



SHRI SHIVPARVATI SARVAJANIK VIKAS TRUST
**GREENFINGERS AYURVEDIC MEDICAL COLLEGE AND
 RESEARCH CENTRE, SHANKARNAGAR - AKLUJ.**

Approved By NCISM (AYU0913) & Govt. of Maharashtra.
 Affiliated To MUHS Nashik (122148)

College Code : 03175
 At / Pt. Shankarnagar - Akluj, Tal. Malshiras, Dist. Solapur, PIN : 413 118.
 Website : greenfingersayurved.in e-mail : 2025ayu0913@gmail.com

FOUNDER : VIJAYSINH SHANKARRAO MOHITE - PATIL (Ex.Dy. Chief Minister of Maharashtra State)

SATYAPRABHADEVI RANJITSINH MOHITE - PATIL
 VICE - CHAIRMAN

VISHWATEJSINH RANJITSINH MOHITE - PATIL
 CHAIRMAN

| | |
|----------------------------|--|
| INSTITUTE | Greenfingers Ayurvedic Medical College and Research Centre, Shankarnagar- Akluj |
| ACTIVITY TYPE | Transitional Curriculum |
| DATE | 15/12/2025 - 01/01/2026 |
| YEAR/CLASS | First Year BAMS |
| DURATION | 15 Days |
| FACULTY COORDINATOR | Principal: Dr. Prashant Nimbalkar |
| CONTACT DETAILS | 9850543003 |

Transitional Curriculum Activity Report

Day 1, Date: 15/12/2025

On the occasion of Ayurpraveshika, in Greenfingers Ayurvedic Medical College and Research Centre, Dhanwantari poojana and Inaugural ceremony was held in the Auditorium. We were honoured with the presence and guidance of our trustee Mr.Sanjay Rakle. Under the supervision of Campus director Mr. Vikramsinh Bagal ceremony was held. College Principal Dr. Prashant Nimbalkar sir was the Chairperson for this Inaugural function. The students were warmly welcomed by our respected trustee members and dignitaries.

For orientation programme we had guests of honour - Dr. Vidyut Shaha, MS FRSH FICS FAIS MSIU, Akluj. Their auspicious presence empowered our students mindset on very first hour of Transitional curriculum. Respected guests shared their experiences with our students.

➤ **Inaugural Ceremony & Dhanvantari poojana** After Lamp lighting and Dhanvantari Stavana recitation Trustee members and campus director, hospital staff attended and newly admitted students were felicitated by the secretary and college staff.



Ayurpraveshika (Day 1)

Date: 15/12/2025

1. Know Your College (Lecture)

Faculty: Dr. Prashant Nimbalkar

Topic: Introduction to the BAMS Curriculum & Institutional Rules.

Summary: This session introduced the academic side of the journey. Dr. Prashant Nimbalkar explained the professional code of conduct, the importance of the transitional curriculum, and the administrative hierarchy of the college.



2. Learning from Senior Doctor (Motivational Lecture)

Faculty: Dr. Vidyut G. Shaha

Topic: The Path of a Vaidya: Inspiration and Ethics.

Summary: A motivational session where Dr. Shaha discussed the real-world application of Ayurveda. He shared insights into patient care and the mindset required to transition from a student to a medical professional.



3. Campus Orientation – Part 1: The College Tour

Faculty: Dr. Jakira Peerjade

Focus: Academic Infrastructure.

Summary: This instructional tour focused on the College facilities. Students were shown the various teaching departments (such as Rachana Sharira and Kriya Sharira), the central library, the herbal garden, and the lecture halls where their foundational learning will take place.



4. Campus Orientation – Part 2: The Hospital Tour

Faculty: Dr. Rahul Patil & Dr. Shrivallabh Kulkarni

Focus: Clinical Infrastructure (Teaching Hospital).

Summary: This session introduced students to the Hospital environment. They visited the OPD (Outpatient Department), IPD (Inpatient Department), and the specialized Panchakarma theaters. The goal was to familiarize students with where they will eventually perform clinical rotations and interact with patients.



5. Day Reflection & Faculty Interaction (Closing Lecture)

Faculty: Dr. Prashant Nimbalkar

Topic: Interactive Recap & Doubt Clearing.

Summary: This final instructional hour served as a debrief. Dr. Nimbalkar facilitated a discussion where students could ask questions about the college or hospital facilities they had just visited, ensuring all first-day queries were addressed.



Ayurpraveshika (Day 2)

Date: 16/12/2025

1. Institutional Governance & Conduct

Faculty: Mr. Vikramsinha Bagal & Dr. Prashant Nimbalkar

Topic: Administrative Structure & Campus Rules

Summary: This session introduced students to the "Who is Who" of the college, outlining the leadership and administrative hierarchy. Key focus areas included the professional dress code, general conduct expectations, and campus policies regarding timings and student behavior.

2. Administrative Literacy

Faculty: Mr. Vikramsinha Bagal & Dr. Prashant Nimbalkar

Topic: Administrative Procedures

Summary: An instructional session on the logistics of student life, covering the formal processes for leave applications, attendance policies, and the schedule for fee payments.

3. Student Welfare & Safety

Faculty: Mr. Vikramsinha Bagal & Dr. Prashant Nimbalkar

Topic: Student Safety & Ragging-Free Campus

Summary: This critical session detailed the college's zero-tolerance policy toward ragging. Students were introduced to the grievance redressal mechanism and instructed on exactly how and where to find help if needed.



4. Motivational Session: The Medical Vocation

Faculty: Dr. M.K. Inamdar

Topic: Learning from Senior Doctor

Summary: A motivational lecture designed to inspire new students by sharing the professional journey and experiences of a senior medical practitioner.



5. Introduction to Core Philosophy

Faculty: Dr. Tahmim Deshmukh

Topic: Basic Principles of Ayurveda and Trisutra

Summary: The first academic deep-dive into Ayurvedic theory, focusing on Trisutra: Hetu (Etiology/Cause), Linga (Symptomatology/Signs), and Aushadha (Therapeutics/Knowledge of drugs).



6. Personal Integration & Resources

Faculty: Dr. Shubhangi Shinde, Mr. Mahadev Aivale

Topic: Reflection, Library Orientation.

Summary: The afternoon concluded with a reflective session titled "Ayurveda & Me," followed by a technical orientation to the library's resources and a closing session on mindfulness to promote student well-being.



Ayurpraveshika (Day 3)

Date: 17/12/2025

1. Indian Knowledge System (IKS) & Holistic Vision (online)

Faculty: Mr. Parikshit Zodekar

Topic: Introduction to Indian Knowledge System (IKS)

Summary: This session provided an orientation on the vision of reality and a holistic view of human well-being through the lens of traditional Indian wisdom.



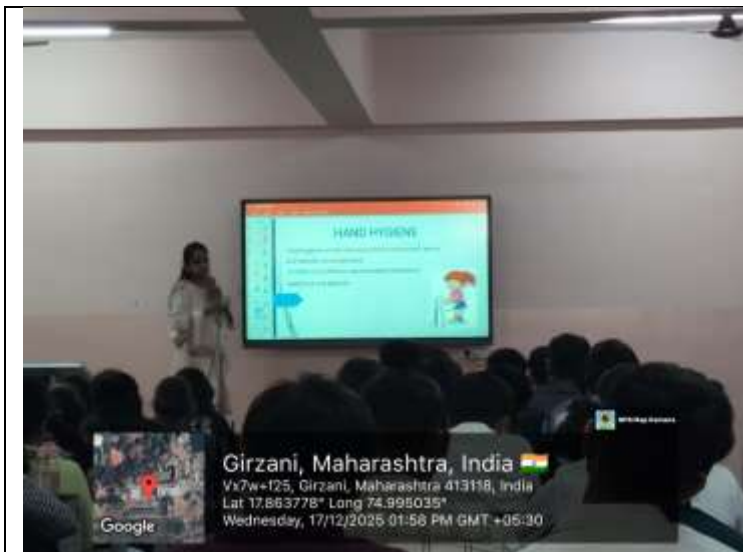
2. Clinical Safety & Professional Identity

Faculty: Dr. Jakira Peerjade

Topic: Infection Control & Heritage

Summary: * Infection Control: Students were instructed on hand hygiene, universal precautions, and essential infection control measures necessary for clinical practice.

Heritage: A session titled "Heritage in Young Hands" encouraged students to view themselves as brand ambassadors of Ayurveda.



3. Entrepreneurship & Capacity Building

Faculty: Dr. Shrivallabh Kulkarni

Topic: Ayurveda Beyond Practice

Summary: This lecture focused on capacity-building activities and entrepreneurship development within the context of Ayurveda, showing students how to expand their professional reach beyond standard consultation.

4. Career Pathways & Higher Education

Faculty: Dr. Shrivallabh Kulkarni

Topic: Future Opportunities after BAMS

Summary: * Higher Education: An overview of academic pathways including M.D., M.S., Ph.D., and specialized super-specialty courses.

Career Diversity: A discussion on various career roles such as private practice, wellness centers, Panchakarma units, Government Ayurvedic dispensaries, and entrepreneurship.



5. Spiritual Goals & Mental Well-being

Faculty: Mr. Satyajit Khatal

Topic: The Goal of Healing & Mindfulness

Summary: The Concept of Anand: A teaching based on the Taittirriya Upanishad regarding "Anand" (bliss) as the true goal of healing.

Mindfulness: The day concluded with a practical mindfulness session to reinforce mental clarity and focus.



Ayurpraveshika (Day 4)

Date: 18/12/2025

1. Introduction to Ashtanga Ayurveda

Faculty: Dr. Tahmim Deshmukh

Topic: The Eight Specialized Branches of Ayurveda

Summary: This session provided a detailed introduction to Ashtanga Ayurveda, the traditional eight-fold classification of medical science. This framework ensures a comprehensive approach to healthcare, ranging from internal medicine to specialized surgery.

2. Interdisciplinary Exposure & AYUSH Systems

Faculty: Dr. Tahmim Deshmukh

Topic: Overview of Other Indian Medical Systems

Summary: Students received an overview of the broader Indian medical landscape, including Unani, Siddha, Sowa Rigpa, Yoga, Naturopathy, and Homeopathy. The lecture emphasized how these systems intersect with the Ayurveda field to provide holistic care.



3. Functional Foundations: Dosha, Dhatu, and Mala

Faculty: Dr. Shubhangi Shinde

Topic: Brief Concept of Dosha, Dhatu, and Mala with Application Aspects

Summary: This session covered the vital functional components of the human body according to Ayurvedic principles:

Dosha: The three primary physiological forces (Vata, Pitta, Kapha).

Dhatu: The seven structural tissues that support the body.

Mala: The metabolic waste products and their role in maintaining health.



4. BAMS Curriculum & Academic Syllabus

Faculty: Dr. Archana Raut

Topic: Introduction to Competency-Based Curriculum

Summary: Dr. Raut provided a breakdown of the First Professional BAMS subjects. This orientation ensured students understood the syllabus requirements and the competency-based assessment goals they will encounter throughout the year.



5. Anatomy Orientation: Rachana Sharira

Faculty: Dr. Archana Raut

Topic: Introduction to Rachana Sharira Concepts & Cadaver Room Etiquette

Summary: This instructional hour introduced the fundamental concepts of Rachana Sharira (Anatomy). A significant portion of the session was dedicated to the professional and ethical protocols required for the cadaver room, emphasizing the respect due to the "First Teacher" in a medical student's journey.



6. Ethical Reflection: Healing and Compassion

Faculty: Dr. Archana Raut

Topic: Healing Hands and Compassionate Hearts

Summary: This reflection activity served as a bridge between technical knowledge and clinical empathy, focusing on the mindset required to become a compassionate medical professional.



Ayurpraveshika (Day 5)

Date: 19/12/2025

1. Emergency Medical Training & First Aid

Faculty: Dr. Shrivallabh Kulkarni

Topic: First Aid and Basic Life Support (BLS)

Summary: This intensive morning session focused on immediate life-saving skills. Students were trained in handling common emergency situations such as wounds, sprains, shock, and bleeding. This was followed by technical instruction on Basic Life Support (BLS), including emergency protocols and CPR theory for adults, children, and infants.



2. Professional Ethics: The Concept of a 'Vaidya'

Faculty: Dr. Prasad Pandkar

Topic: Who is a Good Vaidya? (Charaka's View)

Summary: Based on the classical teachings of the Charaka Samhita, this lecture defined the professional and personal code of conduct required of an Ayurvedic physician. The session emphasized the moral responsibilities and character traits essential to the healing profession.

3. Personal Vocation & Reflection

Faculty: Dr. Prasad Pandkar

Topic: Why I Have Chosen Ayurveda (My Roots in Ayurveda)

Summary: This reflection activity encouraged students to explore their personal motivations for entering the BAMS program. It served to strengthen their connection to the science and their future roles as practitioners.



4. Ayurveda, Mental Science, and Lifestyle

Faculty: Dr. Vedika Sadhale

Topic: Ayurveda, Neuron Mental Science, and Climate Adaptation

Summary: This session bridged ancient wisdom with modern neurological concepts. Detailed instruction was provided on Ritucharya (seasonal regimens) and Dinacharya (daily regimens), highlighting their critical role in climate adaptation and mental health maintenance.



5. Introduction to Classical Literature (Samhitas)

Faculty: Dr. Rahul Patil

Topic: The Brhatrayi and Laghutrayi

Summary: Students were introduced to the foundational "Great Trio" (Brhatrayi) of Ayurveda: Charaka Samhita, Sushruta Samhita, and Ashtanga Sangraha/Hridaya. The session also covered the "Lesser Trio" (Laghutrayi) and provided a specific elaboration on the structure and importance of the Ashtanga Hridaya in clinical practice.



Ayurpraveshika (Day 6)

Date: 20/12/2025 (Saturday)

1. Professional Development & Study Skills

Faculty: Dr. Shrivallabh Kulkarni

Topic: Self-Directed Learning & Motivation

Summary: This session focused on fostering self-motivated learning habits essential for medical students. Dr. Kulkarni provided guidance on developing effective studying skills and the importance of self-directed research in the field of Ayurveda.

2. Public Health & Community Ayurveda

Faculty: Dr. Shrivallabh Kulkarni

Topic: Role of Ayurveda in Public Health

Summary: An instructional lecture on the community-level application of Ayurveda. The discussion centered on how Ayurvedic principles contribute to public health initiatives and the specific role practitioners play in community wellness.

3. Regulatory Framework & Governance

Faculty: Dr. Shrivallabh Kulkarni

Topic: Regulatory Bodies: NCISM & Allied Councils

Summary: This vital administrative session introduced students to the governing bodies of their profession. Key entities discussed included the NCISM (National Commission for Indian System of Medicine), concerned Universities, the Directorate of Ayush, and State ISM Registration councils.



4. Physiology Orientation: Sharir Kriya

Faculty: Dr. Rahul Patil

Topic: Sharir Kriya Syllabus & Orientation

Summary: Dr. Patil provided a detailed orientation to Sharir Kriya (Physiology). The session included an overview of the BAMS syllabus for this subject, highlighting the study of bodily functions from both Ayurvedic and modern perspectives.

5. Sanskrit Language Orientation (Basic Grammar)

Faculty: Mr. Satyajit Khatal

Topic: Introduction to Sanskrit Alphabet & Grammar

Summary: Since classical Ayurvedic texts are written in Sanskrit, this session initiated the foundational language training.

Fundamentals: Instruction on the Sanskrit alphabet and correct pronunciation.

Grammar: An introduction to basic grammar as outlined in the curriculum annexures.



6. National Health Integration

Faculty: Dr. Tahmim Deshmukh

Topic: National Health Programmes & Role of Ayurveda

Summary: The final lecture of the day explored the integration of Ayurveda within various National Health Programmes. Dr. Deshmukh explained how traditional medicine is utilized to meet national health targets and the administrative framework supporting this integration.



Ayurveda (Day 7)

Date: 22/12/2025 (Monday)

1. Communication & Media Studies in Ayurveda

Faculty: Dr. Jakira Peerjade

Topic: Ayurveda & Communication/Media Studies

Summary: This session explored the intersection of traditional medicine and modern communication. It focused on how practitioners can effectively use media and communication tools to disseminate Ayurvedic knowledge and engage with the public in the digital age.

2. Modern Health Diplomacy & Classical Roots

Faculty: Dr. Rushikesh Mhetre

Topic: Guest Lecture: Health Policy and Charaka Samhita

Summary: A specialized lecture on how the Charaka Samhita informs contemporary health policy. The session detailed Ayurveda's historical and current role in shaping modern health diplomacy, bridging the gap between ancient texts and international health standards.

3. Global Health Perspectives

Faculty: Dr. Rushikesh Mhetre

Topic: Glory of Ayurveda in Global Health

Summary: This session highlighted the growing international recognition of Ayurveda. Dr. Mhetre discussed the "Glory of Ayurveda," showcasing its contributions to the global healthcare landscape and its potential as a sustainable health system worldwide.



Ayurpraveshika (Day 8)

Date: 23/12/2025 (Tuesday)

1. Global and National Scope of Ayurveda

Faculty: Dr. R.R. Deshpande

Topic: Current Status, Legal Recognition, and International Opportunities

Summary: This session provided a comprehensive overview of the legal and professional standing of Ayurveda. Dr. Deshpande discussed its growing global acceptance, current national scope, and the expanding international opportunities for BAMS graduates.

2. Ayurveda as a Pillar of National Security

Faculty: Dr. R.R. Deshpande

Topic: Nation Building: Ayurveda as a Pillar of India's Health Security

Summary: An insightful lecture on the role of traditional medicine in nation-building. The discussion centered on how a robust Ayurvedic system contributes to the overarching health security and self-reliance of the country.

3. Cultural Diplomacy and Soft Power

Faculty: Dr. R.R. Deshpande

Topic: Ayurveda and Yoga as India's Soft Power

Summary: This session explored "Diplomacy through Wellness," positioning Ayurveda and Yoga as key elements of India's soft power on the global stage. It highlighted how these ancient sciences facilitate international relations through health and lifestyle values.



Girzani, Maharashtra, India 🇮🇳
Vx7w+125, Girzani, Maharashtra 413118, India
Lat 17.863711° Long 74.994964°
Tuesday, 23/12/2025 10:22 AM GMT +05:30



Girzani, Maharashtra, India 🇮🇳
Vx7w+125, Girzani, Maharashtra 413118, India
Lat 17.863694° Long 74.994955°
Tuesday, 23/12/2025 10:23 AM GMT +05:30

4. Spoken Sanskrit: Communicational Phrases

Faculty: Mr. Satyajit Khatal

Topic: Common Communicational Phrases in Class

Summary: Moving beyond basic grammar, this session focused on practical "Spoken Sanskrit". Students were taught common phrases used in a classroom or clinical setting, as outlined in the curriculum annexures, to encourage active use of the language.

5. Bio-Medical Waste Management & Ethics

Faculty: Dr. Rahul Patil

Topic: A Healer's Duty to Health and Environment

Summary: This critical lecture covered the eco-responsibility of medical professionals. Detailed instruction was provided on Biomedical Waste Management Principles, emphasizing the ethical disposal of clinical materials to protect both public health and the environment.

6. E-Samskara: Digital Competence

Faculty: Mr. Sanjay Salunkhe

Topic: Basic Computer Skills and AI Integration

Summary: Titled "e-samskara," this session focused on building digital literacy essential for modern practice. Training included the use of MS Word, Excel, and PowerPoint, along with an introduction to the role of Artificial Intelligence (AI) in the current healthcare landscape.



Ayurpraveshika (Day 9)

Date: 24/12/2025 (Wednesday)

1. Research and Evidence-Based Ayurveda

Faculty: Dr. Prashant Nimbalkar

Topic: Research Awareness and Evidence-Based Ayurveda Orientation

Summary: This session introduced students to the importance of scientific validation in traditional medicine. Dr. Nimbalkar provided an orientation on how to approach Ayurveda through a research-oriented lens, emphasizing the need for evidence-based practice in modern healthcare.



2. Physical and Mental Well-being through Yoga

Faculty: Dr. Saurabh Gaikwad

Topic: Basic Understanding of Ashtanga Yoga

Summary: This lecture provided a foundational understanding of Ashtanga Yoga. The session focused on how these yogic practices contribute to both physical health and mental stability, serving as a vital complementary tool for the Ayurvedic practitioner.

3. Professional Ethics and Commitment

Faculty: Dr. Saurabh Gaikwad

Topic: Swasthya, Satya, Seva: The Ayurveda Student's Commitment

Summary: A session dedicated to the core values of an Ayurveda professional: Swasthya (Health), Satya (Truth), and Seva (Service). Students explored their ethical responsibilities toward themselves, society, and the global community.

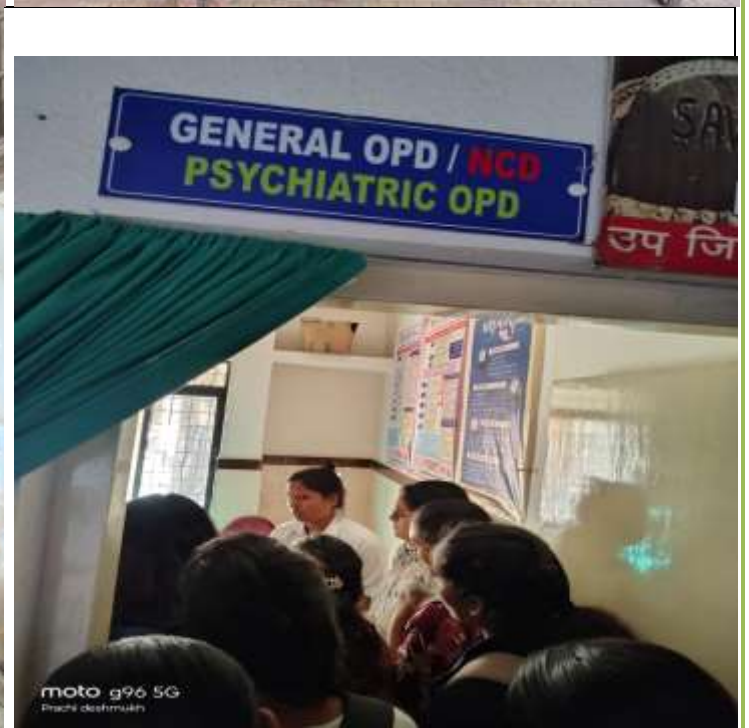


4. Field Instruction: Experiential Learning

Faculty: Dr. Jakira Peerjade

Topic: Half-day Field Visit

Summary: The afternoon was utilized for a field visit, providing students with off-campus instructional exposure. This practical session allowed for the real-world observation of concepts discussed in the classroom.



Ayurpraveshika (Day 10)

Date: 26/12/2025 (Friday)

1. Sanskrit Orientation: Introduction to Chhandas

Faculty: Mr. Satyajit Khatal

Topic: Introduction to Chhandas (Prosody)

Summary: This session introduced students to the rhythmic and metrical structures of Sanskrit verses, known as Chhandas. Understanding these patterns is essential for the correct recitation and memorization of classical Ayurvedic shlokas.



2. Historical and Literary Foundations

Faculty: Dr. Shubhangi Shinde & Dr. Pooja Kotasthane

Topic: Introduction to Ayurveda History and Brihat Trayi

History: Dr. Shinde provided an overview of the chronological evolution of Ayurveda.

Brihat Trayi: Dr. Kotasthane introduced the three foundational "Great Texts"—Charaka Samhita, Sushruta Samhita, and Ashtanga Sangraha/Hridaya—which form the core authority of Ayurvedic medicine.



3. Core Philosophical Framework: Trisutra

Faculty: Dr. Samarth Kotasthane

Topic: Basic Principles and Trisutra (Hetu, Linga, Aushadha)

Summary: This lecture revisited the Trisutra framework, the three pillars of clinical knowledge:

Hetu: Etiology or causes of health and disease.

Linga: Symptomatology and signs.

Aushadha: Therapeutics and the knowledge of drugs.



4. Ayurveda Psychology & Modern Correlations

Faculty: Dr. Anish Pandit

Topic: Satva, Rajas, Tamas, and Modern Psychology

Summary: A deep dive into Ayurveda Psychology, correlating the three mental qualities (Triguna) with modern psychological concepts:

Satva: Balance, harmony, and purity.

Rajas: Activity, passion, and movement.

Tamas: Inertia, darkness, and stability.

5. Emotional Intelligence & Stress Management

Faculty: Dr. Anish Pandit

Topic: Applying Triguna Theory for Emotional Intelligence and Atmanirbharata

Summary: This practical session focused on using the theory of Triguna for personal development. Students learned how to manage stress and build "Atmanirbharata" (self-reliance) by cultivating Satva to improve emotional intelligence.

6. Ayurvedic Pathology: Nidana Panchaka

Faculty: Dr. Anish Pandit

Topic: Framework for Understanding Disease Beyond Pathogens

Summary: The day concluded with an introduction to Nidana Panchaka, the five-fold Ayurvedic diagnostic framework. This session emphasized how Ayurveda understands the disease process as a systemic imbalance rather than just the presence of external pathogens.



Ayurpraveshika (Day 11)

Date: 27/12/2025 (Saturday)

1. Nutritional Science in Ayurveda

Faculty: Dr. Shubhangi Shinde

Topic: Healthy Food, Diet Patterns, and Nutritional Values

Summary: Dr. Shinde provided an instructional lecture on the Ayurvedic approach to dietetics. Key focus areas included:

Dietary Patterns: Traditional habits and schedules for food consumption.

Nutritional Plate: Understanding the composition of a balanced meal from an Ayurvedic perspective.

Required Values: Discussing the essential nutritional values required for maintaining health and preventing disease.



2. Krishi Ayurveda: The Agricultural Connection

Faculty: Dr. Vivekanand Patil

Topic: Ayurveda and Agriculture (Krishi Ayurveda)

Summary: This session explored the symbiotic relationship between Ayurveda and agriculture. The lecture detailed how soil health, planting seasons, and organic cultivation methods directly impact the medicinal potency and quality of herbs used in clinical practice.



3. Botanical Field Instruction: Herbal Garden Visit

Faculty: Dr. Vivekanand Patil

Topic: Half-day Field Visit to the Herbal Garden

Summary: The day concluded with a practical instructional tour of the institutional Herbal Garden. Under faculty guidance, students observed various medicinal plant species, focusing on their growth patterns and the environmental conditions discussed during the Krishi Ayurveda session.

4. Sustainable Agriculture: Krishi Ayurveda

Faculty: Dr. Vivekanand Patil

Topic: Ayurveda and Agriculture (Krishi Ayurveda)

Summary: This session continued the exploration of the vital link between soil health and human health. Dr. Patil discussed how the principles of Ayurveda are applied to agriculture to ensure the cultivation of potent, high-quality medicinal herbs.



Ayurpraveshika (Day 12)

Date: 29/12/2025 (Monday)

1. Digital Ethics and Wisdom

Faculty: Dr. Aniruddh Kulkarni

Topic: Digital Toxicity and Human Wisdom

Summary: A critical cautionary lecture on the risks of technology overtaking human wisdom. The session addressed "Digital Toxicity" and the necessity for medical professionals to balance modern technological tools with traditional clinical judgment.

2. Ayurveda and Health Economics

Faculty: Dr. Aniruddh Kulkarni

Topic: Role of Ayurveda in Preventive Healthcare and Sustainability

Summary: This session explored the economic impact of Ayurveda. Discussion centered on how the system's focus on preventive healthcare provides affordable and sustainable health economics for society.



3. Academic Presentation and Digital Literacy

Faculty: Dr. Priyanka Tendulkar

Topic: Presentation Skills and LMS Orientation

Presentation Skills: Students were instructed on how to structure academic presentations with high-quality content.

Digital Literacy: An orientation to the Learning Management System (LMS) was provided, explaining how digital platforms will support their academic success throughout the BAMS program.

4. Addiction Recovery: Satvavajeya Chikitsa

Faculty: Dr. Priyanka Tendulkar

Topic: Ayurvedic Perspective of Deaddiction

Summary: This specialized lecture introduced the role of Satvavajeya Chikitsa (Ayurvedic psychotherapy) and Rasayana (rejuvenation therapy) in treating addiction. It provided a framework for using mental discipline and herbal support to restore health in cases of substance abuse.



Ayurpraveshika (Day 13)

Date: 30/12/2025 (Tuesday)

1. Sanskrit Language: Advanced Practice

Faculty: Mr. Satyajit Khatal

Topic: Sanskrit Practice Session

Summary: This session continued the intensive linguistic training required for BAMS students. Following the curriculum annexures, students engaged in a practice session focused on the technical application of Sanskrit in medical contexts, ensuring they are prepared to interpret classical texts with accuracy.

2. Motivational Session: Relevance of Ayurveda Today

Faculty: Dr. Sudhir Pophale

Topic: Inspirational Talk by Senior Vaidya

Summary: Dr. Pophale shared his personal journey as an Ayurvedic doctor, discussing why the science is more relevant today than ever before. This session served to reinforce the professional identity of the students and provide a real-world perspective on the impact of an Ayurvedic career.



3. Community Health Initiative: Jeevaneeya and Rural Outreach

Faculty: Dr. Archana Raut

Topic: Jeevaneeya (Ayurveda Arogyamitra Abhiyan)

Summary: This instructional session introduced students to the "Jeevaneeya" program, a community-focused initiative. The lecture detailed the objectives of the Ayurveda Arogyamitra Abhiyan and outlined the logistics for the upcoming visit to nearby village and rural areas.



Ayurveda (Day 14)

Date: 31/12/2025 (Wednesday)

1. Ethics and Social Conduct: Sadvritta

Faculty: Dr. Shrivallabh Kulkarni

Topic: Ayurveda Ethics & Philosophy in the context of Sadvritta

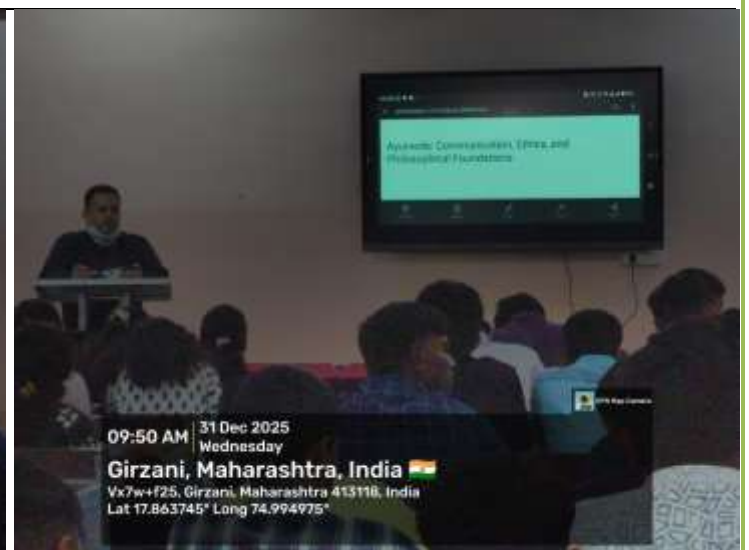
Summary: This session explored Sadvritta, the Ayurvedic code of noble conduct. The instruction emphasized how ethical behavior and social harmony are not just moral choices but essential components of maintaining mental and physical health.

2. Philosophical Systems: The Darshanas

Faculty: Dr. Shrivallabh Kulkarni

Topic: Indian Philosophical Systems linking to Ayurveda

Summary: Students received an overview of the foundational Darshanas (philosophical schools) that underpin Ayurvedic theory, specifically focusing on Sankhya, Nyaya, and Vaisheshika. The lecture illustrated how these ancient logic systems provide the framework for Ayurvedic reasoning and diagnostic methodology.



3. Scientific Methodology: Tantrayuktees

Faculty: Dr. Shubhangi Shinde

Topic: Padartha Vigyana Orientation & Detailed Elaboration of Tantrayuktees

Summary: A technical session on Tantrayuktee, the specialized tools for decoding and interpreting classical medical treatises. This orientation is vital for students to correctly understand the complex language and hidden meanings within the Samhitas.



4. Applied Linguistics: Interactive Sanskrit

Faculty: Mr. Satyajit Khatal

Topic: Sanskrit Practice: Interactive Grammar

Summary: Continuing the interactive approach to language, this session focused on applying Sanskrit grammar in real-time. Following the prescribed annexures, students practiced constructing and deconstructing sentences to build comfort with the language of their professional texts.

5. Personalized Medicine: Prakriti

Faculty: Dr. Archana Raut

Topic: Ayurveda & Personalized Medicine: Prakriti as a Key to Health

Summary: This lecture introduced the concept of Prakriti (individual constitution). Students learned how identifying a patient's unique biological makeup is the cornerstone of Ayurvedic preventive and curative healthcare, allowing for truly personalized medical interventions.



6. Strategic Management: Sankalpa to Siddhi

Faculty: Dr. Archana Raut

Topic: Effective Time Management Strategies: Sankalpa to Siddhi

Summary: The day concluded with a workshop on time management tailored for the rigors of medical education. The "Sankalpa to Siddhi" framework provided students with strategies to balance academic demands with clinical excellence and personal well-being.



Ayurpraveshika (Day 15)

Date: 01/01/2026 (Thursday)

1. Academic Assessment: Post-Test

Faculty: Dr. Shubhangi Shinde

Topic: Post-Test Evaluation

Summary: Following the talent show, students underwent a formal Post-Test to assess the knowledge gained during the 15-day orientation program. This evaluation helps the institution measure the effectiveness of the transitional curriculum.



2. Feedback Collection

Faculty: Mr. Ashish Nagtilak

Topic: Program Feedback

Summary: An instructional hour was dedicated to gathering feedback from the students regarding their experience throughout the Ayurpraveshika program. This data is essential for the continuous improvement of the orientation framework.

3. Valedictory Function

Faculty: Dr. Jakira Peerjade

Topic: Formal Closing Ceremony

Summary: The orientation concluded with a formal Valedictory Function. This session included a final reflection on mindfulness and served as the official transition for the students from orientation into their regular BAMS academic schedule.



3. Talent Show

Faculty: Dr. Jakira Peerjade

Topic: Talent show

Summary: As part of the 15-day induction program, a Talent Exhibition was organized to identify and document the creative capabilities of newly admitted BAMS students. The primary goal was to map student skills for future institutional representation and holistic development.

