	Mindfulness	Guided breathing/silent sitting awareness	Dr. Rajeev

Day- 13 05.12.2025 (Friday)			
Time	Topic for the Hour	Activity	Guest Speaker
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	Dr. S.P.Singh
9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Paragraph editing activity	
10:00–11:00 AM	Orientation on national tobacco control programme	Discussion on tobacco cessation centers	
11:00 AM–12:00PM	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	Dr. Mannat Marwah
BREAK–10mins			
12:10–1:00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Self-Prakriti Assessment by seniors.	Dr. Prabodh
1:00–2:00 PM	Lunch Break		
2:00–3:00 PM	वद्युसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	Group recitation ;Shloka pronunciation drills	-
3:00–4:00 PM	वद्युसंस्कृतम् Sanskrit Practice Session or as annexed(Annexure– 2)	Story telling in Sanskrit (simple phrases);Group recitation	-
4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	Dr. Pallavi
4:50–5:00 PM	Mindfulness	Short gratitude-based meditation	Dr. Pallavi

Day- 14 06.12.2025 (Saturday)			
Time	Topic for the Hour	Activity	Guest Speaker

9:00 AM– 5:00PM	<p>—Jeevaneeya (Ayurveda Arogya mitra Abhiyan) Visit of nearby village/rural area</p>	<p>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.</p> <p>Note:</p> <ul style="list-style-type: none"> • 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. 	<p>Prof. B.K.Panwar Dr. Vipin Kumar</p>
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Day-15 08.12.2025 (Monday)

Time	Topic for the Hour	Activity	
9:00–9:10 AM	Dhanvantari Prayer& Thought for the Day	Group recitation &reflection	
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	Dr. Sheetal Verma
11:30 AM–12:00PM	Post-Test	Individual assessment	Dr. Rajeev

BREAK-10mins

12:10–1:00 PM	Feedback Collection	Written + oral feedback on programme content &delivery	
1:00–2:00 PM	Lunch Break		
2:00–4:30 PM	Reflection on Mindfulness	Gratitude reflection for the entire programme	
2:00–5:00 PM	Valedictory Function	Sharing future vision, felicitation ,awards for assignments/projects Final address by Principal/Dean Group Photo Informal Interaction	