

Awasthi Ayurvedic Medical College and Hospital Nalagarh, Distt. Solan Himmachal Pradesh

Transitional Curriculum Program

AYURPRAVESHKA-2025



DAY – 1

Inaugural Ceremony & Dhanvantari Homa

The Inaugural Ceremony to welcome the new BAMS batch 2025 was conducted with great enthusiasm and cultural devotion. The event began with the traditional **Dhanvantari Homa**, symbolizing purity, divine blessings, and the healing spirit of Ayurveda. The ceremony was attended by the Principal, faculty members, dignitaries and newly admitted students.

The program commenced with **lamp lighting** and **prayer chanting**, followed by **Dhanvantari Shloka recitation** to invoke the blessings of Lord Dhanvantari, the divine physician. The Principal addressed the gathering, welcoming the students to the institution and encouraging them to carry forward the rich legacy of Ayurveda with dedication and discipline.

The program concluded with a vote of thanks and distribution of **prasad**, after which students proceeded for their orientation activities.

Know Your College:

It was organized to familiarize the students with the institution's history, achievements, and values. The session aimed to help students develop a sense of identity and belonging with the college.

Outcome of the Session

- Students gained awareness of the institution's vision, mission, and developmental journey.
- Developed academic connection with the college.
- Improved peer interaction and collaboration.

Learning from Seniors:

It was conducted to create a bridge between the new batch and their seniors. The purpose of the session was to promote peer learning, mentorship, and a supportive academic environment.

The event began with an **interactive “Ask Me Anything” segment**, where senior students shared their experiences regarding academics, hostel life, exam preparation, time management, and extracurricular activities. The juniors freely asked questions related to academics, college routine, subject difficulty, and career prospects.

Campus Orientation:

As an integral component of the orientation program for new BAMS students, a two-part **Campus Orientation** was organized with the objective of familiarizing students with various institutional facilities and academic environments. The session was designed to help students understand the campus infrastructure, key locations, and their relevance in academics.

Campus Orientation – Part 1

Students were taken for a guided tour across the main academic blocks and departments. Faculty members of **Rachana Sharira, Kriya Sharira, and Samhita** introduced their respective departments and laboratories. The tour of classrooms, laboratories, demonstration rooms, museums, faculty rooms, and teaching-learning resources.

Campus Orientation – Part 2

Students visited the academic herbal garden, OPD/IPD units, operation theatres, Panchakarma unit, pharmacy, library, and diagnostic labs.



Day II


Dhanvantari Prayer & Thought for the Day(Photo)

Administrative Structure & Campus Rules

It was organized to help new students understand the governing system of the institution and the expectations of conduct within the campus.

During the first segment of the session, the students were introduced to the **administrative hierarchy and key authorities of the college**, ensuring clarity regarding roles and responsibilities within the institution. The details shared with the students included:

Designation	Name	
Chairman	Mr. Chander Shekhar Awasthi	
Director	Mr. Rishav Awasthi	

Designation	Name	
Principal	Dr. Shailendra Bhardwaj	

Faculty heads of various departments and administrative offices were also introduced to the students so that they can easily approach concerned authorities for academic and administrative assistance.

The second part of the session focused on **Campus Rules, Regulations & Dress Code**, where students were oriented about:

Key Areas Covered

- **General conduct and discipline** within the campus and hospital premises
- **Timings and attendance requirements**
- **Anti-ragging policies and zero tolerance for misconduct**
- **Use of mobile phones and social media responsibly**
- **Cleanliness, classroom etiquette, and respect toward faculty and peers**
- **Dress Code guidelines** including:
 - Proper academic uniform
 - Neat and professional appearance
 - Mandatory apron during practicals and clinical postings

Administrative Procedures: Leave applications, attendance policies, and fee payments.

- Students understood the step-by-step process to apply for leave responsibly.
- Awareness was created regarding attendance requirements and academic accountability.
- Students and parents gained clarity about the fee structure, due dates, and documentation.
- Reduced chances of confusion or administrative delays during the academic year.

Student Safety & Ragging-Free Campus – Finding Help When Needed & Grievance Redressal Mechanism

- Students gained confidence in the availability of strong protective and supportive systems within the institution.
- Awareness was created about the legal and disciplinary consequences of ragging.

- Students understood that help-seeking is always encouraged and that emotional and academic support is accessible.
- Developed a sense of assurance and psychological safety within the campus.

Introduction to Ayurveda & Its History – Basic Principles and Trisutra

As part of the orientation program for the newly admitted BAMS batch, an academic introductory session titled “**Introduction to Ayurveda & Its History – Basic Principles and Trisutra**” was conducted to provide students with foundational insight into the origin, philosophy, and scientific basis of Ayurveda.

The session began with an overview of the **historical evolution of Ayurveda**, describing its roots in the Vedic period, contributions of ancient Acharyas, development of classical texts, and the role of Ayurveda in global healthcare today. Students were introduced to the major **Brihatrayee and Laghutrayee texts**, highlighting the scholarly traditions that form the backbone of Ayurvedic education.

The second part of the session focused on the **basic principles of Ayurveda**, emphasizing the concept of maintaining balance among Sharira, Mana, and Atma for holistic health. Students learned about the philosophical foundation of Ayurveda including Panchamahabhuta, Tridosha, Saptadhatu, Malas, Agni, and Srotas.

Special attention was given to the fundamental concept of **Trisutra of Ayurveda — Hetu, Linga, and Aushadha**, as propounded by Acharya Charaka:

- **Hetu (Cause)** – factors responsible for the manifestation of disease
- **Linga (Symptoms/Signs)** – recognition and identification of disease manifestation
- **Aushadha (Treatment/Medicine)** – therapeutic interventions required to restore balance

Students understood that Trisutra serves as the core diagnostic and therapeutic framework guiding clinical decision-making in Ayurveda.

Day III

Indian Knowledge System (IKS) – Vision of Reality & Holistic View of Human Well-Being

- **Vision of Reality in IKS**
 - Human existence as a union of body, mind, senses and consciousness
 - The interconnectedness of the individual with nature and the universe
 - Importance of balance, harmony, and awareness in health and life
- **Holistic View of Human Well-Being**
 - Health as defined in Ayurveda: “Swasthya”—a dynamic state of equilibrium

- Integration of physical, mental, social, emotional and spiritual dimensions
- Prevention-based approach through diet, lifestyle, meditation, ethics and environment
- Respect for diversity of individuals (Prakriti) and personalized health practices.

Introduction to Ashtanga Ayurveda:

Students were introduced to the classical definitions from Brihatrayee and were shown how these branches continue to guide Ayurvedic education, research and clinical practice today.

Eight Branches of Ashtanga Ayurveda

1. Kaya Chikitsa – Internal medicine
2. Shalya Tantra – Surgery
3. Shalakya Tantra – ENT & Ophthalmology
4. Kaumarbhriya – Pediatrics, neonatal & maternal care
5. Agada Tantra – Toxicology & forensic aspects
6. Bhuta Vidya – Psychiatry & spiritual healing
7. Rasayana Tantra – Rejuvenation, immune modulation & preventive medicine
8. Vajikarana Tantra – Aphrodisiac therapy & reproductive health

Each branch was explained with examples of diseases, classical treatment approaches, and modern relevance. The lecture integrated theoretical learning with clinical applications, enabling students to visualize Ayurveda as a holistic, specialized, and multidisciplinary medical system.

Discussions also highlighted the scope of:

- Panchakarma in Kaya Chikitsa
- Sushruta’s contributions to Shalya Tantra
- Pediatric milestones and Sanskaras in Kaumarbhriya
- Role of Ojas and immunity in Rasayana practices
- Role of counseling, Yoga, and Satvavajaya in Bhuta Vidya

Overview of Other Indian Medical Systems

System	Root / Origin	Key Concept	Main Treatment Method
Unani	Greece	Four Humors	Herbal drugs, regimental therapies
Siddha	South India	Panchabhutas	Minerals & herbs, yoga, lifestyle
Sowa-Rigpa	Tibet	Three energies	Diet, herbs, meditation
Yoga-Naturopathy	India	Self-healing power	Yoga, fasting, natural therapies
Homeopathy	Germany	Like cures like	Diluted remedies

Scope of Ayurveda: Current Status, Legal Recognition & National Scope

Scope	India	International
Legal Status	Fully recognized medical system	Partially recognized in many countries, wellness acceptance worldwide

Scope	India	International
Career	High demand in healthcare, wellness & education	Opportunities in wellness, Panchakarma, research & consultancy
Growth	Increasing lifestyle disease management & AYUSH support	Rising global interest in natural and preventive medicine

Day – IV

Proposed Higher Education Pathways in Ayurveda After completion of BAMS, students can pursue multiple higher-education and specialization opportunities to enhance their professional skills and career prospects.

Post-Graduate Programs

Programme	Full Form	Duration	Focus Area
M.D. (Ayurveda)	Doctor of Medicine	3 years	Clinical specialization & research
M.S. (Ayurveda)	Master of Surgery	3 years	Surgical specialization
Ph.D. (Ayurveda)	Doctor of Philosophy	3–5 years	Advanced research and academics
Super-Specialty Courses / Fellowship (F.A.G.E / Diplomas etc.)	Various Focused Expertise	1–2 years	Panchakarma, Ksharsutra, Ayurvedic Dermatology, Pain Management, Holistic Nutrition, Yoga Therapy etc.

Different Career Opportunities after BAMS

BAMS graduates have a **wide multidisciplinary scope**, both in government and private sectors.

1. Clinical Practice

- Private clinic / Ayurvedic OPD
- Specialty practice (Panchakarma, Dermatology, Gynecology, Pediatrics etc.)
- Collaborative practice with modern diagnostics

2. Wellness & Preventive Health

- Ayurvedic Wellness Centers
- Spa & Panchakarma Resorts
- Health Retreats and Yoga–Ayurveda Centers

- Lifestyle & Diet Counseling

3. Panchakarma Units

- Panchakarma Physician / Consultant
- Panchakarma Center Manager
- Research-based therapeutic Panchakarma programs

4. Government Postings

- Medical Officer (MO) — AYUSH
- Government Ayurvedic Dispensary / Hospital
- Research Officer
- Community health programs under Ministry of AYUSH
- Public Health & AYUSH Mission postings

5. Entrepreneurship

BAMS graduates are encouraged to create self-employment opportunities such as:

- Ayurvedic clinic or Panchakarma center
- Ayurvedic pharmacy or herbal product manufacturing
- Wellness retreat / lifestyle clinic
- Digital health consultation services
- Diet & lifestyle brand

Ayurveda Beyond Practice

Ayurveda offers a wide professional world outside clinical practice:

Capacity Building & Leadership Opportunities

- Healthcare Management & Hospital Administration
- Clinical Research & Pharmacovigilance
- Scientific Writing & Medical Content Development
- Academia / Teaching career (after PG or Ph.D.)
- Herbal Cultivation & Medicinal Plant Industry
- Ayurvedic Cosmetics & Nutraceutical Industry
- Export and international collaborations in wellness sector

Entrepreneurship Development in Ayurveda

Students can develop business and innovation skills in:

- Ayurvedic Drug Formulation & Start-ups
- Telemedicine & Digital Ayurveda Platforms
- Ayurvedic Food & Nutrition Products
- Medical Tourism (National & International patients)

- Panchakarma equipment and therapy product innovation

Concept of Dosha, Dhātu, Mala in brief with application aspects

Component	Role in the Body	Clinical Application
Dosha	Governs functions	Disease diagnosis & treatment
Dhātu	Provides structure	Nutrition & tissue rejuvenation
Mala	Maintains internal balance	Detoxification & excretion

- ✓ Balanced Dosha → nourished Dhātu → proper Mala elimination = **health**
- ✗ Imbalanced Dosha → disturbed Dhātu → impaired Mala elimination = **disease**

★ Summary

Concept	Meaning	Purpose
Dosha	Bio-energies	Maintain body functions
Dhātu	Body tissues	Provide structure & strength
Mala	Waste products	Maintain internal balance

All three must be in **balance** for harmony of body, mind, and spirit — the ultimate goal of Ayurveda.

Overview of BAMS Curriculum

The **Bachelor of Ayurvedic Medicine & Surgery (BAMS)** is a **professional medical degree** that integrates classical Ayurvedic knowledge with modern medical science. The curriculum is designed to develop **competent Ayurvedic physicians** capable of delivering holistic healthcare to society.

Competency-Based Curriculum

The BAMS curriculum follows the **Competency-Based Medical Education (CBME)** model introduced by **NCISM (National Commission for Indian System of Medicine)**. Its aim is to ensure that graduates acquire **practical skills, clinical competency, professionalism, communication skills, and ethical values**, in addition to theoretical knowledge.

Key features of CBME in Ayurveda

- Focus on **hands-on learning** rather than only theory
- **Early clinical exposure** from the first professional year
- **Skill-based and attitude-based learning outcomes**
- **Continuous internal assessment and learning through seminars & case presentations**
- Integration of **Ayurveda & modern medical sciences**
- **Electives, self-learning, and competency assessment**

First Professional BAMS – Subjects & Syllabus Introduction

The **First Professional Year** forms the foundation of Ayurvedic and medical sciences.

Core Subjects

Subject	Focus Area
Padartha Vigyan & Ayurved Itihas	Philosophical concepts of Ayurveda and history of medical development
Sanskrit	Understanding classical Ayurvedic textbooks and terminology
Rachana Sharira	Anatomy, dissection, bodily structures based on Ayurveda & modern science
Kriya Sharira	Physiology — body functions and Tridosha physiology
Maulik Siddhant & Samhita Adhyayan	Basic principles of Ayurveda and introduction to Samhitas (Classical texts)

Introduction to Rachana Sharir – Concepts, Syllabus & Cadaver Room Etiquettes

Rachana Sharir **refers** to the study of the **structural organization of the human body**. It includes both:

- **Sharira Rachana (Anatomy) according to Ayurveda**, and
- **Modern Anatomy**, including regional and systemic structure

Learning Components

- Theoretical classes
- Practical laboratory work (Anatomy, Physiology)
- Dissection hall training
- Samhita recitation & interpretation
- Museum demonstrations and models

Major Topics Covered

- Panchamahabhuta Siddhanta
- Garbhavakranti & Shareera Utpatti
- Pramana Shareera
- Asthi, Sandhi & Peshi Sharira
- Srotas & Marma Sharira
- Indriya Shareera

What Students Will Learn

- Gross and microscopic anatomy
- Dissection skills & body region identification
- Scientific approach to human body study
- Ethical dimensions of anatomy learning

Cadaver Room Etiquettes

- △Respect the body — treat it as the *first Guru (Adhyapak)*
- △No photography / jewellery / accessories inside
- △Maintain silence & discipline
- △Wear apron, gloves & follow safety hygiene
- △Handle organs and instruments carefully
- △Mandatory handwashing after exit

Day V

Introduction to Sharir Kriya

Sharir Kriya deals with the study of **normal functioning of the human body** based on:

- Ayurvedic principles
- Correlation with modern physiology
- Functional importance of Dosha, Dhatu & Mala
- **Syllabus Highlights**

1. Basic Concepts

- Definition & Scope of Kriya Sharir
- Panchamahabhuta Siddhanta & Tridosha theory
- Concept of Agni, Ahar, and Rasa Formation
- Homeostasis (Samyavastha concept)

2. Dosha Physiology

- Vata, Pitta, Kapha – types, locations, functions
- Circadian & seasonal variations
- Assessment of Prakriti

3. Dhatu Physiology

- Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra
- Dhatu Poshan Nyaya (Kshira-dadhi, Kedari-kulya etc.)
- Ojas – importance & types

4. Mala Physiology

- Purisha, Mutra & Sveda – formation & clinical relevance
- Concept of Koshta

5. Srotas (Body Channels)

- Types, Mulasthana & pathological significance
- Vitiation & effects on physiology

6. Sensory & Motor Physiology

- Indriya Kriya – gyaanendriya & karmendriya
- Nervous communication & reflexes (Ayurvedic & modern correlation)

7. Organ Systems (Modern Physiology Correlated)

- Cardiovascular physiology
- Respiratory physiology
- Digestion & metabolism
- Renal physiology
- Endocrine system
- Reproductive physiology
- Neuro-muscular physiology

Introduction to Bruhatrayi & Laghutrayee

Bruhatrayi (The Great Trilogy of Ayurveda)

1. **Charaka Samhita** – Foundation of *Kaya Chikitsa* (Internal Medicine)
2. **Sushruta Samhita** – Focus on *Shalya Tantra* (Surgery)
3. **Ashtanga Hridaya (Vagbhata)** – A combined and simplified presentation of Ayurveda covering all *eight branches of Ashtanga Ayurveda*

Elaboration of Ashtanga Hridaya

- Written by **Acharya Vagbhata**
- Covers 8 branches: Medicine, Surgery, ENT, Pediatrics, Toxicology, Rejuvenation, Aphrodisiac Science, Psychiatry
- Clinically oriented and practical for students and practitioners

Laghutrayee (The Minor Trilogy)

- **Madhava Nidana** – Diseases & diagnosis
- **Sharangadhara Samhita** – Pharmacy & formulation
- **Bhavaprakasha** – Dravya Guna & medicinal classifications

वदतु संस्कृतम् (Vadatah Sanskritam)

Sanskrit Orientation Session

Introduction to Sanskrit

- Importance of Sanskrit in Ayurveda
- Role of Sanskrit in understanding Samhitas & Ayurvedic terminology

Basics of Sanskrit Alphabet

- Introduction to **Varnamala**
- **Swar (Vowels)** and **Vyanjana (Consonants)**
- Grouping and phonetic structure

Pronunciation Practice

- Correct articulation of Sanskrit sounds
- Practice of common Ayurvedic terms / shlokas
- Importance of **Uchcharana Shuddhi (correct pronunciation)**

Indian Philosophical System – Darshanas Linked to Ayurveda

Ayurveda is rooted in the **Indian Darshanas (philosophical systems)**, which explain the nature of reality, knowledge, and human existence.

Among the six classical Darshanas, **Sankhya, Nyaya, and Vaisheshika** are directly linked to Ayurvedic principles.

Sankhya Philosophy

- Foundation of **Ayurvedic cosmology**
- Explains creation through **Purusha (consciousness) and Prakriti (matter)**
- Concepts of **Mahabhutas, Indriyas, Mana, and Atma**
- Basis for understanding **Dosha–Dhatu–Mala** and body–mind constitution

Nyaya Philosophy

- Focus on **logic & valid knowledge (Pramana)**
- Provides guidelines for:
 - Scientific thinking
 - Clinical reasoning
 - Diagnosis based on **Pratyaksha, Anumana, Upamana, Shabda**
- Supports evidence-based practice in Ayurveda

Vaisheshika Philosophy

- Focus on **classification of reality**

- Describes **Padarthas: Dravya, Guna, Karma, Samanya, Vishesha, Samavaya**
- Basis for **Dravya Guna Vigyana**, understanding properties of substances, and pharmacology

Day VI

Public Health and Ayurveda in Community

Role of Ayurveda in Public Health

Ayurveda as Preventive Healthcare

Ayurveda emphasizes *Swasthasya Swasthya Rakshanam* — preserving the health of the healthy. Focus areas include:

- Daily regimen (**Dinacharya**)
- Seasonal regimen (**Ritucharya**)
- Diet & lifestyle guidelines
- Mental wellbeing through Yoga & meditation

Ayurveda in Community Health

Ayurveda contributes to public health by:

- Promoting immunity & disease prevention
- Herbal remedies and dietary modifications
- Community health awareness programs
- Management of lifestyle disorders like diabetes, hypertension, obesity

Ayurveda in National Public Health Programs

- AYUSH Health & Wellness Centres
- School health programs
- Community outreach camps
- Integrative healthcare services

Regulatory Bodies in Ayurveda Education & Practice

NCISM (National Commission for Indian System of Medicine)
Concerned University: Atal Medical & Research University, HP, Mandi
Directorate of AYUSH
State ISM Registration Councils

वदतु संस्कृतम् (Vadataḥ Saṃskṛtam)

Sanskrit Orientation – Basic Grammar

Introduction to Sanskrit Grammar (Vyakaranam)

Understanding grammar helps students read Ayurvedic texts and shlokas correctly.

Key Components of Basic Grammar

- **Varna Vichara** – Alphabet structure
- **Pada** – Word formation
- **Vakya** – Sentence formation

Essential Grammar Concepts

- **Linga** – Gender (Pullinga, Strilinga, Napumsakalinga)
- **Vachana** – Number (Eka·vachan, Dwi·vachan, Bahu·vachan)
- **Vibhakti** – Case system (Eight grammatical cases)
- **Dhatu** – Verb roots
- **Lakaras** – Tenses and moods

Practical Learning

- Reading simple Sanskrit sentences
- Correct pronunciation practice
- Recitation of basic shlokas from Ayurveda texts

Healthy Food & Diet Pattern

Good health begins with balanced eating habits and proper nutrition.

Healthy Diet Pattern

A balanced diet should include:

- Whole grains
- Fresh fruits & vegetables
- Milk and dairy products
- Pulses & legumes
- Nuts & seeds
- Adequate water intake

➔ Avoid processed foods, excessive sugar, oily & junk food.

Nutritional Plate (Ideal Daily Meal Plate)

A healthy plate should contain:

- **50% Vegetables & Fruits**
- **25% Whole Grains / Millets / Rice / Chapati**
- **25% Protein sources** (Pulses, Lentils, Paneer, Eggs)
- Small portion of **healthy fats** (Ghee / Olive oil / Nuts)

Padartha Vigyana

Padartha Vigyana deals with the *fundamental categories of knowledge* used to understand the body, disease and treatment.

The six Padarthas are:

1. **Dravya** – Substance
2. **Guna** – Qualities
3. **Karma** – Action
4. **Samanya** – Similarity
5. **Vishesha** – Dissimilarity
6. **Samavaya** – Inseparable relation

Tantrayuktees

Tantrayuktees are *interpretation tools* used by ancient scholars for writing and understanding Ayurvedic Samhitas.

They help in correct reading, explanation and application of the text.

Important Tantrayuktees (examples):

- **Adhikarana** – Subject matter
- **Sangraha** – Summary
- **Nirukti** – Etymology of words
- **Padartha** – Meaning of terms
- **Vikalpa** – Alternatives
- **Atidesha** – Extension of meaning
- **Upadesha** – Instruction
- **Paribhasha** – Definitions
- **Tarkana** – Logical reasoning
- **Vyakhyana** – Explanation
- **Nirnaya** – Conclusion

Purpose of Tantrayuktees:

- ✓ To understand Samhitas correctly
- ✓ To avoid misunderstanding of concepts
- ✓ To interpret the text in a scientific and logical way

Ayurvedic Pathology and Nidana Panchaka — Framework for Understanding Disease in Ayurveda

Ayurvedic pathology explains disease not only on the basis of pathogens but through the *disturbance of Dosha–Dhatu–Mala balance* and improper interaction with diet, lifestyle and environment. Disease occurs when homeostasis is lost due to causative factors.

Nidana Panchaka provides the complete framework for diagnosis and understanding of disease in Ayurveda. It consists of five components:

1. **Nidana (Causative factors)** — Improper diet, lifestyle, psychological and environmental factors responsible for disease.
2. **Purvarupa (Prodromal symptoms)** — Early signs that appear before full disease manifestation.
3. **Rupa (Cardinal symptoms)** — Main symptoms that clearly indicate the disease.
4. **Upashaya (Therapeutic tests)** — Relief or worsening after applying certain measures, used to confirm diagnosis.
5. **Samprapti (Pathogenesis)** — Step-wise mechanism of disease formation including vitiation of Dosha, Dushya involvement, Srotas, Agni, Ama, Sthana Samshraya and Vyadhi Vriddhi.

Ayurveda views disease **beyond pathogens**, considering:

- Body constitution (Prakriti)
- State of Agni and Ama
- Strength of Doshas and Dhatus
- Lifestyle and mental state
- Seasonal and environmental influences

Thus, Ayurvedic pathology provides a **holistic understanding of disease development**, focusing on prevention and root-cause treatment rather than only removal of microbes.

Day VII

First Aid Training

First aid training prepares students to respond safely and effectively during common emergency situations until professional help arrives. It focuses on preserving life, preventing further harm and promoting recovery.

Common emergencies included in basic first aid:

- **Cuts and wounds:** Cleaning, disinfecting, applying dressing and pressure bandage.
- **Sprains:** Rest, ice application, compression and elevation (RICE method).
- **Shock:** Laying the patient flat, maintaining body temperature and seeking medical help.
- **Bleeding:** Applying direct pressure, elevating the limb and using sterile dressing.
- **Other emergencies:** Fainting, burns, choking, nosebleeds and fractures.

Basic Life Support (BLS) Training

BLS teaching develops the skills required to maintain circulation and breathing in critical situations before advanced medical care becomes available.

Components include:

- Assessment of scene safety and patient responsiveness
- Recognition of cardiac arrest
- Activation of emergency medical system

- Chest compressions and rescue breaths
- Use of automated external defibrillator (AED)

CPR Theory (Adults, Children and Infants)

CPR (Cardiopulmonary Resuscitation) protocol varies according to age group due to differences in chest size and physiology.

- **Adults:** 30 chest compressions + 2 rescue breaths, deeper compressions, emphasis on early defibrillation.
- **Children:** Same ratio (30:2) but compressions less forceful and using one or two hands depending on size.
- **Infants:** Two-finger chest compressions, gentle rescue breaths, focus on airway obstruction as common cause.

Emergency Protocols

- Check safety of surroundings
- Check response and breathing
- Call for help and activate emergency system
- Start CPR/BLS if no pulse or no breathing
- Continue until medical support takes over or the patient recovers

Inspirational Talk by Senior Vaidya / Professor

An inspirational session will be conducted by a Senior Vaidya / Professor focusing on professional motivation and guidance for newly admitted Ayurveda students. The speaker will highlight the relevance of Ayurveda in the present era, emphasizing its role in preventive healthcare, holistic well-being, lifestyle management, and global acceptability. The talk will include insights from the speaker's personal professional journey, challenges, achievements, and dedication to the Ayurvedic system of medicine.

This session aims to motivate students to develop compassion, confidence, discipline, and commitment toward their studies and future clinical practice.

Day VIII

Research Awareness and Evidence-Based Ayurveda – Orientation

The purpose of this session is to introduce students to the significance of research in Ayurveda and to create awareness about how scientific methods support classical Ayurvedic knowledge. The session aims to build research curiosity from the first year and guide students on how evidence-based practices strengthen professional credibility and global acceptance of Ayurveda.

Key Focus Areas

- Understanding the **importance of research in medical sciences**

- The role of **Ayurveda research** in validating traditional wisdom
- Introduction to **evidence-based medicine (EBM)**
- Correlating **Ayurvedic principles with modern scientific evaluation**
- Overview of **research organisations and journals** related to Ayurveda

Topics Covered

- What is research and why it is essential in healthcare
- Basic research terminology: hypothesis, variables, clinical trials, data, outcomes
- Types of research relevant to Ayurveda (literary, clinical, experimental, observational etc.)
- Ethical considerations in Ayurveda research
- Introduction to case reporting, documentation, and data recording for clinical evidence
- The importance of publishing and sharing research for global recognition

Learning Outcomes

After this orientation, students will be able to:

- ✓ Understand the need and relevance of research in Ayurveda
- ✓ Appreciate the role of evidence in clinical practice
- ✓ Recognize how research strengthens the global growth of Ayurveda
- ✓ Show awareness about scientific reporting of clinical outcomes
- ✓ Develop an attitude towards lifelong learning and scholarly thinking

E-Samskara - Building Digital Competence

The purpose of the *E-Samskara* module is to equip students with essential digital skills that support learning, documentation, research, and future professional practice in the field of Ayurveda. In the present era of technology-driven healthcare, developing computer literacy and digital confidence has become a vital component of medical education.

This session introduces foundational knowledge of computers along with practical hands-on training. Students will learn to operate computers efficiently and use key applications that are necessary for maintaining academic records, preparing reports, and presenting professional information. The training covers:

MS Word

- Creating, formatting, and editing academic documents
- Preparing case sheets, assignments and reports
- Page layout, tables, referencing and saving/sharing files

MS Excel

- Basics of worksheets, data entry and formulas
- Analysing and organizing patient or research data
- Generating tables, graphs, and summaries

MS PowerPoint

- Designing academic and clinical presentations
- Use of templates, images, charts, animations
- Delivering professional seminars and case presentations

Introduction to AI Tools

- Awareness of safe and responsible usage of Artificial Intelligence
- Using AI for assistance in documentation, presentations, literature search, and academic learning (without compromising ethics or originality)

Day IX

वदतुसंस्कृतम् - Spoken Sanskrit

Ayurvedic Terminology & Pronunciation Orientation

This session is designed to introduce students to the fundamentals of *spoken Sanskrit* with special focus on correct pronunciation of commonly used Ayurvedic terminology. Since Sanskrit forms the linguistic foundation of Ayurveda, this module aims to build confidence in reading, speaking, and understanding Sanskrit terms used in textbooks, prescriptions, and daily academic discussions.

Key Highlights of the Session

- Introduction to pronunciation rules of vowels (*svara*) and consonants (*vyanjana*)
- Practice of **Ayurveda-related terms and shlokas** with correct intonation
- Importance of **Sanskrit in understanding classical Ayurvedic texts**
- Enhancing classroom communication using basic spoken Sanskrit sentences

Learning Focus

- Accurate articulation of medical terms such as *Dosha, Dhatu, Mala, Agni, Srotasa, Shamana, Shodhana, Prakriti* etc.
- Recognition of traditional Sanskrit terms frequently used in practical and theoretical subjects
- Building familiarity with **common conversational Sanskrit**

Learning Outcomes

After the session, students will be able to:

- ✓ Pronounce Ayurvedic Sanskrit terminology accurately
- ✓ Improve reading and speaking confidence in Sanskrit
- ✓ Establish a linguistic connection with classical Ayurvedic scriptures

Guest Lecture – Health Policy in Charak Samhita & Ayurveda’s Role in Modern Health Diplomacy

This lecture highlights the timeless health policies documented in **Charak Samhita** and connects them with the evolving global framework of international health systems. The session emphasizes how ancient Ayurvedic principles continue to influence contemporary health administration, wellness models, and integrative medical policies across the world.

Key Highlights

- Understanding the **public health vision of Charak Samhita** — focus on prevention, holistic well-being, seasonal regimen (*Ritucharya*), daily regimen (*Dinacharya*), ethics of medical practice, and community health responsibility.
- The concept of **Swasthasya Swasthya Rakshanam** (preservation of health) as a core health policy.
- **Health governance and ethics** as described in Charak Samhita: physician qualities, patient rights, hygiene measures, epidemic control (*Janapadodhwamsa*), and public nutrition strategies.

Ayurveda & Modern Health Diplomacy

- Growing international collaborations and recognition of Ayurveda as a **safe, science-based traditional medical system**.
- Ayurveda as a tool for **soft power and health diplomacy** in promoting global wellness.
- Contribution of Ayurveda to:
 - International wellness and lifestyle protocols
 - Mental health awareness
 - Non-communicable disease prevention
 - Yoga-Ayurveda integrative health models
- Worldwide adoption of Ayurvedic wellness tourism, Panchakarma, herbal products, nutrition science, and preventive healthcare strategies.

Day X

Ayurveda & Personalized Medicine

Prakriti as a Key to Preventive and Curative Health

This session introduces students to the concept of **personalized medicine in Ayurveda**, emphasizing how each individual is unique in body constitution (*Prakriti*) and therefore requires individualized healthcare. Ayurveda provides one of the earliest and most comprehensive models of personalization in medical science.

- **Prakriti (Body Constitution):** The unique combination of *Vata*, *Pitta*, and *Kapha* that determines an individual’s physical, physiological, mental, and emotional characteristics.

- **Personalized Medicine:** Treatment designed according to the patient's Prakriti, lifestyle, diet, environment, and disease stage.
- **Preventive Approach:** Using Prakriti assessment to predict disease tendency and prevent illness through diet and lifestyle modifications.
- **Curative Approach:** Tailoring medicines, therapies, Panchakarma, and ahara-vihara based on Prakriti for faster and more sustainable recovery.

Importance of Prakriti in Healthcare

- Helps identify **disease susceptibility and risk factors**
- Supports **early prediction and prevention of lifestyle disorders**
- Enhances **treatment outcomes and patient satisfaction**
- Enables **safe and individualized prescriptions**, reducing side effects
- Aligns with **global precision medicine and genomics initiatives**

Learning Outcomes

After the session, students will be able to:

- ✓ Understand the role of Prakriti in personalized medicine
- ✓ Apply Prakriti-based preventive health recommendations
- ✓ Recognize how treatment choices change with individual constitution
- ✓ Appreciate Ayurveda's advanced contribution to modern precision healthcare

Day XII

Ayurveda and Agriculture (Krishi Ayurveda)

This session introduces the concept of **Krishi Ayurveda**, the ancient Indian science that applies Ayurvedic principles to agriculture for improving soil health, crop quality, and sustainable farming. It highlights the holistic approach that connects **human health, plant health, soil health, and environmental balance**.

Key Themes

- Understanding the relationship between **Ayurveda and agriculture**
- Maintaining **soil fertility** through natural and herbal formulations
- Plant health management using **Ayurvedic concepts of Dosha balance**
- Promotion of **chemical-free farming and traditional cultivation practices**
- Use of **Ayurvedic herbs and botanicals** for plant nourishment and disease prevention

Core Concepts in Krishi Ayurveda

- **Beej Sanskara:** Seed processing using herbal formulations for disease-free and vigorous crop growth
- **Panchagavya & Cow-based products:** As natural fertilizers and growth enhancers
- **Dravya Guna application:** Use of medicinal and aromatic plants for improving soil and crop health

- **Natural pest management:** Herbal and mineral preparations for controlling pests without harmful chemicals

Importance and Benefits

- Protects soil microflora and enhances long-term fertility
- Produces **nutritious, residue-free and medicinally potent food crops**
- Supports **sustainable farming and biodiversity**
- Strengthens the connection between **Ayurvedic diet and agriculture** (good food → good health)

Ayurvedic Perspective of De-addiction

Role of Satvavajeya Chikitsa and Rasayana

This session focuses on Ayurveda's holistic approach to managing addiction and supporting complete recovery of physical, mental, and emotional health. Rather than suppressing dependence, Ayurveda aims to strengthen the mind, restore inner balance, and promote long-term well-being.

- Addiction is considered a disturbance of **Manas (mind), Satva (mental strength), and Ojas**.
- The tendency toward substance dependence is linked to **imbalance of Triguna (Satva, Rajas, Tamas)** and reduced **willpower (Dhairya) and Smriti**.

Satvavajeya Chikitsa – Mind Strengthening Therapy

A core psychological treatment in Ayurveda that focuses on:

- **Controlling and redirecting the mind from harmful habits**
- **Enhancing self-awareness, self-control, and healthy lifestyle patterns**
- Techniques used:
 - Positive counseling and motivation
 - Yogic practices & pranayama
 - Meditation & mindfulness
 - Behavioral restructuring and value-based living
 - Social and emotional support systems

Rasayana (Rejuvenation Therapy)

Used to rebuild the body and mind after withdrawal symptoms and detoxification.

- Supports **neuronal health and cognitive function**
- Enhances **Ojas, immunity & mental resilience**
- Common Rasayana herbs:
 - Brahmi, Ashwagandha, Jatamansi, Shankhpushpi, Mandukaparni
 - Amalaki, Guduchi, Yashtimadhu

Ayurvedic De-addiction Approach – Benefits

- Addresses **root causes** instead of temporary suppression
- Strengthens mind–body coordination
- Reduces **stress, anxiety, depression and relapse tendency**
- Promotes **positive lifestyle transformation and long-lasting recovery**

Day XIV

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

Day XV

The event aims to appreciate the participation of students, resource persons, faculty members, and organizers while encouraging students to carry forward the learnings of the programme into their academic journey.