

**Jeevak Ayurved Medical College & Hospital, Research Center
Kamalapur Chandauli (U.P.)**

**Time Table for 1st Year BAMS New Batch (Admission Batch-2020-21)
(W.e.f.-01/03/2021-Monday)
TRANSITIONAL CURRICULUM**

AYURVEDA

Duration :-90 Hours

Date	Time	Classes Topic	Teacher
01/03/2021 1 st Day	9 AM – 11 AM	Inaugural Function	Administrative Persons & teachers
	11 AM – 12 PM	Interaction with Parents	
	12 PM – 1 PM	Interaction with students	
	1 PM - 2 PM	Lunch	
	2PM – 3 PM	Uniqueness of Ayurveda/Siddha/Sowa Rigpa/Unani (ASSU) compared to other systems of Medicine	Dr. Asheesh Gautam
	3PM – 4 PM	Language (Vadatu Sanskritam)	Dr. Omkar Mishra
02/03/2021 2 nd day	9 AM – 10 AM	History, Philosophy and concepts of ASU- Introduction by eminent person.	Dr. Ramnihor Tapsi
	10 AM – 11 AM	Know your institute and department visit	Prof. Sunil kumar Gautam
	11 AM – 12 PM	Role of ASU in Public Health and Primary Health Centre	Dr. Kanchan
	12 PM – 1 PM	Language (Vadatu Sanskritam)	Mr. Omkar Mishra
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Introduction about Modern Medicine and other systems of Medicine	Dr. Pradeep Jain
	3 PM – 4 PM	Motivational Lecture including by eminent person of ASU	Prof. Gopal Das Gupta
03/03/2021 3 rd Day	9 AM – 10 AM	Language Vadatu Sanskritam	Mr. Omkar Mishra
	10 AM – 11 AM	Recent advances in ASU	Dr. Harishchandra Giri
	11 AM – 12 PM	Know Regulatory bodies & Statutory bodies and major AYUSH institutions	Dr. Anamika
	12 PM – 1 PM	History, Philosophy and concepts of ASU - introduction by eminent person.	Dr. Sudama
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Know your institute and department visit	Prof. Sunil kumar Gautam
	3 PM – 4 PM	Lecture by eminent person of ASU	Dr. Dinesh Meena

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04/03/2021 4 th Day	9 AM – 10 AM	History, Philosophy and concepts of ASU - introduction by eminent person.	Dr. Rashmi Vashney
	10 AM – 11 AM	Recent advances in ASU	Dr. Harishchandra Giri
	11 AM – 12 PM	Know Regulatory bodies & Statutory bodies and major AYUSH institutions	Dr. Anamika
	12 PM – 1 PM	Language Vadatu Sanskritam	Mr. Omkar Mishra
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Know your institute and department visit	Prof. Sunil Kumar Gautam
	3 PM – 4 PM	Lecture by eminent person of ASU	Prof. B. Ram
05/03/2021 5 th Day	9 AM – 10 AM	Language Vadatu Sanskritam	Mr. Omkar Mishra
	10 AM – 11 AM	Clinical exposure	Dr. Asheesh Gautam
	11 AM – 12 PM	Role and impact of Physician in the society	Dr. Divya
	12 PM – 1 PM	Basics of Prakriti Pareeksha	Dr. Varsha
	1 PM - 2 PM	Lunch	
	2 PM – 4 PM	Skills – Basic Life Support (BLS) and First Aid	Dr. Pradeep Jain
06/03/2021 6 th Day	9 AM – 10 AM	Language Vadatu Sanskritam	Mr. Omkar Mishra
	10 AM – 11 AM	Clinical exposure	Dr. Asheesh Gautam
	11 AM – 12 PM	Role and impact of Physician in the society	Dr. Divya
	12 PM – 1 PM	Basics of Prakriti Pareeksha	Dr. Varsha
	1 PM - 2 PM	Lunch	
	2 PM – 4 PM	Skills – Basic Life Support (BLS) and First Aid	Dr. Pradeep Jain
8/03/2021 7 th Day	9 AM – 10 AM	Language Vadatu Sanskritam	Mr. Omkar Mishra
	10 AM – 11 AM	Clinical exposure	Dr. Asheesh Gautam
	11 AM – 12 PM	Vrikshaayurveda and Mrigayurveda	Dr. Bhavana Gupta
	12 PM – 1 PM	Professional Medical Ethics	Dr. Anurag Shrivastav
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Computer skills	Mr. Prasant Kumar Mishra
	3 PM – 4 PM	Games and sports grouping students and giving tasks	Dr. Satish
9/03/2021 8 th Day	9 AM – 10 AM	Communicative English	Dr. Varsha
	10 AM – 11 AM	Biodiversity and ASU	Dr. Bhavana Gupta

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	11 AM – 12 PM	Language. Vadatu Samskritam	Mr. Omkar Mishra
	12 PM – 1 PM	Yoga and Meditation	Dr. A k Dubey
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Lecture from eminent person in ASU	Dr. Samir Kumar Rathor
	3 PM – 4 PM	Games and Activities	Dr. Satish
10/03/2021 9 th Day	9 AM – 10 AM	Communicative English	Dr. Varsh
	10 AM – 11 AM	Biodiversity and ASU	Dr. Bhavana Gupta
	11 AM – 12 PM	Language. Vadatu Samskritam	Mr. Omkar Mishra
	12 PM – 1 PM	Yoga and Meditation	Dr. A K Dubey
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Lecture from eminent person in ASU	Dr. Samir Kumar Rathor
	3 PM – 4 PM	Games and Activities	Dr. Satish
12/03/2021 10 th Day	9 AM – 10 AM	Communicative English	Dr. Varsh
	10 AM – 11 AM	Know your syllabus, lectures by HoD	Prof. Gopal Das Gupta
	11 AM – 12 PM	Language. Vadatu samskritam	Mr. Omkar Mishra
	12 PM – 1 PM	Yoga Practice and relaxation Techniques	Dr. A K Dubey
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Computer skills	Mr. Rakesh Pratap Singh
	3 PM – 4 PM	Games and Activities	Dr. Satish
13/03/2021 11 th Day	9 AM – 10 AM	Language Vadatu samskritam	Mr. Omkar Mishra
	10 AM – 11 AM	National Health Status, Goals and Policies	Dr. Divya
	11 AM – 12 PM	Lecture by eminent Pharmaceutical industrialist/ Researcher/ Educationist etc.	Dr. Richa Pathak
	12 PM – 1 PM	Stress management and Capacity building to address medical challenges	Dr. Umesh Verma
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Stress management and Capacity building to address medical challenges	Dr. Umesh Verma
	3 PM – 4 PM	Videos related to AYUSH	Dr. Rajiv Tripathi

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15/03/2021 12 th Day	9 AM – 11 AM	Language Vadatu samskritam	Mr. Omkar Mishra
	11 AM – 1 PM	Personal Health & Hygiene (Dinacharya)	Dr. Kamini
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Discussion, debate, Tasks	Dr. Varsha & Dr. Anamika
	3 PM – 4 PM	Feedback by the students	Mr. M. Prasad
16/03/2021 13 th Day	9 AM – 11 AM	Importance of Diet in ASU	Dr. A K Dubey
	11 AM – 12 PM	Motivational Speech by eminent person of ASU	Dr. Rashmi Gupta
	12 PM - 1 PM	Language Vadatu samskritam	Mr. Omkar Mishra
	1 PM – 2 PM	Lunch	
	2 PM – 3 PM	Biomedical Waste Management	Dr. Anurag
	3 PM – 4 PM	Time Management	Prof. Gopal Das Gupta
17/03/2021 14 th Day	Learning Skills		
	9 AM – 10 AM	Understanding interpersonal relationship in a health care team	Dr. Dharmendra
	10 AM – 11 AM	Understanding the process of group learning and group dynamics	Dr. Kamini
	11 AM – 1 PM	Comprehend the learning Pedagogy and the role in learning skills	Dr. Anamika
	1 PM - 2 PM	Lunch	
	2 PM – 3 PM	Understanding the role of mentoring	Dr. Varsha
	3 PM – 4 PM	Understanding different methods of self learning and collaborative Learning	Dr. Rajeev Tripathi
18/03/2021 15 th Day		Field visit to other institutions, eminent practitioners, AYUSH hospitals /dispensaries, Pharmaceuticals and other institutions	Sampurnanand Govt Ayurveda College/ Faculty of Ayurved IMS BHU

Note- Transitional Curriculum of Ayurveda as above schedule was drafted as per order of AYUSH to give basic detail of Ayurved and to develop learning skill for newly admitted Ayurvedic scholar at our college. After completion of above schedule from 19/03/2021 new time table will be followed as per 1st year syllabus.

Principal

Gopal Das Gupta

(Prof. G.D. Gupta)

**Jeevak Ayurveda Medical College & Hospital
Research Centre, Kamalapur, Akauni, Chandauli**

Copy To-

1. Administration
2. Department- Rachana Sharira, Kriya Sharira, Maulika Siddhanta
3. Warden- Girls & Boys