

SWAMINARAYAN UNIVERSITY

SAMSKARA–PG Orientation Program

Report 2025

Introduction

The SAMSAKRA–PG Orientation Program (Transformation to Proficient Scholar) was organized at Swaminarayan University on 17 December 2025 for newly admitted postgraduate scholars, in alignment with the guidelines of the National Commission for Indian System of Medicine (NCISM). The program aimed to facilitate a smooth transition from undergraduate to postgraduate studies by familiarizing students with institutional policies, postgraduate curriculum structure, and available academic and research opportunities.

Program Schedule and Proceedings

Session 1: Introduction to Transitional Curriculum and Institutional Profile

- Time: 10:30 am – 12:00 pm
- Resource Person: Dr. Anita Patel

The inaugural academic session introduced the concept and purpose of the transitional curriculum for postgraduate scholars, highlighting its role in supporting academic, professional, and personal adaptation to PG training. The institutional profile was presented, covering the origin and history of the university, vision and mission, major achievements, infrastructure, and key facilities available to postgraduate students.



Session 2: Pre-test

- Time: 12:00 pm – 1:00 pm
- Resource Persons: Dr. Arathy Menon & Dr. Merin Jose

A structured pre-test was administered to assess the baseline knowledge of PG scholars regarding institutional policies, PG program structure, MOUs, academic activities, and support systems, as per NCISM recommendations for Samskara-PG orientation. The pre-test will serve as a benchmark for comparison with the post-test at the end of the orientation to evaluate learning gain and program effectiveness.



Session 3: Overview of PG Structure and Curriculum

- Time: 2:00 pm – 3:30 pm
- Resource Person: Dr. Sunny Patil

This session provided a comprehensive overview of the postgraduate structure and pattern of study, including duration of the program, subject distribution, examination scheme, internal assessment, and dissertation requirements. The speaker elaborated on elective courses (domain-specific and capacity-enhancing categories), components of the PG program, and mandatory PG academic activities such as seminars, journal clubs, case presentations, workshops, and research methodology training.



Session 4: Ashirvachan

- Time: 3:30 pm – 3:45 pm
- Speaker: Shastri Swami Dr. Premswarupdasji

In this brief but spiritually enriching session, Shastri Swami Dr. Premswarupdasji blessed the newly admitted postgraduate scholars and motivated them to uphold ethical values, discipline, and dedication in their academic and clinical journey. The ashirvachan emphasized holistic development, humility, and service-oriented professionalism in accordance with the ethos of Indian systems of medicine.

Session 5: Orientation on Institutional MOUs and Affiliations

- Time: 3:45 pm – 4:30 pm
- Resource Person: Dr. Bhavana Soni, Dean Academics

The final session focused on the institutional Memoranda of Understanding (MOUs), collaborations, and affiliations and their scope in education, training, and research. The Dean Academics highlighted opportunities for PG scholars in terms of clinical exposure, interdisciplinary projects, research collaborations, skill enhancement programs, and access to shared facilities under these MOUs.

Day 2: 18/11/2025 – Institutional and PG Systems Orientation

Session 1: Institutional Rules and Regulations

- Time: 9:00 am – 10:00 am
- Resource Person: Dr. Rohit Gokarn, Dean, Faculty of Ayurveda

This session familiarized the postgraduate scholars with institutional rules and regulations, campus code of conduct, and compliance with regulatory bodies, in accordance with NCISM PG orientation objectives. Key points included attendance and leave policies, use of hospital and academic facilities, professional behavior, and disciplinary procedures applicable to PG residents.



Session 2: Health Awareness, Fitness and Hygiene

- Time: 10:00 am – 10:45 am
- Resource Person: Dr. Sangita Jadav

The session emphasized physical fitness, mental well-being, personal hygiene, and infection control practices essential for postgraduate scholars working in clinical and hospital environments. Stress management, lifestyle modification, and preventive health strategies were highlighted to support sustained performance during PG training.



Session 3: Institutional Officials' Hierarchy and Organizational Structure of SSAC

- Time: 10:45 am – 11:30 am
- Resource Person: Dr. Anita Ratnawat

This session outlined the organizational structure of the institution and SSAC, detailing the hierarchy of officials and their roles and responsibilities as envisaged in PG orientation guidelines. Students were oriented to the organogram, key academic and administrative positions, and appropriate communication and reporting channels within the institution.



Session 4: Departmental Introduction

- Time: 11:30 am – 1:00 pm
- Resource Persons: Dr. Rita & Dr. Hiral

Faculty members introduced the various departments, highlighting their clinical units, academic activities, ongoing research, and available facilities relevant to postgraduate learning. The interaction helped PG scholars understand departmental strengths and identify areas for seminars, case presentations, and dissertation work



Session 5: Introduction to PG-related Activities and Councils

- Time: 1:30 pm – 3:00 pm
Resource Person: Dr. Hridaynath M. Lad

This session provided an overview of PG-related academic activities and student councils, including seminar and journal club activities, clinical case presentations, and PG student committees as per NCISM regulations. The structure and functioning of academic committees, research-related committees (IEC/IRB/IRC), and student councils were explained, along with expectations from PG scholars regarding active participation



Day 3: 19/11/2025 – Life Skills, Digital Systems and Research Governance

Session 1: Time Management

- Time: 9:00 am – 10:30 am
- Resource Person: Dr. Sarin T

The session focused on the principles of effective time management for postgraduate scholars, emphasizing prioritization, scheduling, and balancing clinical duties, academics, research, and personal life. Practical approaches to goal setting, planning daily work, and minimizing stress and burnout during PG training were discussed with



Session 2: Introduction to HIMS (Hospital Information Management System)

- Time: 10:30 am – 12:00 pm
- Resource Person: Dr. Darshana Ramole

This session introduced the Hospital Information Management System (HIMS), covering basic concepts, user interfaces, and the role of digital records in patient care, documentation, and hospital administration. The importance of accurate electronic data entry, confidentiality, data security, and efficient use of HIMS for clinical workflow and reporting was highlighted.



Session 3: Introduction to IEC / IRB / IRC and Related Committees

- Time: 1:00 pm – 3:00 pm
- Resource Person: Dr. Shailaja, Associate Professor & R&D Coordinator, Swaminarayan University

The session provided an overview of the Institutional Ethics Committee (IEC), Institutional Review Board (IRB), and Institutional Research Committee (IRC), their constitution, roles, and procedures. PG scholars were oriented to ethical principles in human research, protocol submission processes, review pathways, and responsibilities of investigators in ensuring participant safety and regulatory compliance.



Session 4: Quality Testing Laboratory Orientation

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Krishnendu

This session introduced the facilities and functions of the quality testing laboratory, including its role in standardization and quality assessment of drugs, formulations, and samples. Basic concepts of good laboratory practices, sample handling, documentation, and potential research opportunities for PG scholars within the quality testing set-up were outlined.



Day 4: 20/11/2025 – Laboratory Practices, Pharmacognosy Exposure and Soft Skills

Session 1: Laboratory Etiquettes

- Time: 9:30 am – 11:00 am
- Resource Person: Dr. Amruta

This session-oriented PG scholars to good laboratory etiquette, including safe conduct, discipline, cleanliness, and responsible handling of instruments and samples. Key aspects such as appropriate dress code, prohibition of food in laboratories, adherence to safety instructions, and maintenance of a tidy workbench were emphasized to ensure a safe and professional environment.



Session 2: Herbal Garden Visit and Importance of Pharmacognosy in PG Curriculum

- Time: 11:00 am – 12:30 pm
- Resource Person: Dr. Hardik Prajapati

PG scholars visited the herbal garden to familiarize themselves with medicinal plants, their identification, morphological characters, and therapeutic relevance. The importance of pharmacognosy in the postgraduate curriculum was highlighted, with emphasis on natural drug sources, standardization, quality control, and the role of medicinal plants in research and evidence-based Ayurveda practice.



Session 3: Motivational Talk

- Time: 1:00 pm – 2:00 pm
- Speaker: Vd. Nitin Shah, MS (Ayu)

The motivational talk focused on developing a positive attitude towards postgraduate training, clinical responsibility, research, and lifelong learning. The speaker inspired students to maintain professional ethics, resilience, and dedication while aligning their personal growth with the larger goals of patient care and academic excellence.



Session 4: Communication Skills, Critical Thinking and Soft Skills

- Time: 2:30 pm – 4:00 pm
- Resource Person: Dr. Supriya Kallianpur

This session covered communication skills, critical thinking, empathy, professional conduct, confidence building, public speaking, and other soft skills essential for postgraduate doctors. The importance of effective doctor-patient communication, teamwork, respectful behavior, and reflective practice in improving patient satisfaction and clinical outcomes was discussed using interactive methods.



Day 5: 21/11/2025 – Campus Discipline, Specialty Exposure and Research Orientation

Session 1: Campus Rules, Code of Conduct and Dress Code

- Time: 9:00 am – 10:30 am
- Resource Person: Dr. Hemal Bhatt

This session detailed the rules and regulations of the campus, including code of conduct, discipline, and dress code norms applicable to postgraduate scholars. Emphasis was placed on professional behavior within hospital and academic premises, respectful interactions, appropriate clinical attire, and adherence to institutional policies and regulatory expectations.



Day 6: 22/11/2025 – Digital Safety, Wellness, Leadership and Scientific Writing

Session 1: Installation of Safety Apps

- Time: 9:00 am – 10:30 am
- Resource Person: Ms. Geetanjali, Dean – Faculty of Engineering, Swaminarayan University

This session introduced various personal safety and emergency response applications including 112 India, MySafetipin, CitizenCOP, Himmat, Shake2Safety, Raksha and Smart24x7 and guided PG scholars in installing and using these tools. Features such as SOS alerts, location sharing, safety audits of public spaces, and real-time tracking for emergency support were explained to enhance personal safety, especially during late hours and off-campus movements.



Session 2: Health Awareness, Fitness and Hygiene

- Time: 10:30 am – 12:00 pm
- Resource Person: Dr. Sangita Jadav

The session focused on healthy lifestyle practices for PG scholars, emphasizing balanced nutrition, regular physical activity, adequate sleep, and mental well-being. The importance of personal and hand hygiene, infection prevention measures in clinical areas, and self-care to sustain long working hours and stress of postgraduate training was highlighted.



Session 3: Orientation to Student Council and Activities

- Time: 1:00 pm – 2:30 pm
- Resource Person: Dr. Suresh Prajapati

This session oriented students to the structure and functioning of the student council, its roles in academics, cultural, sports, outreach, and welfare activities, and mechanisms for student representation. PG scholars were encouraged to participate actively in council-led initiatives to develop leadership qualities, teamwork, organizational skills, and a sense of institutional belongingness.



Session 4: Scientific Journal Writing

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Sariga K. T.

The final session provided an introduction to scientific journal writing, covering basic structure of a research article (title, abstract, introduction, methodology, results, discussion, references) and principles of clear, concise academic writing. Key aspects like literature search, referencing, choice of journal, plagiarism awareness, authorship ethics, and responding to peer review were discussed to prepare PG scholars for publishing their



Day 7: 24/11/2025 – Clinical Skills, Digital Literacy, Health Policy and Hospital Safety

Session 1: Clinical Case Presentation

- Time: 9:30 am – 11:00 am
- Resource Person: Dr. Vimal K. Vijayan, MD (Ayu), Senior Medical Officer, Kottakkal Arya Vaidya Shala, Ahmedabad

This session focused on clinical case presentation as a core competency for postgraduate scholars, demonstrating systematic history taking, examination, diagnosis, and management planning. The resource person emphasized clarity, logical sequencing, use of evidence, and effective communication while presenting cases in academic forums and clinical discussions.



Session 2: Internet Browsing, ChatGPT and Email Management

- Time: 11:00 am – 12:30 pm
- Resource Person: Prof. (Dr.) Geetanjali Amarawat, Dean – Faculty of IT and Computer Science, Swaminarayan University

The session introduced responsible and efficient internet browsing for academic purposes, including literature search, database use, and information verification. Participants were oriented to the use of AI tools such as ChatGPT for drafting, brainstorming and academic support with a focus on ethical use, along with structured management of professional emails for effective communication and documentation



Session 3: Ayushman Bharat Digital Mission, Heal by India / Heal in India, Health Insurance for AYUSH and AYUSH Visa

- Time: 1:30 pm – 3:00 pm
- Resource Person: Dr. Advait Gohil

This session provided an overview of the Ayushman Bharat Digital Mission (ABDM), highlighting creation of unique health IDs, digital health records, and integration of AYUSH facilities into the national digital health ecosystem. The initiatives Heal by India and Heal in India, health insurance provisions for AYUSH services, and the recently introduced AYUSH Visa for international patients seeking AYUSH treatment in India were discussed in the context of growing medical value



Session 4: Biomedical Waste Management

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Monika

The final session covered biomedical waste management in accordance with the Bio-Medical Waste Management Rules, 2016, including segregation, collection, colour coding, storage, transport, treatment and final disposal. Importance of occupational safety, use of personal protective equipment, training of healthcare workers, and adherence to pollution control board guidelines to prevent environmental and health hazards was emphasized



Day 8: 25/11/2025 – Policies, Regulators, Standards and Hospital SOPs

Session 1: Leave Policies and Medical Care Availing Policies

- Time: 9:00 am – 10:00 am
- Resource Person: Dr. Suresh Prajapati

This session explained institutional leave policies for postgraduate students, including casual leave, medical leave and academic leave in line with contemporary PG regulations. Provisions related to availing medical care through institutional facilities, documentation requirements and the impact of excess leave on training duration were clarified.



Session 2: Food and Drugs Control Administration – Gandhinagar

- Time: 10:00 am – 12:00 pm
- Resource Person: Mr. Anand Mehta

The session introduced the role of the Gujarat Food and Drugs Control Administration (FDCA), headquartered at Gandhinagar, in regulating the quality, safety and licensing of food, drugs and related products. Functions such as inspections, enforcement actions, laboratory testing, post-marketing surveillance and adoption of e-governance initiatives to strengthen public health protection were discussed.



Session 3: Pharmacopoeia Commission for Indian Medicine and Homoeopathy (PCIM&H)

- Time: 12:30 pm – 1:30 pm
- Resource Person: Dr. Sandhya Sahu, Professor & HOD, Dept. of Homoeopathy and Pharmacy
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This session highlighted the mandate and functions of the Pharmacopoeia Commission for Indian Medicine & Homoeopathy (PCIM&H) under the Ministry of AYUSH. The Commission's role in developing pharmacopoeial standards, serving as the Central Drug Testing-cum-Appellate Laboratory, and supporting quality assurance of Ayurvedic, Unani, Siddha and Homoeopathic drugs was explained.



Session 4: Know Your Campus – Guided Tour of Facilities

- Time: 1:30 pm – 3:00 pm
- Resource Persons: Dr. Sangita & Dr. Pooja Soni

A guided tour of the campus familiarized PG scholars with key facilities including academic blocks, hospital areas, laboratories, library, hostels and student amenities. The walk-through helped learners understand available resources and support systems, promoting better utilization of infrastructure for academics, research and co-curricular activities.



Session 5: Introduction and Presentation of Hospital-related Policies and SOPs

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Gayathri

The final session presented important hospital policies and standard operating procedures (SOPs) related to patient admission, consent, documentation, infection control, emergency response, and medico-legal aspects. Emphasis was placed on adherence to written SOPs to ensure patient safety, legal compliance, uniform clinical practice, and smooth functioning of the teaching hospital.



Day 9: 26/11/2025 – Research Foundation, Literary Studies and Personal Development

Session 1: How to Choose a Research Proposal

- Time: 9:30 am – 11:00 am
- Resource Person: Dr. Lakshmi Kiran Mai

This session guided PG scholars in selecting an appropriate research topic and formulating a feasible research proposal aligned with the new PG research methodology curriculum. Key points included aligning the topic with personal interest and departmental expertise, ensuring originality, narrowing the scope to a “do-able” project, and refining a clear research question with defined objectives



Session 2: Literary Research – Introduction to Manuscriptology

- Time: 11:00 am – 12:30 pm
- Resource Person: Dr. Sruthi Mohan

The session introduced literary research in Ayurveda with special emphasis on manuscriptology as a core branch dealing with collection, preservation, critical editing and publication of ancient manuscripts. The importance of studying unpublished and critical editions of Ayurveda manuscripts for discovering forgotten treatment methods and formulations, and for strengthening textual understanding, was highlighted



Session 3: Dream Building and Goal Setting

- Time: 1:30 pm – 3:00 pm
- Resource Person: Dr. Hitendra Gohil

This interactive session focused on helping PG scholars articulate long-term professional “dreams” and translate them into specific, measurable, achievable, relevant and time-bound (SMART) goals. Participants were encouraged to align their clinical, academic and research goals with personal values, and to plan actionable steps for career growth in Ayurveda and allied fields



Session 4: Life Skills and Personality Development

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Pravin Kharadi

The final session addressed essential life skills such as communication, problem-solving, time management, emotional regulation, teamwork and self-awareness, and their impact on personality development of healthcare professionals. The role of positive personality traits in doctor–patient relationships, academic performance, resilience and overall life satisfaction of medical students and residents was discussed with reference to current evidence.



Day 10: 27/11/2025 – Motivation, Digital Governance, Presentation Etiquette and Experimental Facilities

Session 1: Motivational Talk

- Time: 9:00 am – 10:30 am
- Resource Person: Dr. Dhaval Dholakiya

This session aimed to inspire PG scholars toward excellence in clinical work, academics and research through reflections on attitude, resilience and professional commitment in healthcare. Emphasis was placed on self-belief, consistent effort and aligning individual purpose with service to patients and society



Session 2: Registering and Using DigiLocker

- Time: 10:30 am – 12:00 noon
- Resource Person: Dr. Amol Koshti

The session demonstrated registration and use of DigiLocker, the Government of India's secure digital document wallet under the Digital India programme, for paperless storage and verification of documents. Students were guided through account creation, linking Aadhaar, accessing issued documents, uploading certificates and using e-Sign for authenticated digital sharing with institutions and authorities



Session 3: Demonstration and Role Play of Podium Manners

- Time: 1:00 pm – 2:30 pm
- Resource Person: Dr. Shanti Nair

This practical session used demonstrations and role play to teach podium manners, including posture, use of microphone, eye contact, voice modulation and audience engagement during academic presentations. Proper organization of notes, handling of nervousness and maintaining professionalism while speaking at conferences, seminars and case presentations were highlighted



Session 4: Animal House and Experimentation Laboratory

- Time: 2:30 pm – 4:00 pm
- Resource Person: Mr. Zalakalubha, Associate Professor, Shree Swaminarayan Pharmacy College, Swaminarayan University

The final session introduced the Animal House and Experimentation Laboratory, with reference to CPCSEA guidelines for humane care, housing and use of experimental animals in research. Infrastructure, regulatory requirements, Institutional Animal Ethics Committee (IAEC) roles and ethical principles for designing and conducting animal experiments were outlined for PG scholars involved in preclinical work



Day 11: 28/11/2025 – Learning Resources, Communication, Motivation and Cohesion

Session 1: Library, Digital Library and E-learning Resources

- Time: 9:00 am – 10:00 am
- Resource Person: Ms. Twinkle Patel

This session introduced PG scholars to the central library, its digital library services and e-learning resources including e-books, e-journals, clinical databases and online learning platforms. Access methods, on-campus and remote login, search strategies and use of multimedia learning tools for self-directed study and exam preparation were demonstrated.



Session 2: Demonstration and Role Play of Podium Manners

- Time: 10:00 am – 11:00 am
- Resource Person: Dr. Shanti Nair

Through live demonstration and role play, this session reinforced correct podium manners such as confident entry, posture, handling of microphone, eye contact and time management during talks. Students practised opening and closing a presentation, transitioning between slides and responding to questions while maintaining professional decorum on stage.



Session 3: Motivational Talk

- Time: 11:00 am – 12:00 noon
- Resource Person: Dr. Haridra Dave

The motivational talk aimed to strengthen intrinsic motivation, optimism and a growth mindset among PG scholars in the context of demanding clinical and academic responsibilities. Themes included learning from failure, sustaining enthusiasm for Ayurveda and research, and nurturing compassion and empathy as core professional values.



Session 4: Team Building Activities

- Time: 1:00 pm – 2:30 pm
- Resource Persons: Dr. Jil & Dr. Hiral

Interactive team-building games and structured activities were conducted to enhance communication, cooperation, leadership and conflict-resolution skills among PG students. The exercises highlighted the importance of teamwork in clinical settings, mutual support during emergencies and inter-disciplinary collaboration for better patient outcomes



Session 5: Recreational Activities and Talent Show

- The concluding session offered recreational activities and a talent show in which students showcased music, dance, poetry and other talents, providing a relaxed and joyful ambience. The event promoted bonding, reduced stress, encouraged self-expression and strengthened the sense of community among newly admitted postgraduate scholars



Day 12: 01/12/2025 – National Research Bodies, Learning Resources, Skills and Cyber Safety

Session 1: Introduction to Research Organizations (CCRAS, CCRUM, CCRS, CCRH)

- Time: 9:30 pm – 10:30 pm
- Resource Person: Dr. Anil Avhad, Research Officer, CCRAS

The session introduced the four autonomous research councils under the Ministry of AYUSH: CCRAS (Ayurveda), CCRUM (Unani), CCRS (Siddha) and CCRH (Homoeopathy), and their mandates in promoting scientific research. Their roles in clinical research, drug standardization, literary research, public health programmes and collaborative projects with universities were highlighted as potential career and research avenues for PG scholars.



Session 2: Library, Digital Library and E-learning Resources

- Time: 10:30 am – 12:30 noon
- Resource Person: Ms. Twinkle Patel

This extended session familiarized students with physical library services and a wide range of digital resources including e-books, e-journals, databases and online learning platforms relevant to health sciences. Access procedures, search strategies, use of institutional logins and integration of e-learning into self-directed study and research were demonstrated.



Session 3: Simulation / Skill Labs

- Time: 1:30 pm – 3:00 pm
- Resource Person: Dr. Nimesh P. K.

The session introduced the concept and facilities of simulation and skill laboratories for safe, supervised practice of clinical and procedural skills before performing them on real patients. The importance of simulation-based training in competency-based medical education, error reduction and confidence building among PG scholars was emphasized



Session 4: Cybersecurity and Cyber Safety

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Visakh Saktidharan

This session covered fundamentals of cybersecurity for students, including password hygiene, safe browsing, phishing awareness, social media prudence and protection of personal and patient data. National initiatives and awareness resources such as ISEA and CERT-In booklets were referred to while discussing practical steps to prevent cybercrime and ensure responsible digital behavior



Day 13: 02/12/2025 – Rights, Digital Skills and Motivation

Session 1: Rights and Responsibilities of a PG Scholar

- Time: 9:30 pm – 11:00 pm
- Resource Person: Prof. Dr. Nandakishor

The session outlined the academic, clinical and welfare rights of postgraduate residents along with their professional responsibilities as full-time learners and service providers. Topics included duty hours, supervision, learning opportunities, safety, as well as accountability, punctuality, ethical practice and respectful conduct within the institution.



Session 2: Computer Skills – Microsoft Word and Excel

- Time: 11:00 am – 12:30 pm
- Resource Person: Dr. Sai Pramod

This hands-on session introduced essential computer skills for academic work, focusing on document formatting, tables, references in Microsoft Word and basic data entry, formulas and tabulation in Excel. The relevance of these tools in thesis writing, data management, analysis and preparation of reports and presentations was demonstrated



Session 3: Language Software – Grammarly and Similar Tools

- Time: 1:30 pm – 3:00 pm
- Resource Person: Prof. (Dr.) Geetanjali Amarawat, Dean – Faculty of IT and Computer Science, Swaminarayan University

The session showcased use of language-enhancement and proofreading software such as Grammarly for improving grammar, clarity, tone and plagiarism checks in academic writing. Students were encouraged to combine such tools with sound scientific writing principles when preparing theses, articles and official communication



Session 4: Motivational Talk

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Tapan Sir

This motivational session focused on sustaining enthusiasm, resilience and a service-oriented mindset throughout postgraduate training. Reflection on personal purpose, handling setbacks and maintaining balance between work and personal life were central themes.

Day 14: 03/12/2025 – Research Ecosystem, Global Ayurveda and Clinical Exposure

Session 1: Central Research Facility

- Time: 9:30 pm – 10:30 pm
- Resource Person: Dr. Lumi Bhagat

The session introduced the Central Research Facility, its infrastructure, support services and procedures for PG scholars to access equipment, statistics support and interdisciplinary collaborations. Processes for project submission, scheduling, technical assistance and maintenance of quality and safety standards in shared laboratories were discussed



Session 2: Application of Ayurveda Globally

- Time: 10:30 pm – 11:30 pm
- Resource Person: Dr. Jaydatt Mehta

This talk covered the global scenario of Ayurveda, including international demand, regulatory frameworks, integrative medicine models and opportunities for clinical practice, education and research abroad. The role of standardization, evidence generation, quality assurance and initiatives like medical tourism and AYUSH visa in expanding Ayurveda's international footprint was highlighted



Session 3: Recreational Activities

- Time: 11:30 am – 1:00 pm
- Resource Persons: Dr. Kinjal & Dr. Rita

Recreational activities were organized to help PG scholars unwind, interact informally and strengthen peer bonding, thereby supporting mental well-being. Light games and cultural interactions created a relaxed environment amidst the intensive academic schedule



Session 4: Introduction to Clinical Practice in Today's Era

- Time: 2:00 pm – 3:00 pm
- Resource Person: Dr. Saurabh Patel

This session discussed contemporary clinical practice, integrating classical Ayurvedic principles with modern diagnostics, documentation, evidence-based approaches and patient expectations. Ethical, medico-legal and communication aspects relevant to today's healthcare environment were also emphasized.



Session 5: Department-specific Laboratories

- Time: 3:00 pm – 4:30 pm
- Resource Person: Dr. Sharayu

PG scholars were oriented to their respective department laboratories, specialized instruments, investigations and standard operating procedures. The session stressed safety practices, proper use and maintenance of equipment and opportunities for department-based research projects



Day 15: 04/12/2025 – PG Academic Activities, Wellness and Feedback

Session 1: Workshop on PG Activities – Seminar and Journal Club Presentations

- Time: 9:00 am – 10:00 am
- Resource Person: Dr. Ranjana Ingale

This workshop covered planning and delivering effective seminar presentations and journal club sessions, including article selection, critical appraisal and structured presentation formats. Expectations from PGs regarding regular academic activities, documentation and assessment were clarified.



Session 2: Stress Management – Yoga, Meditation and Relaxation Techniques

- Time: 10:00 am – 11:00 am
- Resource Person: Dr. Ayana

The session focused on stress management strategies relevant for residents, such as yoga practices, breathing exercises, meditation and simple relaxation techniques. The importance of regular self-care to prevent burnout, maintain emotional balance and enhance concentration was highlighted.



Session 3: Post-test and Feedback Form

- Time: 11:00 am – 12:00 noon
- Resource Person: Dr. Suresh Prajapati

A structured post-test was conducted to assess the knowledge gained through the SAMSAKRA-PG Orientation Programme, followed by collection of written feedback from participants. The results and feedback will be used to evaluate program effectiveness and to refine future PG orientation activities as per NCISM guidelines.



Outcomes

The 15-day SAMSAKRA–PG Orientation Program enabled the postgraduate scholars to understand the institutional framework, PG curriculum, academic expectations, and avenues for their holistic development as specialists. The sessions collectively created an informed, motivated, and value-oriented foundation for their forthcoming postgraduate training at Swaminarayan University.

Prepared by:

[Kayachikitsa-Department]

[18/12/2025]