



SAMATA AYURVEDIC MEDICAL COLLEGE, HOSPITAL & RESEARCH CENTRE. ALAND

Opp Koralli Cross SH10 Next to RTO Check Post, Aland-585302 Kalaburgi, Karnataka

AYURPRAVESHKA
(आयुरप्रवेशिका)
“Transitional Curriculum”
 (An introductory gateway into Ayurveda)
2025-26 Batch

COURSE CURRICULUM FOR FIRST PROFESSIONAL BAMS
(PRESCRIBED BY NCISM)

DAY – 1 (11/11/2025, TUESDAY)

Inaugural Ceremony: By Dr. Manjunath Akki (Principal), Dr. Neeta Deshmukh (Dean), Faculties and students.



Know Your College & Teachers – Dr. Niketa & Dr. Swetha Pujari



Fresher's Introduction



Learning from Seniors



Presidential Address - By the Principal



Campus Orientation – Dr. Vijayalakshmi Kalaburgi & Dr. Ayesha Kausar



DAY – 2 (12/11/2025, WEDNESDAY)

Administrative Structure – Dr. Vijayalakshmi Kalaburgi



Administrative Procedures – Dr. Manjunath Akki



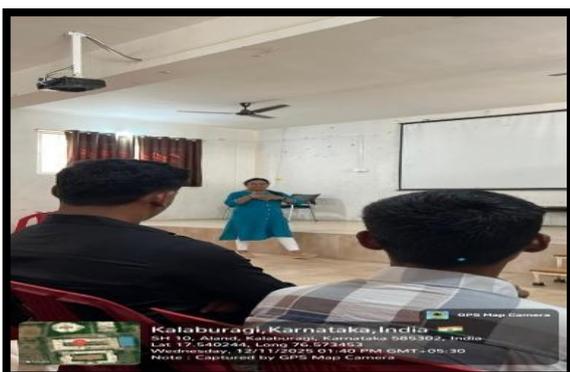
Student Safety: & Ragging – Dr. Niketa Shantiker



Introduction to Ayurveda and History – Dr. Swetha Pujari



Reflection: Ayurveda & Me - Dr. Sushmita



Library Orientation – Mr. Vishwanath (Librarian)



Introduction to Rachana Sharira – Dr. Shruti



DAY – 3 (13/11/2025, THURSDAY)

Dhanvantari Prayer & Thought for the Day – By Students



Introduction to Ashtanga Ayurveda - Dr. Swetha Pujari



What is Indian Knowledge System (IKS)? - Dr. Bheemreddy



Overview of BAMS Curriculum - Dr. Chanveer



Basic principles of Ayurveda and Trisutra - Dr. Swetha Pujari



Scope of Ayurveda - Dr. Priyanka I C



Day Reflection: Icebreakers – Dr. Swetha Pujari



Orientation on co-curricular arrangement - Dr. Channaveer/Mr. Mallikarjun (PT Sir)



DAY – 4 (14/11/2025, FRIDAY)

Dhanvantari Prayer & Thought for the Day – By Students



Proposed Higher Education Pathways in Ayurveda - Dr. Manjunath Akki

Different Career opportunities after BAMS - Dr. Manjunath Akki



वदतुसंस्कृतम् Sanskrit Orientation, Basics of Sanskrit alphabet - Mr. Swarnamandar



Concept of Dosha, Dhatu, Mala - Dr. Priyanka I C



Sharir Kriya Orientation details of syllabus



Concept of Anand the true goal of healing lessons from Taittarreeya Upanishad –

Mr. Swarnamandar



Healing Hands and Compassionate Hearts - Dr. Sujata



Mindfulness – Mr. Mallikarjun



DAY – 5 (15/11/2025, SATURDAY)

Dhanvantari Prayer & Thought for the Day – By Students



Self-directed, self- motivated, learning skills and studying skills - Dr. Priyanka Gurgunte



वदतुसंस्कृतम् Sanskrit Orientation: Basic Grammar - Mr. Swarnamandar

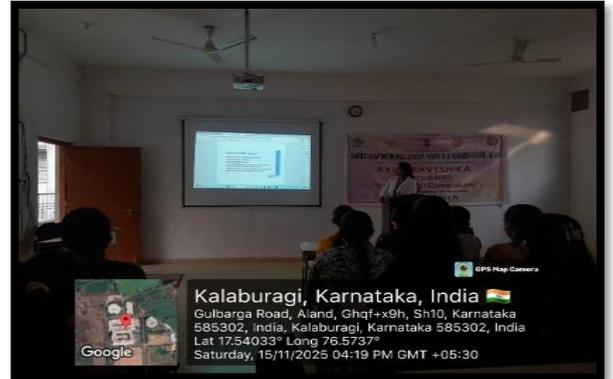


Spoken Sanskrit: Common communicational Phrases in class - Mr. Swarnamandar



Ayurveda ethics & Philosophy in context of Sadvritta - Dr. Swetharani

Research awareness and evidence based ayurveda: Orientation - Dr. Swetharani



Mindfulness - Mr. Mallikarjun



DAY – 6 (17/11/2025, MONDAY)

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

Ayurveda and Yoga as India's soft power diplomacy through wellness - Dr. Chennamma



Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees - Dr. Arpana (Online Guest Lecture – Associate Prof, Dept of Samhita, Sri Sri AMCH, B'lore)



DAY – 7 (18/11/2025, TUESDAY)

Dhanvantari Prayer & Thought for the Day – By Students



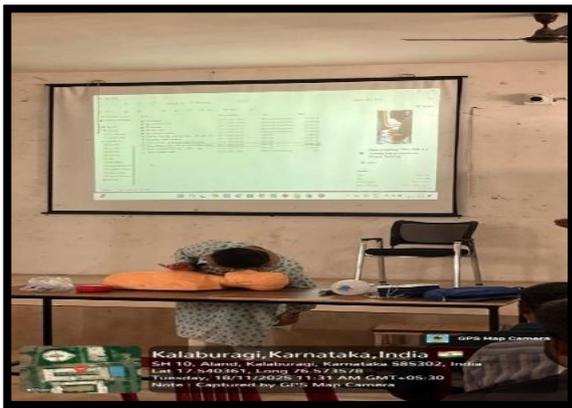
Heritage in young hands: Youth as brand ambassadors of Ayurveda - Dr. Shilpa Mahajan



First aid training basic/cuts wound, sprains, shock, bleeding and other common emergency situations – Dr. R Sunil Kumar Devaki (Guest Lecture - Associate Professor, Dept of KC, AMV AMCH, Belagavi)



Basic life support (BLS) training - Dr. Sunil



Academic Writing - Dr. Sunil



Who is good Vaidya (Charaka's view) - professional code of conduct/personal code of conduct – Reflection activity: why have chosen Ayurveda - Dr. Smeeta Kanamuse (Guest Lecture – Associate Prof, Dept of Samhita, Hingulambika AMCH, Kalaburgi)



Mindfulness - Mr. Mallikarjun



DAY – 8 (19/11/2025, WEDNESDAY)

Dhanvantari Prayer & Thought for the Day – By Students



- Interdisciplinary exposure
- Overview of other Indian Medical Systems - Dr. Bheemreddy



Ayurvedic perspective of Deaddiction - Dr. Priyanka IC



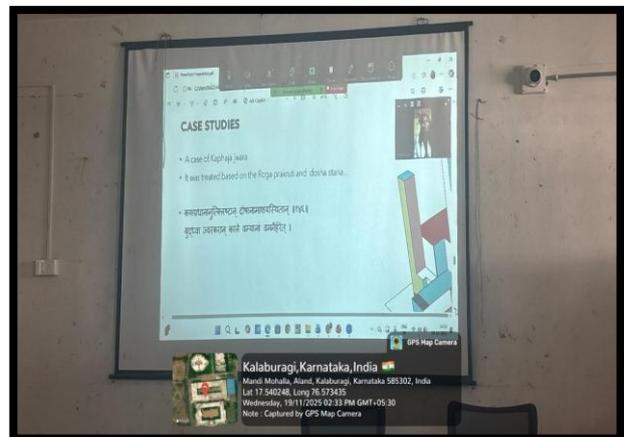
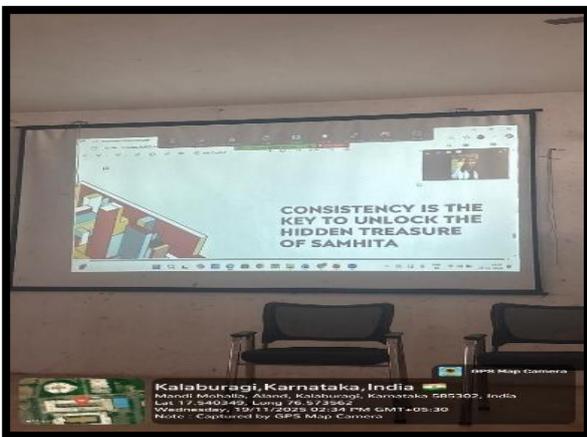
Glory of Ayurveda in Global Health - Dr.Priyanka Gurgunti



Reflection: becoming a Vaidya - Dr. Swetha Pujari



Success Stories of Ayurveda in action - Dr. Navya (Online Guest Lecture, Asst Prof, Dept of Samhita, Atreya AMCH, Doddaballapura)



Half day field visit – Dr. Shilpa Mahajan



Medicine manufacturing unit - Dr. Chennaveer



DAY – 9 (20/11/2025, THURSDAY)

Biomedical Waste Management Principles - Dr. Pratibha



Healthy Food, Diet pattern, Nutritional plate - Dr. Varsha Durugkar



Environmental hygiene: Concept of Janapadadwamsa - Dr. Chennamma



Integrative tradition with ambition: Goal setting in ayurveda education - Dr. Ayesha



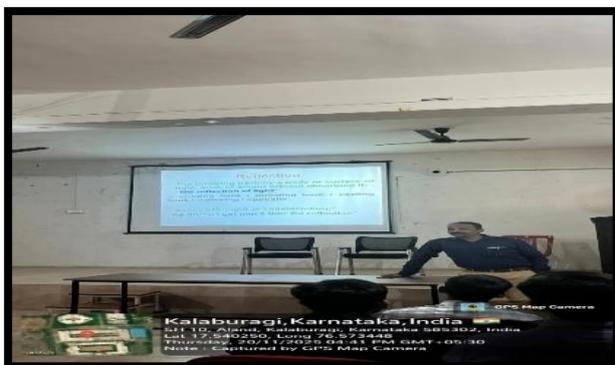
Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health- Dr. Somanath Ginni



Inspirational talk by senior Vaidya - Dr. Sachin Kulkarni



Reflection: —Empathy and Expression

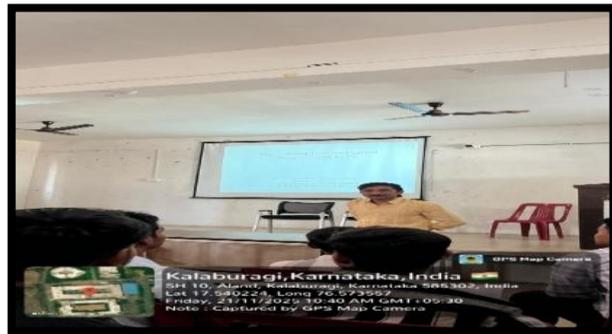


DAY – 10 (21/11/2025, FRIDAY)

Dhanvantari Prayer & Thought for the Day – By Students



Orientation on national tobacco control programme - Dr. Shankar



National Health Programmes & Role of Ayurveda - Dr. Chennamma



Public Health and Ayurveda in community - Dr. Chennamma



Regulatory Bodies; NCISM, concerned Universities - Dr. Shankar



**Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata –
Dr. Niketa**



DAY – 11 (22/11/2025, SATURDAY)

Dhanvantari Prayer & Thought for the Day – By Students



e-samskara, Basic Computer Skills - Ms Savita Iavani



Cultural Competence & Disability Awareness - Ms. Drushti



- Indian Philosophical system – Overview of Darshanas
- Guest Health policy in Lecture - Charak Samhita - Dr. Shashikanth Hiremath (Guest Lecture, Prof, Dept of Samhita, Sanjeevni AMCH, Hubballi)



DAY – 12 (24/11/2025, MONDAY)

- Digital Literacy: Learning Management System (LMS) Orientation
- Swasthya, Satya, Seva: The ayurveda student’s commitment of self, society and world - Dr. Pratibha



- Ayurveda and Economics of Health
- Digital toxicity - Dr. Prasanna Kulkarni (Online Guest Lecture, Prof, Dept of Swasthavrutta, Kalabhairaveshwara AMCH, B'lore)



Ayurveda & Communication/ media studies - Dr. Chanveer



Effective time management strategies:Sankalpa to Siddhi - Dr. Swetha Pujari



Mindfulness - Mr. Mallikarjun



DAY – 13 (25/11/2025, TUESDAY)

- वदतुसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation
- वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar - Mr. Swarnamandar



Introduction to Bruhatrayi & Laghutrayi - Dr. Swetha Pujari



Soft skills & Life skills in Ayurvedic context - Dr. Manjunath Akki



Ayurveda and agriculture (Krishi Ayurveda) - Dr. Sushmita



DAY – 14 (26/11/2025, WEDNESDAY)

JEEVANIYA (Ayurveda Arogya mitra Abhiyan) Outreach Visit to Jidga Village

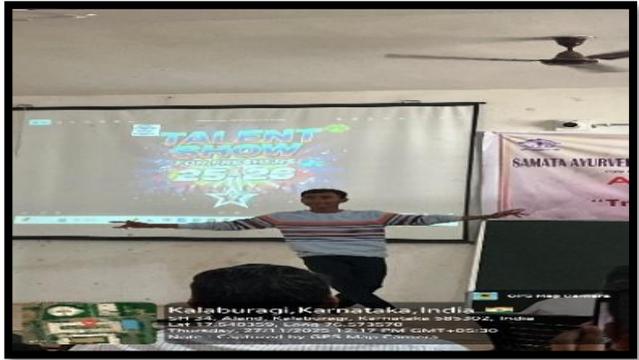
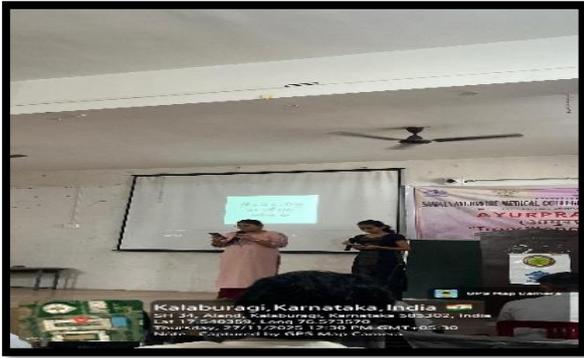




DAY – 15 (27/11/2025, THURSDAY)

TALENT SHOW – By Fresher’s Batch





VALEDICTORY CEREMONY

Event Highlights of Transitional Curriculum & Vote of Thanks – Dr. Swetha Pujari (Co-ordinator)



Presidential Address – Dr. Manjunath Akki



AYURPAVESHKA, The Transitional Curriculum 2025-26 commenced on

11 November 2025 – 27 November 2025

The Transitional Curriculum Co-ordinator: **Dr. Swetha Pujari**, Associate Professor,

Dept Of Samhita & Siddhanta, 9632000755

Contact Details: samata.amcaland@gmail.com, 8792074343