

Samata Lok Shikshana Samiti's
**SAMATA AYURVEDIC MEDICAL COLLEGE, HOSPITAL AND RESEARCH
CENTRE**
Opp. Koralli Cross, Kalaburagi Road, Aland-585302

COURSE CURRICULUM FOR FIRST PROFESSIONAL BAMS

(PRESCRIBED BY NCISM)

“ **TRANSITIONAL CURRICULUM** ” 2025-26 BATCH

SL NO.	TIME	TOPIC NAME	FACULTY NAME
DAY – 1 (11/11/2025, TUESDAY)			
1	7:30AM – 9:00 AM	BREAKFAST @ College Mess	
2	9:00AM – 9:30 AM	ASSEMBLY @ College Premises	
3	9:45AM–10:30 AM	Inaugural Ceremony @ Auditorium	
4	10:30AM –11:15 AM	Know Your College & Teachers	Dr. Niketa & Dr. Swetha Pujari
5	11:15 AM – 12:00 PM	Fresher's Introduction & Learning from Seniors	Students
6	12:00PM–12:30 PM	Presidential Address By the Principal	Dr. Manjunath Akki
7	12:30PM– 1:00 PM	Pre-Test	Dr. Swetha Pujari
8	01:00PM–02:00PM	Lunch Break	
9	02:00PM–02:45PM	Campus Orientation – Part 1	Dr. Vijayalakshmi
10	02:45PM–03:30PM	Campus Orientation – Part 2	Dr. Ayesha
11	03:30 PM – 04:15 PM	Day Reflection: Icebreakers & Faculty Interaction	Dr. Swetha Pujari
12	04:15PM–04:30PM	Mindfulness	Dr. Shilpa
DAY – 2 (12/11/2025, WEDNESDAY)			
1	9:30 AM – 10:15 AM	Dhanvantari Prayer & Thought for the Day Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies.	Ms. Dhanushree Dr. Vijayalakshmi
2	10:15 AM – 11:00 AM	Administrative Procedures: Leave applications, attendance policies, and fee payments.	Dr. Manjunath Akki

3	11:00 AM – 11:45 AM	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Dr. Niketa
4	11:45AM– 12:30 PM	Introduction to Ayurveda and History	Dr. Swetha Pujari
5	12:30PM–01:30PM	Lunch Break	
6	1:30PM– 02:30 PM	Reflection: —Ayurveda & Me	Dr. Sushmita
7	02:30PM–3:30PM	Library Orientation	Mr. Viswanath
8	03:30 PM – 04:20 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Dr. Shruti
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 3 (13/11/2025, THURSDAY)			
1	9:30 AM – 10:15 AM	Dhanvantari Prayer & Thought for the Day Introduction to Ashtanga Ayurveda	Students Dr. Swetha Pujari
2	10:15 AM – 11:00 AM	What is Indian Knowledge System (IKS)? Overview: Orientation lecture on Vision of reality, Holistic view of human wellbeing.	Dr. Bheemreddy
3	11:00 AM – 11:45 AM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Dr. Chanveer
4	11:45 AM – 12:30 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Dr. Swetha Pujari
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Dr. Priyanka I C
7	02:30 PM – 03:30 PM	Concept of Anand the true goal of healing lessons from Taittarreeya Upanishad.	Mr. Swarnamandar
8	03:30 PM – 04:20 PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Dr. Channaveer/Mr. Mallikarjun (PT Sir)
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 4 (14/11/2025, FRIDAY)			

1	9:30 AM – 10:15 AM	Dhanvantari Prayer & Thought for the Day Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D., Super specialty courses	DRONA Students Dr. Manjunath Akki
2	10:15 AM – 11:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, Pancha Karma Units, Govt. Ay. Dispensary, Entrepreneurship	Dr. Manjunath Akki
3	11:00 AM – 11:45 AM	□□□□□□□□□□□□□□ Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	Mr. Swarnamandar
4	11:45 AM – 12:30 PM	Concept of Dosha, Dhatu, Mala in brief with application aspects	Dr. Priyanka I C
5	12:30PM–01:30PM	Lunch Break	
6	1:30PM–02:30 PM	Sharir Kriya Orientation details of syllabus	Dr. Somnath Ginni
7	02:30 PM – 03:30 PM	Concept of Anand the true goal of healing lessons from Taittarreeya Upanishad.	Mr. Swarnamandar
8	03:30 PM – 04:20 PM	Healing Hands and Compassionate Hearts: Reflection activity	Dr. Sujata
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 5 (15/11/2025, SATURDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day Self-directed, self- motivated, learning skills and studying skills	DRONA Students Dr. Priyanka Gurgunte
2	10:15 AM–11:00AM	□□□□□□□□□□□□□□ Sanskrit Orientation – Basic Grammar or as annexed (Annexure – 2)	Mr. Swarnamandar
3	11:00 AM–11:45AM	Hand Hygiene & Universal Precautions. Infection Control Measures 8	Dr. Shrishail
4	11:45 AM – 12:30 PM	Ayurveda beyond Practice: Capacity Building activities in Entrepreneurship development in context of Ayurveda field.	Dr. Shilpa
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	□□□□□□□□□□□□□□ Spoken Sanskrit: Common communicational Phrases in class or as annexed (Annexure – 2)	Mr. Swarnamandar
7	02:30 PM – 03:30 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Dr. Swetharani
8	03:30 PM – 04:20	Research awareness and evidence based	Dr. Swetharani

	PM	ayurveda: Orientation	
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 6 (17/11/2025, MONDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day Pride in becoming a Healer- -Interactive session	DRONA Students Dr. Sujata
2	10:15 AM–11:00AM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Dr. Arpana
3	11:00 AM–11:45AM	Ayurveda and Yoga as India's soft power diplomacy through wellness	Dr. Chennamma
4	11:45 AM – 12:30 PM	Ayurveda and Neuron mental science. Role of Ritucharya and Dinacharya in climate adaptation.	Dr. Chennamma
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Dr. Navya
7	02:30 PM – 03:30 PM	Introduction to Bruhatrayi – Charaka, Sushruta, Vagbhata	Dr. Swetha Pujari
8	03:30 PM – 04:20 PM	Laghutrayee with elaboration of Ashtang Hridaya	Dr. Swetha Pujari
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 7 (18/11/2025, TUESDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day Heritage in young hands: Youth as brand ambassadors of Ayurveda	DRONA Students Dr. Shilpa
2	10:15 AM–11:00AM	First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations	Dr. Sunil
3	11:00 AM–11:45AM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)	Dr. Sunil
4	11:45 AM – 12:30 PM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Dr. Sunil
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Dr. Shankar
7	02:30 PM – 03:30 PM	Who is good Vaidya (Charaka's view) professional code of conduct/personal code of conduct	Dr. Smeeta Kanamuse
8	03:30 PM – 04:20 PM	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	Dr. Smeeta Kanamuse

9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 8 (19/11/2025, WEDNESDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day Interdisciplinary exposure 3	DRONA Students Dr. Bheemreddy
2	10:15 AM–11:00AM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy 3	Dr. Bheemreddy
3	11:00 AM–11:45AM	Ayurvedic perspective of Deaddiction: role of Satvavjeya chikitsa and rasayana	Dr. Priyanka IC
4	11:45 AM – 12:30 PM	Glory of Ayurveda in Global Health	Dr. Priyanka Gurgunti
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Effective time management strategies: <u>S</u> ankalpa to Siddhi – Time management for obtaining academic and clinical excellence	Dr. Shankar
7	02:30 PM – 03:30 PM	Half day field visit	Dr. Sushmita / Dr. Shilpa
8	03:30 PM – 04:20 PM	Medicine manufacturing unit	Dr. Chennaveer
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 9 (20/11/2025, THURSDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day A healer's duty to health and environment, eco responsibility: Biomedical Waste Management Principles	DRONA Students Dr. Pratibha
2	10:15 AM–11:00AM	Environmental hygiene: Concept of Janapadadwamsall in ayurveda and its relevance to environmental hygiene	Dr. Chennamma
3	11:00 AM–11:45AM	Inspirational talk by senior Vaidya/Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Dr. Sachin Kulkarni
4	11:45 AM – 12:30 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	Dr. Varsha Durugkar
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Integrative tradition with ambition: Goal setting in ayurveda education	Dr. Ayesha
7	02:30 PM – 03:30 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Dr. Somanath Ginni
8	03:30 PM – 04:20 PM	Ayurveda and agriculture (Krishi Ayurveda)	Dr. Sushmita
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun

DAY – 10 (21/11/2025, FRIDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day Orientation on national tobacco control programme	DRONA Students Dr. Shankar
2	10:15 AM–11:00AM	National Health Programmes & Role of Ayurveda.	Dr. Chennamma
3	11:00 AM–11:45AM	Public Health and Ayurveda in community (Role of Ayurveda in Public Health)	Dr. Chennamma
4	11:45 AM – 12:30 PM	Cultural Competence & Disability Awareness: empathy as therapy to disability care and rehabilitations	Ms. Drushti
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Dr. Shankar
7	02:30 PM – 03:30 PM	Nation building: Ayurveda as a pillar of India's Health security.	Dr. Manjunath Akki
8	03:30 PM – 04:20 PM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata	Dr. Niketa
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 11 (22/11/2025, SATURDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day e-samskara , building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	DRONA Students Computer Sir
2	10:15 AM–11:00AM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Dr. Shruti
3	11:00 AM–11:45AM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Dr. Shashikanth Hiremath
4	11:45 AM – 12:30 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy.	Dr. Shashikanth Hiremath
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Dr. Pratibha
7	02:30 PM – 03:30 PM	Ayurvedic pathology, Nidana Panchaka framework understanding disease in Ayurveda beyond pathogens	Dr. Sheetal
8	03:30 PM – 04:20 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Dr. Bheemreddy

9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 12 (24/11/2025, MONDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day	DRONA Students
2	10:15 AM–11:00AM	Ayurveda Psychology— correlations of Satva, Rajas, Tamas with Modern Psychology,	Dr. Saumyalakshmi
3	11:00 AM–11:45AM	□□□□□□□□□□ Spoken Sanskrit: Introduction to Chhandas or as annexed (Annexure – 2)	Mr. Swarnamandar
4	11:45 AM – 12:30 PM	Role of Artificial intelligence in Academics AI in education, diagnostic research	Dr. Sheetal
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	Digital Literacy: Learning Management System (LMS) Orientation — How Will LMS Help Your Academic Success?	Dr. Pratibha
7	02:30 PM – 03:30 PM	□□□□□□□□□□ Shloka Recitation Practice or as annexed (Annexure – 2) □□□□□□□□□□ Sanskrit Practice Session or as annexed (Annexure – 2)	Mr. Swarnamandar
8	03:30 PM – 04:20 PM	Ayurveda & Communication/ media studies	Dr. Chanveer
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 13 (25/11/2025, TUESDAY)			
1	9:30AM – 10:15AM	Dhanvantari Prayer & Thought for the Day □□□□□□□□□□ Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	DRONA Students Mr. Swarnamandar
2	10:15 AM–11:00AM	Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)	Dr. Manjunath Akki
3	11:00 AM–11:45AM	Reflection: —Empathy and Expression	Dr. Manjunath Akki
4	11:45 AM – 12:30 PM	□□□□□□□□□□ Sanskrit Practice: Interactive Grammar or as annexed (Annexure – 2)	Mr. Swarnamandar
5	12:30PM–01:30PM	Lunch Break	
6	1:30 PM – 02:30 PM	What are the risk if technology overtakes human wisdom? Digital toxicity.	Dr. Prasanna (Kalabhairaveshwar College)

7	02:30 PM – 03:30 PM	Ayurveda and Economics of Health: Ayurveda's role in preventive healthcare, affordability and sustainable health economics.	Dr. Prasanna (Kalabhairaveshwar College)
8	03:30PM–4:20PM	Discussion on outreach activity of 14th day.	Dr. Chennveer, Dr. Sushmita, Dr. Chennamma
9	04:20PM–04:30PM	Mindfulness	Mr. Mallikarjun
DAY – 14 (26/11/2025, WEDNESDAY)			
1	9:30AM–04:30PM	Jeevaneeyall (Ayurveda Arogya mitra Abhiyan) visit of nearby village/rural area	Dr. Chennveer, Dr. Sushmita, Dr. Chennamma
DAY – 15 (27/11/2025, THURSDAY)			
1	9:30AM – 9:40AM	Dhanvantari Prayer & Thought for the Day	DRONA Students
2	09:40AM–12:00PM	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.	
3	12:00PM–12:30PM	Post-Test	Dr. Swetha Pujari
4	12:30PM–01:30PM	Lunch Break	
5	1:30PM–02:30 PM	Feedback Collection	Dr. Swetha Pujari
6	02:30PM–3:30PM	Valedictory Function	
7	03:30PM–4:20PM	Valedictory Function	
8	04:20PM–04:30PM	Reflection on Mindfulness	Mr. Mallikarjun