



SWAMINARAYAN
UNIVERSITY
THE BHOPAL UNIVERSITY

2025-26

Transitional Curriculum Report

Ayurpraveshika 2025-26



**FACULTY OF AYURVEDA
SWAMINARAYAN UNIVERSITY**

SHREE SWAMINARAYAN VISHVAMANGAL GURUKUL AHMEDABAD-MEHSANA HIGHWAY
AT & PO- SAJ, TAL, GJ SH 41, G.I.D.C. Estate, Kalol, Gujarat 382725

6-11-2025

Shishyopanayan samskara



6-11-2025

DAY 1

Know your College

Dr. Rohit Gokarn

As part of ongoing efforts to enhance transparency and engagement within college community, introductory lecture was conducted by Principal sir. A brief information about Institution's vision, mission was given.



Pre-Test & Parent Interaction (Annexure-1)

Mr. Punit Purohit

A Google Form Q&A was conducted to gauge baseline knowledge and expectations regarding academic journeys. The form consisted of 30 questions, covering various aspects of academic life and personal growth.



Introduction to Ayurveda and History

Dr. Sunny Patel

A session was conducted to discuss on Ayurveda Avasthana from different Sampradayas know history of Ayurveda since Vedic period and its establishment on planet earth.



Campus Orientation - Part 1

Dr. Ji, Dr. Sruhi, Dr Hardik, Mr. Punit, Dr Gayatri

A campus visit was conducted to familiarize students with the academic blocks and departments of Rachana, Kriya, and Samhita. The visit aimed to encourage observational learning and improve campus navigation.



Campus Orientation - Part 2

A campus visit was conducted to familiarize students with the academic blocks and herbal garden, hospital, OPD/IPD, pharmacy, library etc.

Dr. Jil, Dr. Sruthi, Dr. Hardik, Mr. Punit,
Dr. Gayatri



Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)

This session summarizes a reflection activity where individuals shared their personal connections with Ayurveda, focusing on why they chose Ayurveda.

Dr. Bhoomi, Dr. Priya



Mindfulness

A session was conducted in which students were instructed to practice Sitting in silence, Guided breathing & relaxation. The activity aimed to Experience reduced stress, improved focus, and calm closure to the day.

[Y Break @ Workplace](#)

[Yoga at Chair -](#)

[YouTube](#)

Dr. Hardik, Dr. Sharayu



Administrative Structure: Who is Who in the College Campus
Rules, Regulations & Dress Code: General conduct, timings,
And campus policies.

During the session, students gained valuable insights into the official, administrative, and academic teams, understanding their roles and responsibilities. Brief information about the various departments and personnel, including whom to approach for academic and administrative needs, such as the Dean's office, Examination department, and Student Affairs office. Additionally, students were briefed on campus rules, emphasizing the importance of discipline, adherence to dress code, and maintaining a respectful environment.

वन्दुस्त्वम् - Sanskrita orientation: Basics of Sanskrita alphabet, pronunciation or as annexed (Annexure - 2)

Dr. Rohit Gokarn



Mr. Punit Purohit

The Sanskrit orientation session provided participants with a solid foundation in the basics of the Sanskrit language. The interactive games and drills helped participants learn and retain Sanskrit vocabulary and grammar. Basics of Sanskrits alphabet, Pronunciation was practiced.



Dr. Sariga, Dr. Anruti

Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy

An interactive quiz and discussion were conducted to raise awareness about the diversity of Indian health systems. The session aimed to explore the various traditional and modern healthcare practices prevalent in India.



Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal Mechanism.

The simulation exercise and poster-making activity were effective in raising awareness about anti-ragging laws and promoting a culture of respect and safety on campus. Students developed the skills and confidence to identify and report ragging incidents, ensuring a safer and more supportive environment for all.

Dr. Henaal Bhatt



Library Orientation

Library visit was conducted for students. Additionally brief information about digital resource search (PubMed, AYUSH portal) This visit was aimed to make students Familiar with library facilities, catalogue search, classical text and online research tools



Twinkal Patel

Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda. Growing acceptance and international opportunities.

This session highlighted the facts such as The Ministry of AYUSH has made significant strides in promoting traditional Indian medicine systems globally. Over 25 countries have legally recognized Ayurveda as a traditional medicine. It was encouraging session for students.



Dr. Sai Pramod

Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)

This session summarizes a reflection activity where individuals shared their personal connections with Ayurveda, focusing on why they chose Ayurveda.



Dr. Bhoomi, Dr. Priya

Mindfulness

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[YouTube](#)



Dr. Bhoomi, Dr. Priya

What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing.

Dr. Hitendra Gohil

The storytelling session and discussion provided a unique opportunity for students to explore Ayurveda's holistic philosophy and appreciate India's scientific heritage. By understanding the principles of Ayurveda and its contributions to health systems, students can develop a more comprehensive approach to health and wellness.



Introduction to Ashtanga Ayurveda

A sloka recitation session was conducted to introduce students to the eight branches of Ayurveda. The sloka recitation and exploration of the eight branches of Ayurveda provided students with a comprehensive understanding of the traditional system of medicine. By integrating modern advancements, Ayurveda can continue to evolve and provide effective solutions for health and wellness.

Dr. Hemal



Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.

1 - Yr HODs

The curriculum is designed to equip students with a deep understanding of Ayurvedic principles, diagnostics, and therapeutics. The BAMS curriculum follows a competency-based approach, focusing on the development of specific skills and competencies in students. This approach enables students to acquire a comprehensive understanding of Ayurvedic principles and practices, preparing them for clinical practice.



Reflection: becoming a Vaidya, discovering my Path to Purpose

Vd. Bhavdip Gaurra

This session was an energetic treat for students as it concluded that Becoming a Vaidya is a journey of discovery, requiring dedication, self-awareness, and a deep understanding of Ayurvedic principles. To embark on this path, one must commit to personal growth and transformation.



Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.

The session highlighted that The Rachana Sharir department's primary goal is to educate students about human anatomy and prepare them for clinical practice. Additionally concluded with the basic cadaver room etiquettes.

Dr. Hiral Jadav



Introduction to Bruhatrayi- Charak, sushruta, Vagbhata

This introductory session was concluded with Bruhatrayi, the "Great Triad," consists of three foundational texts in Ayurveda: Charaka Samhita, Sushruta Samhita, and Ashtanga Hridayam (Vagbhata). Each text has its unique contributions and specialties, providing a comprehensive understanding of Ayurvedic principles and practices.

Dr. Sunny Patil



Healing Hands and Compassionate Hearts: Reflection activity

The "Healing Hands and Compassionate Hearts" reflection activity emphasized the importance of compassion, self-awareness, and clinical preparedness in healthcare. By reflecting on their readiness for clinical responsibilities, participants can identify areas for improvement and develop strategies for success.

Dr. Arshvi Menon



Mindfulness

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**Proposed Higher Education Pathways in Ayurveda
(M.D./M.S./Ph.D., Super specialty courses)**

Session was conducted to highlight the career options. After completing a Bachelor of Ayurvedic Medicine and Surgery (BAMS) degree, students can pursue various postgraduate and research opportunities.

Dr. Merin Jose



Different Career opportunities after BAMS. Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship

Dr. Dharmik Kachchi

The alumni talk and role exploration activity provided students with valuable insights into diverse roles and industries. By exploring different career paths and learning from experienced professionals, students can make informed decisions about their future careers.



Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurveda field

Dr. Hitendra Gohil

This was an enriching experience for students, providing them with valuable insights into entrepreneurship and self-employment opportunities. The cell's initiatives and activities are instrumental in fostering a culture of innovation and entrepreneurship among students.



Who is good Vaidya (Charak's view) professional code of conduct personal code of conduct

Dr. Vishal Solanki

A good Vaidya, according to Charaka's view, is a medical practitioner who possesses a deep understanding of Ayurvedic principles and practices.



10-11-2025

DAY 4

सद्वृत्तसूक्तम्: Sanskrits orientation, Basics grammar or as annexed
(Annexure - 2)

Mr. Punat Purohit

The Sanskrit orientation session provided participants with a solid foundation in the basics of the Sanskrit language. The interactive games and drills helped participants learn and retain Sanskrit vocabulary and grammar. With continued practice and study, participants can develop a deeper understanding of Sanskrit and its significance in Ayurveda and Indian culture.



Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required

Dr. Monika Patidar

The session on Healthy Food and Ayurvedic Diet Pattern emphasized the importance of balancing dietary habits according to individual needs and Ayurvedic principles.



Ayurveda and Yoga as India's soft power diplomacy through wellness

Dr. Ayana R.

The group discussion on surprising or inspiring insights from IKS provided a valuable opportunity for participants to explore the potential of Ayurveda and Yoga. By fostering a global perspective and pride in Ayurvedic and Yoga identity, the session encouraged participants to appreciate and share their knowledge with others.



Mindfulness

Dr. Ayana R.

A session was conducted in which students were instructed to practice sitting in silence, Guided breathing & relaxation. The activity aimed to Experience reduced stress, improved focus, and calm closure to the day.

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Self-directed, self-motivated Learning skills and studying skills

The session on Self-directed learning enabled students to take control of their educational journey, fostering independence, and self-motivation. Key aspects of self-directed learning include:

- Setting Goals: Establishing clear objectives and priorities
- Time Management: Allocating sufficient time for learning and review
- Self-Assessment: Regularly evaluating progress and adjusting strategies

Dr. Suresh Prajapati



Public Health and Ayurveda and community (Role of Ayurveda in Public Health)

The session emphasized the importance of Ayurveda in public health and its potential to promote overall well-being. By understanding the role of Ayurveda in public health and the activities of the National Ayush Mission, Ayurveda professionals can contribute to improving the health and well-being of communities.

Dr. Anmol Koshli



Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils

The session on regulatory bodies in Ayurveda highlighted the importance of these organizations in ensuring the quality and standards of Ayurvedic education, practice, and products.

Dr. Darshana Ramole



उद्देश्यसम् - Sanskrit orientation, Basics of Sanskrit: alphabet, Basics of grammar

The Sanskrit orientation session provided participants with a solid foundation in the basics of the Sanskrit language. The interactive games and drills helped participants learn and retain Sanskrit vocabulary and grammar. Basics of Sanskrit alphabet, Pronunciation was practiced.

Mr. Punat Purohit



Concept of Dosha Dhata Mala in brief with application aspects

The session emphasized the concepts of Dosha, Dhata, and Mala are fundamental to Ayurvedic medicine. Understanding these principles can help individuals appreciate the unique diagnostic and therapeutic approaches of Ayurveda.

Dr. Jil Patel



Academic Writing: Introduction to Scientific Writing & Plagiarism

The Academic Writing session provided participants with a comprehensive introduction to scientific writing and plagiarism awareness. By understanding the structure of research writing, properly citing sources, and avoiding plagiarism, participants can produce high-quality academic work.

Dr. Anita Patel



Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond Discuss on causative factors beyond pathogen

A session was conducted in which students were introduced to Ayurvedic pathology is based on understanding the imbalance of the three doshas (Vata, Pitta, and Kapha) in the body, which can lead to various diseases. The Nidana Panchaka framework is a diagnostic tool used in Ayurveda to identify the causative factors of a disease.

Dr. Desari Lakshmi Kiranmai



Mindfulness

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Dr. Desari Lakshmi Kiranmai



Research awareness and evidence based and Ayurveda: Orientation

The session on Research Awareness and Evidence-Based Ayurveda covered essential topics, including:

- Research Methodology: Understanding the basics of research methodology. Demonstrating the importance of evidence-based Ayurveda and exploring the scope of research in this field.
- Published Paper Reading and discussing a published paper to understand the application of research methodology in Ayurveda.

Dr. Shanti R Nair



Heritage in young hands: Youth as brand ambassadors of Ayurveda

This session included Empowering youth to become brand ambassadors of Ayurveda, exploring start-ups and wellness industries on digital platforms, and understanding how students can contribute to the growth of Ayurveda in national and global wellness industries.

Dr. Rhoceni Prajapati



Basic principles of Ayurveda and Trisutra (Hetu, Linga, Anubandha).

In conclusion, the session provided a comprehensive understanding of the basic principles of Ayurveda, including Panchamahabhuta, Mana, Atma, and other relevant concepts. By understanding these principles, individuals can adopt a holistic approach to health and wellness, achieving balance and harmony in their lives.

Dr. Sruthi mohan



Environmental hygiene: Concept of —Janapadadwanita in ayurveda and its relevance to environmental hygiene

This session introduced Janapadadwanita: An Ayurvedic concept that highlights the importance of environmental hygiene in preventing diseases and promoting public health. Maintaining environmental hygiene is crucial for preventing diseases and promoting overall well-being. Individuals and communities must work together to achieve this goal.

Dr. Monika patidar



Padartha Vigyan orientation in brief with detailed elaboration of Tantrayuktees

This session provided Orientation: Padartha Vigyana is a fundamental concept in Ayurveda that deals with the philosophy and principles of reality.

- Tantrayuktees: A set of logical principles used to understand and analyze the properties and behavior of substances.

Also Practical Applications: Understanding Padartha Vigyana can help individuals make informed decisions about their daily lives, including diet, lifestyle, and health.

Dr. Sruthi Mohan



A healer's duty to health and environment, eco responsibility: Biomedical Waste Management Principles

A session concluded that Proper management of biomedical waste is crucial for protecting public health and the environment. A color-coded system is used to segregate biomedical waste into different categories was discussed.

Dr. Amol Koshni



Reflection activity, why have chosen Ayurveda (My Roots in Ayurveda)

This session was conducted in Group circle discussion on why each student choose BAMS Improve self-awareness, peer bonding and clarity of personal motivation.

Dr. Eboomi, Dr. Priya



Mindfulness

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Dr. Amol Koshni



Ayurveda and Neuro mental science. Role of Ritucharya and Dinacharya in climate adaptation.

Dr. Priya Patel

In conclusion, the session highlighted the importance of Ritucharya and Dinacharya in maintaining mental and physical well-being. By following these regimens, individuals can adapt to the changing climate and environment, prevent seasonal disorders, and promote overall health.



First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations

Dr. Advait Gohil

In conclusion, the First Aid Training session provided participants with the knowledge, skills, and confidence to respond to common emergency situations. By applying these techniques, individuals can make a significant difference in saving lives and promoting health.



Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)

Dr. Advait Gohil

The BLS training session covered essential techniques for managing cardiac arrests, including CPR and choking scenarios. Participants learned the correct CPR sequence and differences between conscious and unconscious choking scenarios.



वदतुसंख्यम् - Sanskrita orintation, Basics of Sanskrita alphabet, Basics of grammer (Annexure - 2)

Mr. Punit Purnhit

The Sanskrit orientation session provided participants with a solid foundation in the basics of the Sanskrit language. The interactive games and drills helped participants learn and retain Sanskrit vocabulary and grammar. Basics of Sanskrita alphabet, Pronunciation was practiced.



Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika

Dr. Srujini Mohan

The session provided a comprehensive overview of Indian philosophical systems and their relevance to Ayurveda. By understanding the concepts of Darshanas, individuals can gain a deeper appreciation for the principles and practices of Ayurveda.



Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.

Dr. Reeta Vajramoti

The principles of Swasthya, Satya, and Seva guide Ayurveda students in their pursuit of knowledge and practice, emphasizing the importance of personal health, truth, and service. By embracing these principles and NCISM's vision of scientific excellence and compassion, students can make a positive impact on society and contribute to the growth of Ayurveda.



Ayurveda ethics & Philosophy in context of Sadvrta

Dr. Pravin Karadi

The objective of this session was to discuss, Sadvrta and bioethics share common principles that guide healthcare professionals in promoting the well-being of patients and upholding the highest standards of integrity and compassion.



Mindfulness

Dr. Ekzami, Dr. Priya

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Jeevanveva (Ayurveda Arogya mitra Abhiyan) visit of nearby village/rural area

The Student Outreach Programme involves rural house visits with a questionnaire for interaction to understand the physical, mental, social, cultural conditions, health aspects, food, and habits of the adopted family. This program aims to link rural public to Ayurvedic concepts of health preservation and promote holistic well-being.

Dr. Ayans/ Dr. Archana/ Dr. Monika/ Dr. Hardik



Role of Artificial Intelligence in Academics. AI in education, diagnostic research

Dr. Merin Jose

The session on the Role of Artificial Intelligence in Academics highlighted the potential of AI to transform the education sector.



Ayurveda & Communication/ media studies

Dr. Supriya Kallanpur

The session highlighted the importance of effective communication and branding in promoting Ayurveda and countering misinformation. By working together, Ayurveda practitioners, researchers, and communicators can promote a positive understanding of Ayurveda and its benefits.



Glory of Ayurveda in Global Health

Dr. Anita Patel

The recognition of Ayurveda by WHO and the establishment of the GCTM mark significant steps in promoting traditional medicine globally. As Ayurveda continues to gain recognition and acceptance worldwide, it is essential to prioritize research, standardization, and evidence-based practice.



उद्गुल्लसम् - Sanskrit practice, Interactive grammar session or as annexed (Annexure - 2)

Mr. Parit Purohit

The session provided a comprehensive and engaging approach to learning Sanskrit grammar, emphasizing the importance of practice and application in mastering the language.



Applying Triguna theory for Emotional Intelligence, Stress management and Atmanisthara

The Triguna theory provides a holistic framework for understanding human behavior and promoting emotional intelligence, stress management, and overall well-being. By applying these principles, individuals can cultivate a more balanced and fulfilling life.

Dr. Shekhar Sharma



Nation building: Ayurveda as a Pillar of India's Health security.

This session concluded Ayurveda has the potential to play a significant role in India's health security by providing accessible, affordable, and effective healthcare solutions. The government's initiatives to promote Ayurveda and integrate it into the national healthcare framework are steps in the right direction.

Dr. Falgun Patel



Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy.

A session concluded that Charak Samhita offers valuable insights into guest health policies and Ayurveda's role in shaping modern health diplomacy. Its emphasis on holistic well-being, preventive care, and natural remedies makes it a relevant and significant text in today's scenario.

Dr. Sangita Jadav



Mindfulness

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Dr. Sangita Jadav



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. Hardik, Dr Sangita, Dr. Sharayu

Visit to SGVP Hospital and Indroda park was organized.



Dr. Ayana E.

Basic understanding of Ashtanga yoga for physical and mental well-being.

A session concluded that Ashtanga yoga offers a holistic approach to physical and mental well-being, and the Patanjali Yoga Sutra provides a comprehensive guide to achieving better health and living a more fulfilling life.



Dr. Jii Patel

Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.

A session on The integration of Prakriti assessment and genomics can revolutionize personalized medicine, enabling healthcare practitioners to provide targeted and effective care. By embracing this approach, individuals can take proactive steps towards maintaining their health and wellness, while also reducing the burden on healthcare systems.



Dr. Krishnendu Nanbar

Reflection—Empathy and Expression

The session emphasized the significance of empathy, active listening, and cultural sensitivity in Ayurvedic practice. By embracing these values, practitioners can provide more inclusive and effective care, ultimately leading to better patient outcomes.



Pride in becoming a Healer - Interactive session

Dr. Luni Bhagat

The session on "Pride in Becoming a Healer" emphasized the importance of embracing one's role as a future healer in society. While the specific details of the session aren't provided, we can explore the general themes and modalities that might have been discussed.

**Success Stories of Ayurveda in action: real life patient care success story by expert in modern research**

Dr. Krupa Vyas

The session on "Success Stories of Ayurveda in Action" highlighted real-life patient care success stories and the role of Ayurveda in modern research, clinical practice, and entrepreneurship.

**Integrative tradition with ambition: Goal setting in ayurveda education**

Dr. Chhaya Mishra

The session emphasized the importance of setting SMART goals in Ayurveda education, aligning with the vision of Viksit Bharat 2047. By building competence in Ashtanga Ayurveda and setting milestones for learning and service, Ayurveda professionals can contribute to the growth and development of the nation, while promoting health, wellness, and holistic living.

**वदुर्लभम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure - 2)**

Mr. Punil Purohit

The session provided a comprehensive and engaging approach to learning Sanskrit grammar, emphasizing the importance of practice and application in mastering the language.



Effective time management strategies: „Sankalpa to Siddhi“ – Time management for obtaining academic and clinical excellence

The "Sankalpa to Siddhi" time management workshop aimed to equip students with the skills to balance academics, practice, and self-care. The session focused on designing a weekly planner to optimize time management and achieve academic and clinical excellence.

Dr. Supriya Kalliyampur



Vd. Tapankumar

Inspirational talk by senior Vaidya/Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor

The inspirational talk provided a unique opportunity for students to learn from an experienced practitioner and gain a deeper understanding of Ayurveda's relevance in modern times. By sharing their personal journey and experiences, the senior Vaidya inspired students to pursue a career in Ayurveda and make a positive impact on society.



Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations

The session on "Cultural Competence & Disability Awareness" emphasized the importance of empathy in disability care and rehabilitation. By understanding and acknowledging the challenges faced by individuals with disabilities, healthcare professionals can provide more effective and compassionate care.

Dr. Sneha Suresh



Mindfulness

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Dr. Sneha Suresh



Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology

Ayurveda psychology emphasizes the concept of Triguna, which includes Satva, Rajas, and Tamas. These three gunas or qualities govern human behavior and are used to understand individual characteristics, behaviors, and health patterns.

Dr. Bejoy S Raj



National Health Programmes & Role of Ayurveda.

To summarise National Health Programmes are initiatives launched by governments to improve the health and well-being of their citizens. In India, these programs aim to prevent, control, and manage various diseases, as well as promote overall health.

Dr. Ayana R.



वदुसंनपम् Shloka Recitation Practice or as annexed (Annexure – 2)

Group chanting session for accurate pronunciation

Mr. Punit Purohit



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. Rosta Vajramatti



e-samskara, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc.with AI.

Dr. Sariga KT

The session on e-Samskara, Building Digital Competence, focused on equipping participants with basic computer skills, including MS Word, Excel, and PowerPoint, with a special emphasis on AI integration.



Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)

Dr. Kinjal Panchal

The session on "Soft Skills and Life Skills in Ayurvedic Context" focused on building collaborative skills, communication, and empathy-based care. Ayurveda emphasizes the importance of developing personal and professional competencies, rooted in Dharma, to cultivate discipline, observation, patience, leadership, adaptability, decision-making, and integrity.



Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)

Mr. Hardik Trivedi

The session on "Orientation on Co-Curricular Arrangement, Indoor Outdoor Sports Facilities, House Formation" and discussion on student clubs, associations, and club activity awareness focused on providing students with opportunities for skill development and holistic growth.

Mindfulness

Dr. Sneha Suresh

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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. The session on "Talent Show" aimed to identify and record talented students in various fields, including Performing Arts, Visual Arts, Literary & Intellectual Talents, and Innovation & Technical

Dr. Hemal, Dr. Zalak, Dr. Krishnendu



Digital Literacy: Learning Management System (LMS) Orientation—How Will LMS Help Your Academic Success?

Dr. Vinakhi Saichidharan

The session emphasized the significance of LMS in academic success, highlighting its role in promoting independent learning, responsible digital tool use, and collaboration. By mastering LMS, students can optimize their learning experience and achieve academic excellence.



What are the risk if technology overtakes human wisdom? Digital toxicity.

Dr. Sharayu Kombe

The session emphasized the need for a balanced approach to technology, recognizing both its potential benefits and risks. By acknowledging the importance of human wisdom and promoting responsible technology use, we can harness the power of emerging scientific tools while preserving the essence of human knowledge and connection



Laghu traysee with elaboration of Ashtang Hridaya

Dr. Hemal Bhatt

This session explained Laghu traysee with elaboration of Ashtang Hridaya. Additionally Discussion on difference between Ashtang Sangraha and Ashtang Hridaya was conducted.



Hand Hygiene & Universal Precautions: Infection Control Measures

The session emphasized the importance of hand hygiene and universal precautions in clinical settings. By following proper hand hygiene techniques, wearing personal protective equipment (PPE), and adhering to waste handling protocols, healthcare workers can significantly reduce the risk of infection transmission.

Dr. Kinjal Panchal



Mindfulness

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Dr. Kinjal Panchal



Concept of 'Anand' the true goal of healing lessons from Taittiriya Upanishad.

The discussion on Anand provided a valuable opportunity for participants to explore the concept of happiness beyond superficial experiences. By gaining a deeper understanding of the Upanishadic perspective on happiness, participants can cultivate a more profound and lasting sense of fulfillment in their lives.

Dr. Hridsynad Lad



Interdisciplinary exposure

A debate was conducted to discuss the role and relevance of Ayurveda in various systems of medicine, comparing modern medical systems with Indian Medical Systems. The debate aimed to foster a deeper understanding of the strengths and limitations of different medical systems.

Dr. Sariga, Dr. Amruta



Kriya Shariri orientation details of syllabus

Given an overview of the Kriya sharir syllabus and done pulse and respiration assessment. Visited the kriya lab.

Dr. Zalak Patel



Presentation Skills: Structuring an Academic Presentation with good content.

The session on presentation skills focused on structuring an academic presentation with good content, emphasizing the importance of a storyboard layout and slide critique to design logically structured and visually clear presentations.

Dr. Nimesh P K



Ayurveda and Yoga as India's soft power diplomacy through wellness

The group discussion on surprising or inspiring insights from IKS provided a valuable opportunity for participants to explore the potential of Ayurveda and Yoga. By fostering a global perspective and pride in Ayurvedic and Yoga identity, the session encouraged participants to appreciate and share their knowledge with others.

Dr. Ayana R.



Ayurveda and agriculture (Kishi Ayurveda)

The session on Ayurveda and Agriculture highlighted the importance of integrating Ayurvedic principles into agricultural practices to promote sustainable agriculture and organic farming. By adopting these principles, farmers can improve soil health, reduce environmental degradation, and produce healthy food.

Dr. Sarin T.



Ayurvedic perspective of Deaddiction: role of Satvavyaya chikitsa and rasayana

The session highlighted the potential benefits of incorporating Ayurvedic principles and practices into deaddiction efforts. By understanding the role of Satvavyaya Chikitsa and Rasayana, individuals can develop effective strategies for managing addiction and maintaining a healthy, balanced lifestyle.

Dr. Shanti R. Nair



Mindfulness

A session was conducted in which students were instructed to practice Sitting in silence, Guided breathing & relaxation. The activity aimed to Experience reduced stress, improved focus, and calm closure to the day.

[Y Break @ Workplace](#)

[Yoga at Chair - YouTube](#)

Dr. Shanti R. Nair



Orientation on national tobacco control programme

A summary of the key points from the session on Orientation on National Tobacco Control Programme and discussion on tobacco cessation centers:

- Awareness Generation:
- Tobacco Cessation Centers: Providing counseling and treatment services to help people quit tobacco
- Monitoring and Evaluation: Tracking progress and evaluating the effectiveness of the program
- Capacity Building: Training healthcare professionals and other stakeholders to implement tobacco control measures

Dr. Anita Ratnavat



Learning from Seniors

The objective of this session was to capture the essence of interactions with new students and reflect on personal goals and aspirations through a "Message to My Future Self" exercise. This session outlined key takeaways, insights, and advice from a faculty, as well as personal reflections on academic and personal growth.

Dr. Zalat Patel



वदतुसंस्कृतम् - Sanskrita practice session or as annexed (Annexure - 2)

Mr. Punz Purohit

The Sanskrit orientation session provided participants with a solid foundation in the basics of the Sanskrit language. The interactive games and drills helped participants learn and retain Sanskrit vocabulary and grammar. Basics of Sanskrit alphabet, Pronunciation was practiced.



Post-Test

Individual assessment was conducted to measure knowledge gained during the programme

Mr. Punit Parohit**Feedback Collection**

Written and oral feedback on programme content was collected. Which provided actionable suggestions for improvement.

Mr. Punit Parohit**Reflection on Mindfulness**

Gratitude reflection for the entire programme was conducted which encouraged closure with positivity and purpose.

Mr. Punit Parohit, Dr. Hardik, Dr. Sharayu**Valedictory Function**

The Valedictory Function is a momentous occasion that marks the culmination of students' academic journey in BAMS

