

TRANSITIONAL CURRICULUM
First professional BAMS (Prescribed by NCISM)
Batch – 2022-23

Date-	Time	Topic	Lectures by	Day wise Coordinator
22/02/2023	9 AM – 11 AM	Inaugural Function		Dr, Vipin Kumar Arora – 9782377057 PG Scholars - Neha joshi Sakshi
	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. <li style="padding-left: 40px;">➤ 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	
23/02/2022	9 AM – 10 AM	Pre-Test	Dept. of Samhita, Sanskrit evum Siddhanta, Gurukul Campus, Haridwar	
	10 AM- 11 AM	Know Your Campus	Dr. Vipin Kumar Arora, Assistant Prof., Dept. of Samhita, Sanskrit evum Siddhanta , Gurukul Campus, UAU, Haridwar	Dr. Deepshikha- 9013945535
		<ul style="list-style-type: none"> ➤ A guided tour of the entire campus and facilities 		
	11 AM- 12 PM	Language- Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta , Gurukul Campus, Haridwar	PG Scholars Pratibha Bhatt Priyanka Uniyal
	12 PM- 1 PM	Know Your Campus	Dr. Vipin Kumar Arora, Assistant Prof., Dept. of Samhita, Sanskrit evum Siddhanta , Gurukul Campus, UAU, Haridwar	
	1 PM- 2 PM	LUNCH		
	2 PM- 3 PM	Rules and regulations of the campus, code of conduct	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	

24/02/2023	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/Dr. Vipin Kumar Arora Dept. of Samhita, Sanskrit evum Siddhanta Gurukul Campus, Haridwar	Dr. Shanshak Nautiyal PG Scholars Gudiya Swati Bhatt	
	10 AM – 11 AM	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		
	11 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	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		
25/02/2023	9 AM – 10 AM	Orientation to learning methods: self-learning, collaborative learning, lifelong learning strategies, time management, examination strategies, etc.	Eminent Speaker		Dr. Saurabh Singh Yadav- 8868836759 PG Scholars Suman Raviraj
	10 AM – 11 AM	An Overview of the BAMS curriculum and the subjects, including highlights of the Minimum Standards of Education-2021	Prof.. Mohan Sharma, Dept.of Rachna Sharir, Gurukul Campus, Haridwar Prof. Vipin Kumar Pandey, Dept. of Kriya Sharir, Gurukul Campus, Haridwar		
	11 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	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 Prof. Birendra Tamta, Dept. of Rasa Shastra , Gurukul Campus, UAU, Haridwar		
		1 PM- 2 PM	LUNCH		
		2 PM- 4 PM	Motivational Lectures	Eminent Speaker	

27/02/2023	9 AM – 10 AM	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 		Dr. Ajay Pratap-7417610402 PG Scholars Sonia kadwal Stuti Rawat	
	10 AM- 11 PM	Demonstration of Procedures: Office related, library related, internet related, leave related, campus behavior, availing health care facilities etc.	Prof. Sunil Gupta, Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar		
11 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	National Health Status, Goals and Policies	Prof. Punita Pandey, Dept. of Kaya Chikitsa, Gurukul Campus, UAU, Haridwar			
1 PM- 2 PM	LUNCH				
2 PM- 3 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			
28/02/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Kiran Vashisht-9456364759 PG Scholars Jaipal Singh Asha	
	10 AM- 11 AM	Basic Life Support and First Aid	Dr. Davesh Shukla, Associate Prof. Dept. of Shalya Tantra, Gurukul Campus, UAU, Haridwar		
	11 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	Personality Development & Recreation: <ul style="list-style-type: none"> ➤ 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		
	1 PM- 2 PM	LUNCH			
	2 PM- 3 PM	Personality Development & Recreation: <ul style="list-style-type: none"> ➤ 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	
01/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Sangita – 8630257228 PG Scholars Smriti Alok
	10 AM- 11 AM	Basic Life Support and First Aid	Dr. Rajeev Kumar, Department of Shalya Tantra, Gurukul Campus, Haridwar	
	11 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	Basic Life Support and First Aid	Dr. Udai Narayana Pandey, 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	
02/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	
	10 AM- 11 AM	ASUS (Ayurveda, Siddha, Unani, and Sowa-Rigpa) medical systems and their roles in primary health care, public health, and disease prevention.	Dr. Pallavi Bhushan, Assistant Prof. Dept. of Rog Nidana, Gurukul Campus, UAU, Haridwar	
	11 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	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 obst., Gurukul Campus, Haridwar	
	3 PM – 4 PM	Personal health and hygiene	Prof. Avadesh Mishra, HOD, Dept. of Swasthvritta, Gurukul Campus, UAU, Haridwar	
03/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	
	10 AM-	Motivational Lectures	Eminent Speaker	

	11 AM			
	11 AM- 12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar	Dr. Garima - 9410594950 PG Scholars Soman Kavita
	12 PM- 1 PM	Motivational Lectures	Eminent Speaker	
	1 PM- 2 PM	LUNCH		
	2 PM- 3 PM	Discussion, debate, Tasks	Dr. Mahesh Chand, Assistant Prof. Dept. of Rasa Shastra Gurukul Campus, 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	
04/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Pallavi Bhushan – 7248684047 PG Scholars Sonam Tushita
	10 AM – 11 PM	Stress management and Capacity building to address medical challenges	Dr. Gyanendra Shukla, Dept. of Panchkarma, Gurukul Campus, UAU, Haridwar	
	11 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	Personal Health & Hygiene (Dinacharya)	Prof. Avadesh Mishra, HOD, Dept. of Swasthritta, Gurukul Campus, UAU, Haridwar	
	1 PM- 2 PM	LUNCH		
	2 PM- 3 PM	Motivational Lectures	Prof. Arun Kumar Tripathi, Campus Director, Gurukul campus, UAU, Haridwar	
	3 PM – 4 PM	Games and Activities	Dr. Ajay Chauhan, Associate Prof. Dept. of Dravya Guna, Gurukul Campus, UAU, Haridwar	
06/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	
	10 AM – 11 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		

	11 AM-12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar	Dr. Aditi - 9719353123 PG Scholars Manisha Sonia
	12 PM-1 PM	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		
	1 PM - 2 PM	LUNCH		
	2 PM – 4 PM	Recreational activities and talent show	Dr. Shanshak Nautiyal, Asst. Prof., Dept. of Kriya Sharir, Gurukul Campus, Haridwar	
10/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Adesh Kumar - 8266890000 PG Scholars Arun Pritika
	10 PM-11 PM	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		
	11 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: ➤ 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	Dr. Aarti Semwal, Assistant Prof. , Dept. of Bal Roga, Gurukul Campus, UAU, Haridwar	
	3 PM – 4 PM	Recreational activities and talent show	Dr. Garima, Assistant Prof. , Dept. of Agad Tantra, Gurukul Campus, UAU, Haridwar	
11/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Shikha pandey - 8267837981
	10 AM - 11 AM	Role of Ayush in COVID-19 management and its scientific outcomes (Ref. Ministry of Ayush Dossier) □	Dr. Sangita, Assistant Prof. , Dept. of Kaya Chikitsa, Gurukul Campus, UAU, Haridwar	
	11 AM-12 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar	
	12 PM –	Role of Ayush in COVID-19 management and its scientific outcomes (Ref. Ministry of	Prof . Punita Pandey , Assistant Prof. , Dept. of	

	1 PM	Ayush Dossier) □	Kaya Chikitsa, Gurukul Campus, UAU, Haridwar	PG Scholars Lokesh Ajay
	1 PM - 2 PM	LUNCH		
	2 PM - 3 PM	Motivational Lectures	Eminent Speaker	
	3 PM – 4 PM	Recreational activities and talent show	Dr. Adesh, Assistant Prof. , Dept. of Rog Nidana, Gurukul Campus, UAU, Haridwar	
13/03/2021	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	Dr. Mahesh Chand - 9411150256 PG Scholars Amit Shashibhushan
	10 AM – 11 AM	Recreational activities and talent show	Dr. Saurabh Yadav, Assistant Prof. , Dept. of Sawsthrvitta, Gurukul Campus, UAU, Haridwar	
	11 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	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 Shalaky Tantra, Gurukul Campus, Haridwar	
	1 PM - 2 PM	LUNCH		
	2 PM-3 PM	Goal Setting Activities	Dr. Aarti Semwal, Assistant Prof. , Dept. of Bal Roga, Gurukul Campus, UAU, Haridwar	
14/03/2023	7 AM- 8 AM	Yoga and Meditation	Dr. Ankit Kumar Saini, Yoga Expert, Gurukul Campus, Haridwar	
	10 AM- 11 AM	Post - Test	Dept. of Samhita, Sanskrit evum Siddhanta Dept. , Gurukul Campus, Haridwar	
	11 AM- 1 PM	Language Vadatu Sanskritam	Prof. Prem Chand Shastri, HOD, 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		

Note – PG Scholars are advised to contact their Day wise coordinator teaching faculty for all necessary arrangement for proper execution of transitional curriculum.