

TRANSITIONAL CURRICULUM
First professional BAMS (Prescribed by NCISM)

Batch – 2021-22

Date-	Time	Topic	
11/04/2021	9 AM – 11 AM	Inaugural Function	
	11 AM- 1 PM	<ul style="list-style-type: none"> ➤ Institutional profile (origin & history of the institution, introduction of society/trust, achievements/innovations of the college/institution, collaborations etc.) presentation by the principal or senior faculty member. ➤ Opinions by senior students ➤ Address of the chief guest ➤ Parent interaction, information and instructions. 	Campus Director
	1 PM- 2 PM	LUNCH	
	2 PM- 4 PM	<ul style="list-style-type: none"> ➤ Officials from the respective units are introduced. <ul style="list-style-type: none"> ➤ Activities and achievements of units and facilities ➤ Students are to be made into batches of suitable size and guided by faculty members. 	All Departmental Teaching Staff and Hospital Staff
12/04/2022	9 AM – 10 AM	Pre-Test	Dept. of Samhita, Sanskrit evum Siddhanta, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language- Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta , Gurukul Campus, Haridwar
	11 AM- 1 PM	<p style="text-align: center;">Know Your Campus</p> <ul style="list-style-type: none"> ➤ A guided tour of the entire campus and facilities ➤ Officials from the respective units are introduced. 	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta , Gurukul Campus, Haridwar Dr. Neha Joshi, Assistant Prof., Dept. of BalRoga, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 3 PM	Rules and regulations of the campus, code of conduct, and dress codes	Prof. Balkishan Panwar, Dept. of KriyaSharir, Gurukul Campus, UAU, Haridwar
	3 PM- 4 PM	An Introduction to various medical systems	Prof. Pankaj Kumar Sharma, HOD, Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar
13/04/2021	9 AM – 10 AM	An Overview of the BAMS curriculum and the subjects, including highlights of the Minimum Standards of Education-2021	Dr. Sheetal Verma, Associate Prof. Dept. of Samhita, Sanskrit evum Siddhanta Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus,

			Haridwar
	11 AM – 12 PM	Ayurveda's national and international reach, higher education in Ayurveda, job opportunities, entrepreneurship, etc.	Prof. Uttam Kumar Sharma, Professor and HOD, Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar Dr. Vipin Kumar Arora, Assistant Prof. Dept. of Samhita, Sanskrit evum Siddhanta Gurukul Campus, Haridwar
	12 AM- 1 PM	Know Regulatory bodies & Statutory bodies and major AYUSH institutions	Prof. G.P.Garg, Dept. of Bal Roga, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 4 PM	Know Your Campus Activities and achievements of units and facilities ➤ Students are to be made into batches of suitable size and guided by faculty members.	Dr. Shikha Pandey, Assistant Prof. Dept. of Panchkarma, Gurukul Campus, Haridwar
16/04/2022	9 AM – 10 AM	Orientation to learning methods: self-learning, collaborative learning, lifelong learning strategies, time management, examination strategies, etc.	Eminent Speaker
	10 AM – 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM – 12 PM	An Overview of the BAMS curriculum and the subjects, including highlights of the Minimum Standards of Education-2021	Dr. Mohan Sharma, Dept.of Rachna Sharir, Gurukul Campus, Haridwar Prof. Vipin Kumar Pandey, Dept. of Kriya Sharir, Gurukul Campus, Haridwar
	12 PM – 1 PM	Ayurveda's national and international reach, higher education in Ayurveda, job opportunities, entrepreneurship, etc.	Prof. Meena Rani Ahuja, HOD, Dept. of Rasa Shastra , Gurukul Campus, UAU, Haridwar Dr. Kiran Vashishta, Assistant Prof. Dept. of DravyaGuna, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 4 PM	Motivational Lectures	Eminent Speaker
18/04/2021	9 AM – 10 AM	Computer Skill & Apps Installation: ➤ Computer basics, MS Office (MS Word, Power Point, Excel, etc.), creation of e-mail ID, e-mail correspondence, Internet browsing, etc. ➤ Safety Apps installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksha; Smart 24x7	

	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM- 1 PM	Demonstration of Procedures: Office related, library related, internet related, leave related, campus behavior, availing health care facilities etc.	Dr. Sunil Gupta, Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 3 PM	National Health Status, Goals and Policies	Prof. Punita Pandey, Dept. of Kaya Chikitsa, Gurukul Campus, UAU, Haridwar
	3 PM- 4 PM	Role of Ayush in COVID-19 management and its scientific outcomes (Ref. Ministry of Ayush Dossier)	Prof. Dinesh Goyal, Dept. of Kaya Chikitsa, Gurukul Campus, UAU, Haridwar
	3 PM- 4 PM	Basic Life Support and First Aid :	Dr. Aditi, Assistant Prof. Dept. of Shalakyta Tantra, Gurukul Campus, Haridwar
19/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM- 1 PM	Basic Life Support and First Aid	Dr. Davesh Shukla, Associate Prof. Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 3 PM	Personality Development & Recreation: ➤ Communication skills, critical thinking, soft skills, empathy and respecting conduct, confidence and personal growth, speaking in front of an audience, etc. ➤ Team building activities	Eminent Speaker
	3 PM- 4 PM	Games and Activities	Dr. Mayank Bhatkoti , Dept.of Panchkarma, Gurukul Campus, Haridwar
20/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM- 1 PM	Basic Life Support and First Aid	Dr. Rajeev Kumar, Department of Shalya Tantra, Gurukul Campus, Haridwar

	1 PM- 2 PM	LUNCH	
	2 PM – 4 PM	Computer Skill & Apps Installation: <ul style="list-style-type: none"> ➤ Computer basics, MS Office (MS Word, Power Point, Excel, etc.), creation of e-mail ID, e-mail correspondence, Internet browsing, etc. ➤ Safety Apps installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksha; Smart 24x7 	Eminent Speaker
21/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM – 12 PM	Stress management and Capacity building to address medical challenges	Prof. Arun Kumar Tripathi, Campus Director, Gurukul campus, UAU, Haridwar
	12 PM – 1 PM	Health awareness, Fitness, and Hygiene	Dr. S.P.Singh, Dept. of Swasthvritta, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM – 3 PM	Gender sensitization	Dr. G.M.Kavya, Associate Prof. Dept. of Gyane and obest., Gurukul Campus, Haridwar
	3 PM – 4 PM	Personal health and hygiene	Prof. Avadesh Mishra, HOD, Dept. of Swasthvritta, Gurukul Campus, UAU, Haridwar
22/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM- 1 PM	Motivational Lectures	
	1 PM- 2 PM	LUNCH	
	2 PM- 3 PM	Discussion, debate, Tasks	Dr. Vipin Kumar Arora, Assistant Prof. Dept. of Samhita, Sanskrit evum Siddhanta Gurukul Campus, Haridwar Dr. Shikha pandey, Assistant Prof. Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar Dr. Gyanendra Dutt Shukla, Associate Prof. Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar
	3 PM- 4 PM	Games and Activities	Dr. Mayank Bhatkoti , Dept.of Panchkarma, Gurukul

			Campus, Haridwar
23/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 11 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	11 AM – 12 PM	ASUS (Ayurveda, Siddha, Unani, and Sowa-Rigpa) medical systems and their roles in primary health care, public health, and disease prevention.	Dr. Mayank Bhatkoti, Associate Prof. Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar
	12 AM- 1 PM	Personal Health & Hygiene (Dinacharya)	Prof. Avadesh Mishra, HOD, Dept. of Swasthvritta, Gurukul Campus, UAU, Haridwar
	1 PM- 2 PM	LUNCH	
	2 PM- 3 PM	Motivational Lectures	
	3 AM – 4 AM	Games and Activities	Dr. Davesh Shukla, Associate Prof. Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar
25/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 12 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	12 PM-1 PM	Computer Skill & Apps Installation: <ul style="list-style-type: none"> ➤ Computer basics, MS Office (MS Word, Power Point, Excel, etc.), creation of e-mail ID, e-mail correspondence, Internet browsing, etc. ➤ Safety Apps installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksha; Smart 24x7 	
	1 PM - 2 PM	LUNCH	
	2 PM – 4 PM	Recreational activities and talent show	All First year Teaching Faculty
26/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	12 PM-1 PM	Computer Skill & Apps Installation: <ul style="list-style-type: none"> ➤ Computer basics, MS Office (MS Word, Power Point, Excel, etc.), creation of e-mail ID, e-mail correspondence, Internet browsing, etc. ➤ Safety Apps installation: 122 India; Mysafetipin; Citizen COP; Himmat; Shake2safety; Raksha; Smart 24x7 	

	1 PM - 2 PM	LUNCH	
	2 PM – 3 PM	Goal Setting Activities	Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	3 PM – 4 PM	Recreational activities and talent show	All First year Teaching Faculty
27/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	12 AM – 1 PM	Role of Ayush in COVID-19 management and its scientific outcomes (Ref. Ministry of Ayush Dossier)	Dr. Priya Ranjan Tiwari , Associate Prof. , Dept. of Kaya Chikitsa, Gurukul Campus, UAU, Haridwar
	1 PM - 2 PM	LUNCH	
	2 PM - 3 PM	Motivational Lectures	Eminent Speaker
	3 PM – 4 PM	Recreational activities and talent show	All First year Teaching Faculty
28/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	12 PM – 1 PM	Recreational activities and talent show	All First year Teaching Faculty
	1 PM - 2 PM	LUNCH	
	2 PM-4 PM	ASUS (Ayurveda, Siddha, Unani, and Sowa-Rigpa) medical systems and their roles in primary health care, public health, and disease prevention.	Prof. R.K.Biswal, Dept. of Shalakyta Tantra, Gurukul Campus, Haridwar Prof. Uttam Kumar Sharma, Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar
29/04/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar
	10 AM- 12 AM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	12 PM – 1 PM	Post - Test	Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar
	1 PM - 2 PM	LUNCH	
	2 PM – 4 PM		Feedback by students and Valedictory Session

