

AYURVEDIC COLLEGE TOPIC

Day - 1 15/11/2025

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 academic spaces; improved campus navigation Dr. S.N. Gupta
		Day -2 17/11/2025	
10:00–11:00 AM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	know history of Ayurveda since Vedic period and its establishment on planet earth DR. RAJENDRA
2:00–3:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Discussion on purpose of life and lifestyles	know concepts of Panchamahabhuta, Mana, Atma, and other relevant basic principles of Ayurveda DR. RAJENDRA
4:00–4:50 PM	Reflection: “Ayurveda & Me”	Group circle discussion on why each student choose BAMS	Improve self-awareness, peer bonding and clarity of personal motivation S.K. P
		Day 3 18/11/2025	
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	Understand of Ayurveda’s holistic philosophy and its place in Indian heritage Appreciation of India’s scientific Dr. S.N. Gupta

10:00– 11:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	Know 8 branches of Ayurveda with application of modern advancement DR. RAJENDRA
11:00 AM– 12:00PM	Interdisciplinary exposure	Debate Ayurveda in various systems of medicine.	have knowledge of modern medical system and Indian Medical System DR. RAJENDRA
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. S.N. Gupta
		Day -4 19/11/2025	
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	have the understanding of postgraduate and research opportunities after BAMS DR. RAJENDRA
10:00– 11:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma 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. RAJESH
11:00 AM– 12:00PM	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. S.K. Thakur
	Ayurveda field.	entrepreneurship development cell (RIEDC).	

12:10–1:00 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. S.N. Gupta
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. RAJENDRA
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. RAJESH
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. S.N. Gupta
4:50–5:00 PM	Mindfulness	Guided meditation/ breathing with a focus on career visualization	enhance focus and motivation for professional growth Dr. S.N. Gupta
		Day – 5 20/11/2025	
9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab, charts models etc.	be familiar with subject and department of Sharir Kriya K.S. Deptt
10:00–11:00 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. RAJENDRA

11:00 AM–12:00PM	Laghutrayee with elaboration of Ashtang Hridaya	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya	know the significance of Laghutrayee for better understanding of principles of ayurveda DR. RAJENDRA
12:10–1:00 PM	□□□□□□□□□□ □□□ 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)	be familiar with the script used in classical Ayurvedic texts ASHISH PATHAK
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 ASHISH PATHAK
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 chatuspada DR. RAJENDRA
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. S.N. Gupta
		Day – 6 21/11/2025	
10:00–11:00 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. Shree Prakash
11:00 AM–12:00PM	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. S. Thukur

12:10–1:00 PM	□□□□□□□□□□ □□ Sanskrit Orientation –Basic Grammar or as annexed (Annexure – 2)	Verb conjugation drill; Sanskrit sorting game	Be familiar with Sanskrit language ASHISH PATHAK
3:00–4:00 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-day life	know better understanding of principles of Padartha Vigyana. Dr. Rajendra
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 Mr. Amitav Dr. Shree Prakash
		Day -7 22/11/2025	
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	Know ritus and to be familiar with dinacharya accordingly DR. RAJENDRA
11:00 AM–12:00PM	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. MANOJ
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 Senior Vaidya
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	Participate in outreach activities

		Importance (Anyone which is convenient as per availability nearby institution)	Dr. Madhuchhanda
		Day-8 24/11/2025	
10:00–11:00 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	WHO7-step handwashing 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. Manoj
11:00 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. Aftab Ahamad
12:10–1:00 PM	Spoken Sanskrit: Common communicational Phrases in class Orasannexed (Annexure– 2)	Sanskrit basics focused on ayurvedic terminology and classical texts	Be able to use basic Sanskrit terms in classroom, build linguistic foundation ASHISH PATHAK
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 Biomedical waste
4:00–4:50 PM	Environmental hygiene: Concept of “Janapadadwamsa” 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, health care and self-discipline. H.M.C.H Dr. S. Thakur
		Day -9 25/11/2025	

10:00– 11:00 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. ASHISH PATHAK
11:00 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. MANOJ
12:10–1:00 PM	□□□□□□□□□□□□ 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 ASHISH PATHAK
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. RAJENDRA
		Day -10 26/11/2025	
12:10–1:00 PM	□□□□□□□□□□□□ Spoken Sanskrit: Introduction to Chhandas or as annexed (Annexure– 2)	Chhandas chanting practice	Have Aware of rhythmic patterns in Sanskrit shlokas ASHISH PATHAK
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. S.K. Pathak
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. Aftab Ahamad

		Day 11 27/11/2025	
11:00 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. MANOJ
12:10–1:00 PM	□□□□□□□□□□□□□□ Shloka Recitation Practice or as annexed (Annexure– 2)	Group chanting session for accurate pronunciation	have better rhythm, clarity, and confidence in Sanskrit recitation ASHISH PATHAK
		Day -12 28/11/2025	
9:10–10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health	Be familiar on sustainable agriculture and organic farming Dr. Madhuchhanda
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)	understand the relevance of Ayurveda in reducing healthcare burden. Orientation on Ayurveda in Health and Global Economy. Dr. Aftab Ahamad
12:10–1:00 PM	□□□□□□□□□□□□□□ Sanskrit Practice: Interactive Grammar Or as annexed (Annexure– 2)	Noun declension game; Verb conjugation relay	Improve recall and application of basic Sanskrit grammar rules ASHISH PATHAK
4:00–4:50 PM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Discussion: sharing of key insights by students	Be aware of personal addiction free lifestyle. Dr. Shree Prakash

		Day -13 29/11/2025	
9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Paragraph editing activity	understand of research writing structure, citations, and plagiarism avoidance Dr. S.K. Thakur
12:10–1:00 PM	□□□□□□□□□□□□□□ Sanskrit Practice Session or as annexed (Annexure– 2)	Storytelling in Sanskrit (simple phrases);Group recitation	Improve spoken fluency and confidence in Sanskrit ASHISH PATHAK
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. Yoga Teacher
3:00–4:00 PM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Discuss on social responsibility	maintain their own health, NCISM's vision of Scientific excellence and compassion. Dr. S.K. Thakur
4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	Know complete day outreach activity details. Dr. Afftab Ahamad

		Day 14 01/12/2025	
9:00 AM– 5:00PM	<p>“Jeevaneeya” (Ayurveda Arogyamitra Abhiyan) Visit of near by 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>Linking rural public to Ayurvedic concepts of health preservation.</p> <p style="text-align: center;">Dr. S.N. Gupta</p>