



Government of Maharashtra

R. A. Podar Medical College (Ayu.) & M. A. Podar Hospital, Mumbai

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Report on UG BAMS *Ayurpraveshika* Transitional Curriculum Program

Date: 10-11-2025 (Day 1)

Venue: Golden Jubilee Hall,

Organized by: R.A.Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

The UG BAMS *Ayurpraveshika* Transitional Curriculum Inaugural Program commenced on 10th November 2025 at R. A. Podar Medical College (Ayu.), Worli, Mumbai, marking the beginning of an exciting academic journey for the new batch of first-year BAMS students. The program began with a traditional Dhanvantari Poojan, followed by a melodious Dhanvantari Stavan sung by Anushri, a UG student, which set a serene and spiritual tone for the occasion. The event was gracefully anchored by Dr. Priya Naik, Associate Professor, Department of Samhita Siddhant, who conducted the proceedings with poise and warmth.



The dignitaries gracing the dais included Dr. Sampada Sant Dean RAPMC Mumbai, Mr. Narsu Patil Administrative Officer, Mr. Bandishti Hospital Administrative Officer, Dr. Rajesh Kolarkar UG Coordinator, Dr. Minal Pajai PG Coordinator, Dr. Manoj Gaikwad President of Teacher's Association, and Dr. Suhas Kolekar RMO M.A. Podar Hospital Mumbai. All the dignitaries were warmly welcomed with bouquets as a gesture of respect and appreciation.



The formal session began with an inspiring address by Dr. Rajesh Kolarkar, Chairman of Transitional committee UG Coordinator, who motivated the students by highlighting the “Four Ds of Success” — Devotion, Discipline, Determination, and Dedication. His speech encouraged students to pursue their goals with passion, perseverance, and a sense of purpose. Dr. Minal Pajai, PG Coordinator, followed with her insightful words, urging the students to make the most of every learning opportunity and to carry forward the rich legacy of Ayurveda. Dr. Manoj Gaikwad, President of the Teacher's Association, enlightened the students with his words of wisdom, emphasizing the importance of humility, curiosity, and lifelong learning.



The Administrative Officer, Mr. Narsu Patil, also addressed the gathering, highlighting the need for sincerity, punctuality, and discipline in both academic and personal life. The highlight of the event was the address by the Dean, Dr. Sampada Sant, who delivered an inspiring and heartfelt speech. She warmly welcomed the students to the Podar family, describing the institution as a sacred space of learning, service, and tradition. Dr. Sant emphasized the importance of compassion, professionalism, and ethical practice in Ayurveda, encouraging students to blend ancient wisdom with modern understanding. Her words instilled a sense of pride, purpose, and motivation among the newcomers.

Parents of a few students also shared their heartfelt thoughts, expressing their gratitude towards the institution and their joy in witnessing the beginning of their children's academic journey. Following this, Dr. Kishorkumar Madavi, Associate Professor, Department of Sharir Rachana, delivered an informative lecture titled "Know Your College," introducing students to the history, vision, and academic environment of the institution.



The session was followed by an interactive segment titled “Learning from Seniors,” where senior students shared their experiences and provided valuable guidance to the newcomers, helping them feel more confident and connected. A pre-test was conducted through Google Forms to assess the students’ preliminary understanding and engagement.



In the afternoon session, the students participated in a campus orientation, visiting various facilities including the Skill Lab, different academic departments, and the OPD section of the hospital. The day concluded with a guided meditation, breathing, and relaxation session conducted by Dr. Rajesh Kolarkar, which helped the students unwind and reflect on the day’s experiences with calmness and focus.



Skill Lab visit...



Mindfulness meditation (*Anapana* meditation) taught by Dr.Rajesh Shivajirao Kolarkar to all newly admitted students.

The first day of the Transitional Curriculum Program thus ended on an inspiring note, successfully combining learning, interaction, and self-awareness laying a strong foundation for the students' journey into the world of Ayurved.

Date: 11-11-2025 (Day-2)

Venue: Golden Jubilee Hall,

Organized by: R.A.Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

The second day of the *Ayurpraveshika* transitional Curriculum for UG BAMS students continued to build on the introductory sessions of Day 1, aiming to further familiarize newly admitted students with the foundational principles of Ayurveda, institutional values, and the holistic vision of the National Commission for Indian System of Medicine (NCISM). The sessions were designed to inspire, orient, and prepare students for their academic and professional journey in Ayurveda.

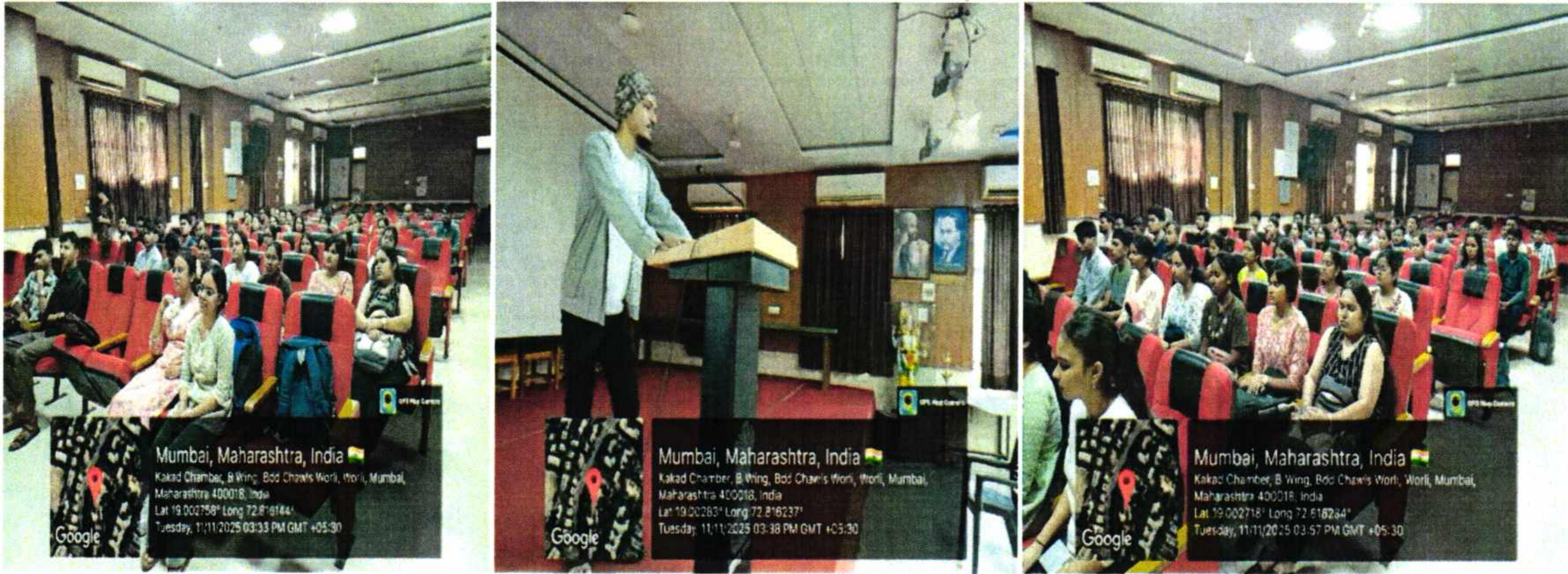
The second day began with the auspicious Dhanvantari Stavan sung by Dr. Pranali, invoking blessings for knowledge and well-being. All the sessions throughout the day were anchored by Dr. Madhuri Pachghare Associate Professor Sanskrit Samhita Siddhant department, ensuring smooth coordination and enthusiastic participation.



The first lecture was delivered by Dr. Rajesh Kolarkar Professor HOD Sanskrit Samhita Siddhant Department on “Administrative Structure, who is Who, and Institutional Code of Conduct for Student Discipline.” The session familiarized students with the college’s hierarchy, rules, and ethical expectations.



The second session, by Dr. Sheetal Nathgosavi Assistant Professor Sanskrit Samhita Siddhant department, focused on “Introduction to Ayurveda and Ayurved Itihas,” providing insights into the origin, evolution, Ayurvedavtaran and fundamental principles of Ayurveda.



Date: 12-11-2025 (Day-3)

Venue: Golden Jubilee Hall,

Organized by: R.A.Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 3 of the Transitional Curriculum – *Ayurpraveshika* began with the auspicious Dhanvantari Stavan. The day's proceedings were anchored by Dr. Sheetal Nathgosavi.

The first lecture was delivered by Dr. Rajesh Kolarkar Professor and HOD, Department of Sanskrit Samhita Siddhant on “Vedic Corpus Texts on Ayurveda” under the theme of the Indian Knowledge System. Students also shared traditional home health practices, adding a personal touch to the session.

In the second session, Dr. Minal Pajai, Professor and HOD, Department of Swasthavritta, spoke on “Ayurveda and Yoga as India's Soft Power” and the Concept of Ānanda from the Taittiriya Upanishad. She concluded with a deeply engaging mindfulness meditation, leaving participants relaxed and cantered.

The third lecture by Dr. Santosh Kadam, Assistant Professor, Dravyaguna Department, focused on Interdisciplinary Exposure in Ayurveda.

Following this, Dr. Sandhya Chavan-Deshmukh, Assistant Professor, Kayachikitsa Department, presented an Overview of Other Indian Medical Systems, explaining each system with practical, relatable examples.

Post-lunch, Dr. Saranya Sasi, Associate Professor, Rasashastra and Bhaishajya Kalpana, delivered a session on “The Expanding Scientific Landscape of Ayurveda”, which was highly appreciated for its depth and clarity.

The concluding session was by Dr. Sayali Sathe, Assistant Professor, Swasthavritta Department, on “Introduction to Ashtanga Ayurveda”. She provided an insightful overview of all eight branches of Ayurveda, enriched with relevant cases and examples, leaving students inspired and amazed.



Date: 13-11-2025 (Day-4)

Venue: Golden Jubilee Hall

Organized by: R.A.Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

With each passing day, the Ayurpravesika Transitional Curriculum is becoming more engaging and insightful, much to the delight of the BAMS undergraduate students.

Dr Priya Naik, Associate Professor in the Department of Sanskrit, Samhita, and Siddhanta, beautifully anchored day 4. The day began with a melodious Dhanvantari Stavan, creating a serene and devotional atmosphere.

The first session, conducted by Dr. Priya Naik, focused on an “Overview of the BAMS Curriculum.” It was an informative and motivating session, giving students a clear understanding of their academic journey ahead.

The second lecture by Dr. Jyoti Bande, Assistant Professor, Department of Sanskrit Samhita and Siddhanta, highlighted “Career Opportunities after BAMS.” The session was highly appreciated for its practicality and guidance.

The third session of the day was delivered by Dr. Gayatri Gaonkar, Assistant Professor, Department of Rasashastra and Bhaishajya Kalpana, on “Ayurveda Beyond Practice.” It was an engaging and inspiring talk that expanded students’ perspectives on the diverse scope of Ayurveda.

The next lecture was delivered by Dr. Aarti Datye, Assistant Professor, Department of Kayachikitsa, on the topic “Dosha, Dhatu, Mala in Clinical Context.” The session provided valuable insights into the fundamental principles of Ayurveda, emphasizing their relevance in clinical practice. She explained the concepts of doshas, dhatus, and malas clearly and practically. The lecture helped newcomers gain a foundational understanding of these essential Ayurvedic terms. Overall, it was an engaging and informative session that strengthened the students’ grasp of Ayurvedic basics.

The afternoon session began with a lecture by Dr. Shital Nathgosavi, Assistant Professor, Department of Sanskrit Samhita and Siddhant, on the topic “Basic Principles of Ayurveda (Trisutra)”. The session was well-delivered and provided valuable insights into the foundational concepts of Ayurveda.

Following this, Dr. Pooja Sharma, Assistant Professor, Department of Rachana Sharir, delivered a lecture on “Introduction to Rachana Sharir Concepts, Syllabus, and Orientation on Cadaver Room Etiquettes.” She familiarised the students with the syllabus and emphasised the importance of discipline and respect in the cadaver room.

The day concluded with an activity conducted by Dr. Priya Naik on “Healing Hands and Compassionate Hearts: Reflection Activity.” During this, a student shared her personal experience about dealing with stress during her preparation period, how she overcame emotional challenges, and how she now feels more balanced and positive. The session highlighted the importance of maintaining mental well-being and emotional resilience for future doctors.

The day ended with a short meditation session, promoting calmness, mindfulness, and a stress-free mindset among students.



Date: 14-11-2025 (Day 5)

Venue: Golden Jubilee Hall,

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Participants: First Year BAMS Students, Faculty Members, and Resource Persons

The day began with a Dhanvantari Prayer and a thought for the day, where students engaged in a group recitation followed by a short reflection. This session helped set a positive tone for the day and strengthened student's connection with Ayurvedic tradition.

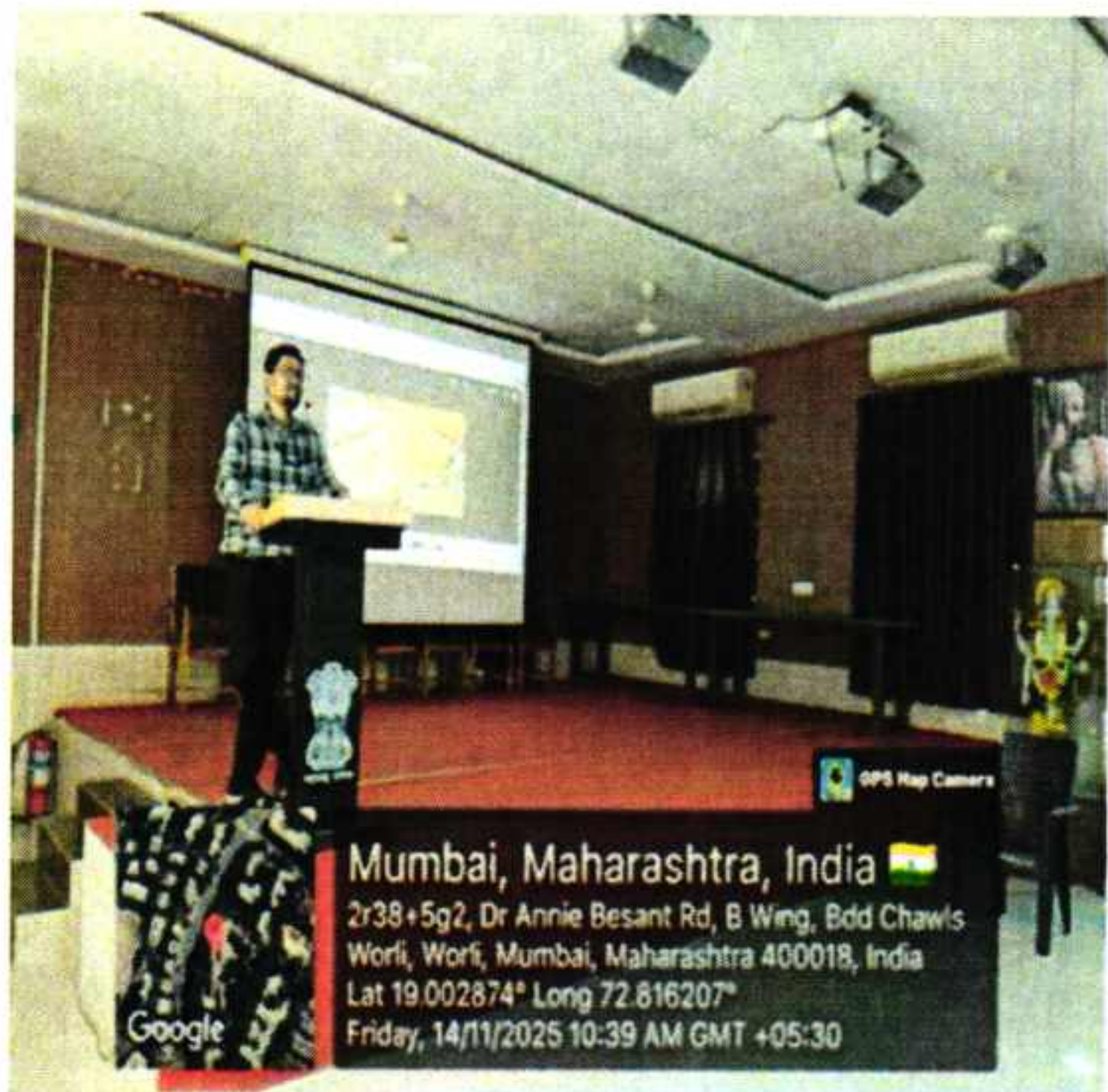
The first session was introduction to the Bruhatrayi—Charaka, Sushruta, and Vagbhata. Dr. Tushar Bhuvad Associate Professor in the Department of Sanskrit, Samhita, and Siddhanta, K.G. Mittal Ayu. College, Mumbai conducted the session with pre and post test which enabled students to understand the unique contributions and specialties of each foundational Ayurvedic text. Continuing with textual studies, Dr. Bhuvad further explained the differences between Ashtang Sangraha and Ashtang Hridaya through a group discussion, enhancing students' clarity about the Laghu Trayi.

Following this, an orientation session of Sharir Kriya department was conducted by Dr. Pradeepkumar Tiwari Associate Professor in the Department of Sharir Kriya. Students were introduced to the departmental activities. This helped them to understand the objectives and functioning of the Sharir Kriya department.

In Sanskrit Orientation session, a short activity of self introduction in Sanskrit by students was conducted. Students participated very enthusiastically. After this, students proceeded for the lunch break.

After lunch break session was conducted by Dr. Madhuri Pachghare Associate Professor in the Department of Sanskrit, Samhita, and Siddhanta RAPMC, Mumbai. A lecture on Medical Ethics was conducted to provide students with a deeper understanding of the moral values, principles, and professional responsibilities that guide healthcare practice. The session began with an introduction to the importance of ethics in the medical profession, highlighting how ethical behaviour builds trust between doctors and patients and ensures safe, respectful, and fair healthcare delivery. Students were actively engaged throughout the session, asking questions related to real-life scenarios where ethical dilemmas may arise. The discussion helped them relate theoretical principles to practical situations, such as end-of-life care, patient refusal of treatment, and maintaining boundaries in doctor-patient relationships. Overall, the lecture provided a comprehensive and insightful understanding of Medical Ethics.

Fourth session was conducted by Dr. Vidya Jangle, Assistant Professor, Department of Shalyatantra, RAPMC, Mumbai. The lecture explained the traditional Vaidya Guna described in the Ayurvedic texts, such as deep knowledge of the scriptures, sharp intelligence, practical diagnostic skills, compassion, purity of mind, truthfulness, humility, and patience. The speaker stressed that an ideal Vaidya must continuously update knowledge, practice rational thinking, and develop strong observation skills (*pareeksha*). Modern expectations such as good communication, empathy, ethical behaviour, and evidence-based practice were also discussed as essential qualities for today's *Ayurvedic* doctors. In the afternoon, Dr. Rajesh Kolarkar Professor and HOD, Department of Sanskrit Samhita Siddhant conducted a session on the Indian philosophical systems, providing an overview of *Darshanas* such as *Sankhya*, *Nyaya*, and *Vaisheshika*, *Jain*, *Buddha* and *Charvaka*. A group discussion helped students understand how these philosophies support Ayurvedic principles and guide one's worldview.



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Date: 15-11-2025 (Day 6)

Venue: Golden Jubilee Hall,

Organized by: R.A.Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 6 of the Transitional Curriculum – *Ayurpraveshika* began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Dr. Rajesh Kapse, Unit Head of R. J. Sankara Eye Hospital, Panvel on the topic of Role of Ayurveda in Public Health. This was highly appreciated for its depth and clarity. Students also shared their view about health practices, adding a personal touch to the session.

The second lecture by Vd. Pradnya Rajesh Kapse Assistant Professor, Shalyatantra Dept. R.A.Podar Ayurveda Medical College, Mumbai. Highlighted 'Regulatory Bodies' related to Ayurveda The session was highly appreciated for its practicality and guidance.

The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम् 'Sanskrit Orientation- Basic Grammar' The session provided valuable insights into the fundamental principles of Sanskrit The lecture helped newcomers gain a foundational understanding of these essential Sanskrit terms. Overall, it was an engaging and informative session that strengthened the students' grasp of Sanskrit basics.

After lunch break session was conducted by Dr. Swarada Pitkar, Registered Dietician (RD) and Certified Diabetes Educator (CDE). On the topic of 'Healthy Diet' This helped students to understand importance of Balanced Diet.

Fifth session was conducted by Dr. Renuka Sawant Assistant Professor, Dept. of Rognidan and Vikriti Vigyan, R A Podar Medical College on the topic of 'Understanding Diseases In Ayurveda – Beyond Pathogens' She provided an insightful overview of the subject, enriched with relevant cases and examples, leaving students inspired and amazed.

The day concluded with last session conducted by Vd. Sarvesh Sharma, Assistant Professor in the Department of Sanskrit Samhita Siddhanta, R A Podar Medical College. The topic of the hour was 'Introduction To Ayurveda And Padarth Vigyan With Tantrayukti' Overall, it was an engaging and informative session.





Date: 17-11-2025 (Day 7th)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 6 of the Transitional Curriculum – *Ayurpraveshika* began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Dr. Vrushali ujede, associate professor of swasthavritt department on the topic of Role of ritucharya and dincharya. which was highly appreciated for its depth and clarity. Students also shared their view about health practices, adding a personal touch to the session.

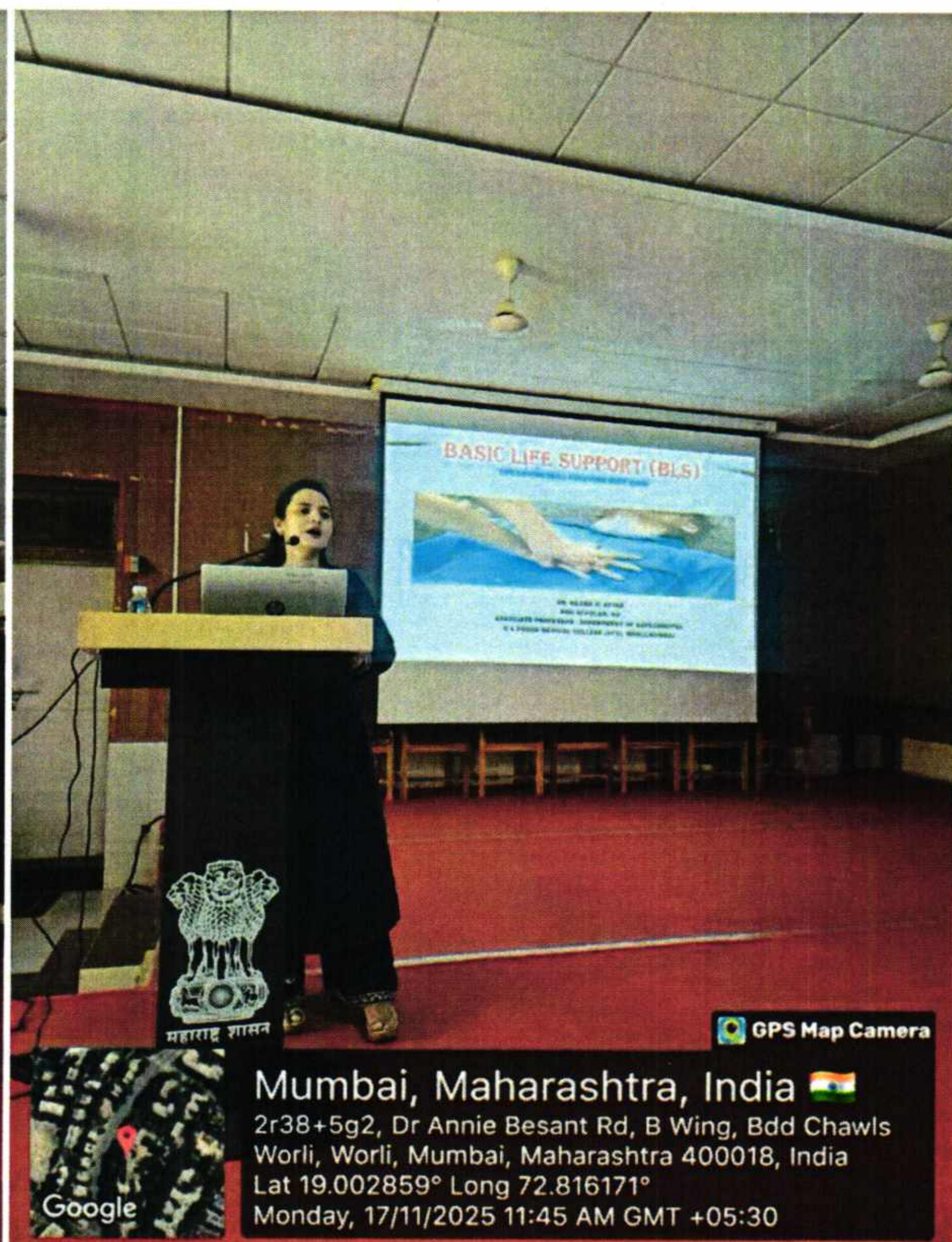
The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम् 'Sanskrit Orientation- Basic Grammar' The session provided valuable insights into the fundamental principles of Sanskrit. The lecture helped newcomers gain a foundational understanding of these essential Sanskrit terms. Overall, it was an engaging and informative session that strengthened the students' grasp of Sanskrit basics.

The 3rd lecture by Dr. Sajida attar, associate Professor, kayachikitsa Dept. R.A. Podar Ayurveda Medical College Mumbai. Highlighted basic life support. The session was highly appreciated for its practicality and guidance.

4th session was conducted by Dr. Ramesh Jadhav, Associate Professor, Dept. of surgery, R A Podar Medical College on the topic of 'first aid training basic/cuts wound, sprains' he provided an insightful overview of the subject, enriched with relevant cases and examples, leaving students inspired and amazed

After lunch break session was conducted by Dr. Mahesh talekar, associate professor (Samhita siddhant) On the topic of 'Stress management' This helped students to understand importance of stress management.

The 6th lecture concluded with last session conducted by Dr. Niketan zodpe, casualty medical officer, R A Podar Medical College. The topic of the hour was inspirational lecture 'Overall, it was an engaging and informative session.








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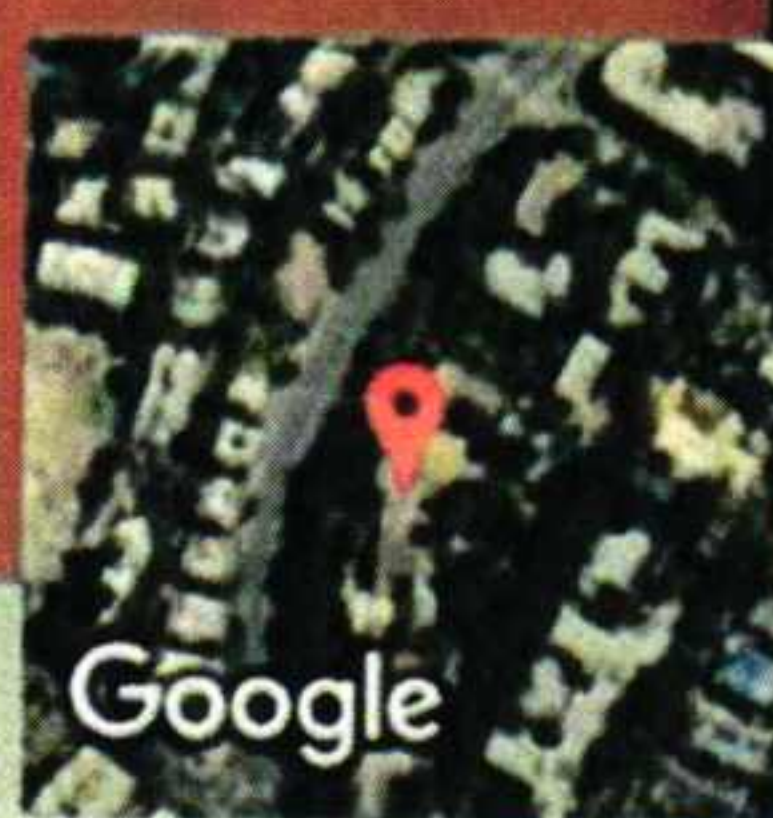
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Date: 18-11-2025 (Day 8)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 8 of the Transitional Curriculum – Ayurpravesika began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Vishalakshi Shinde, Second year under graduate student on the topic of ‘ Heritage In Young Hands. Youth as brand ambassador of Ayurveda’ which was highly appreciated by students.

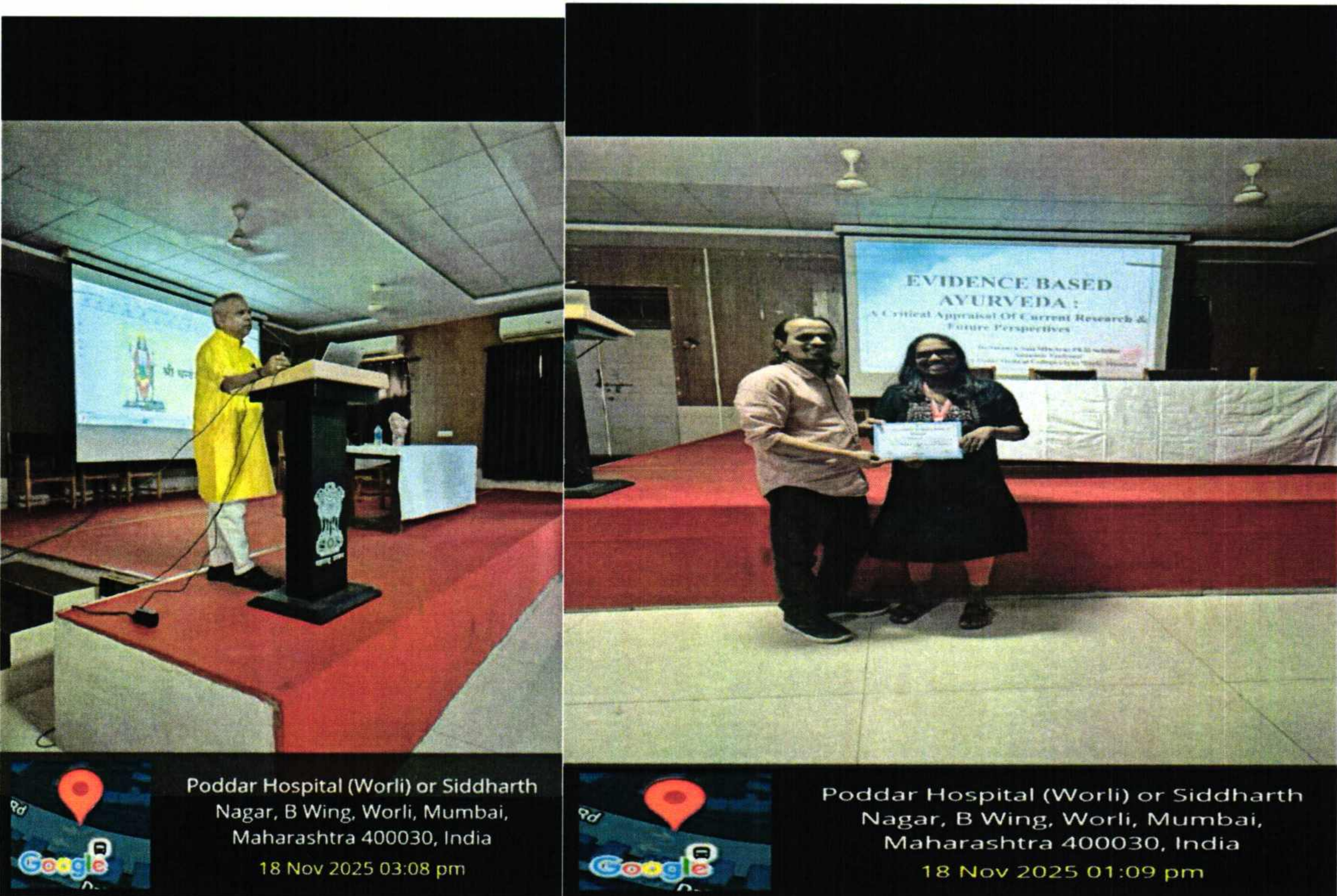
The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम् ‘Sanskrit Orientation- Basic Grammar’ The session provided valuable insights into the fundamental principles of Sanskrit.

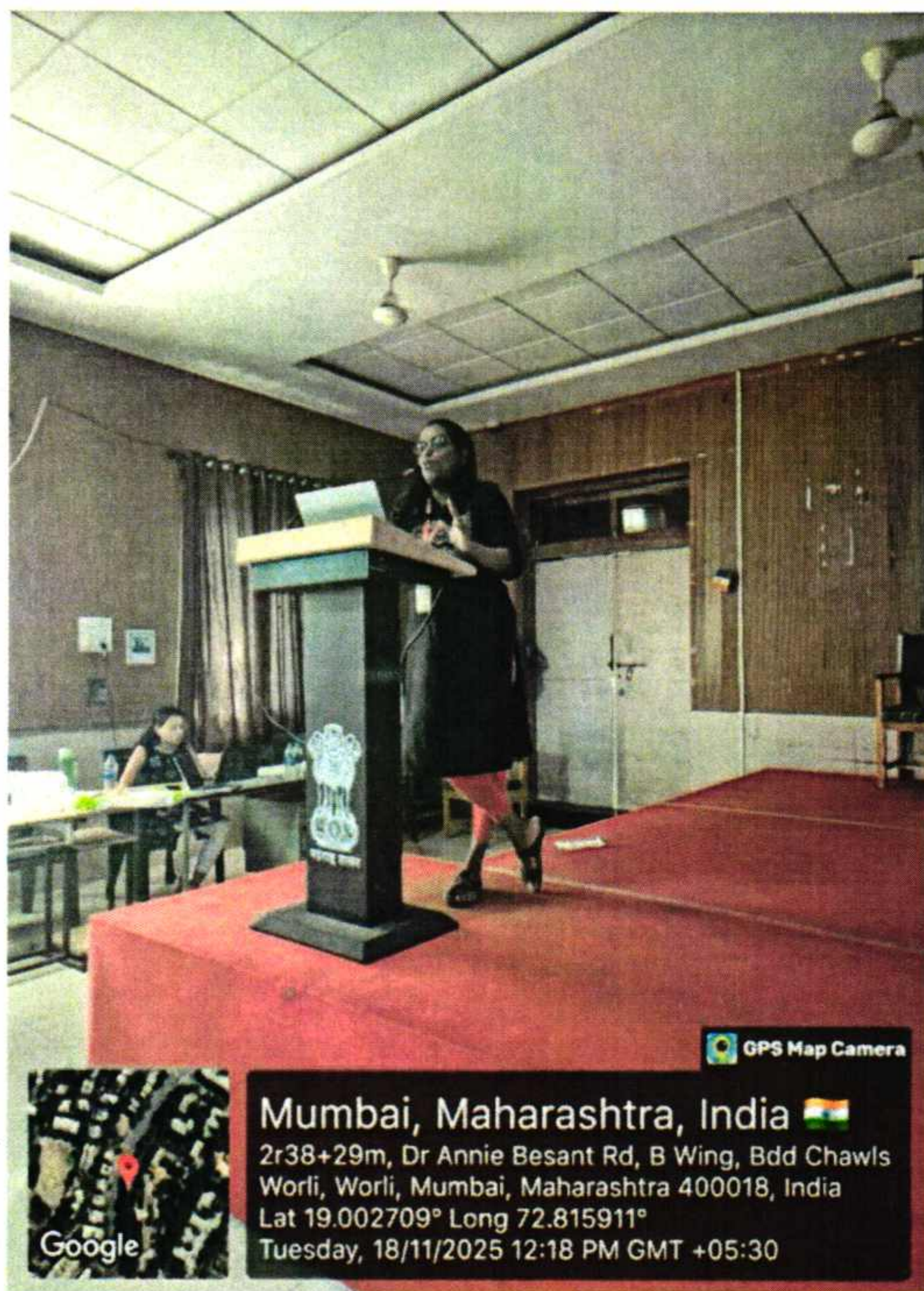
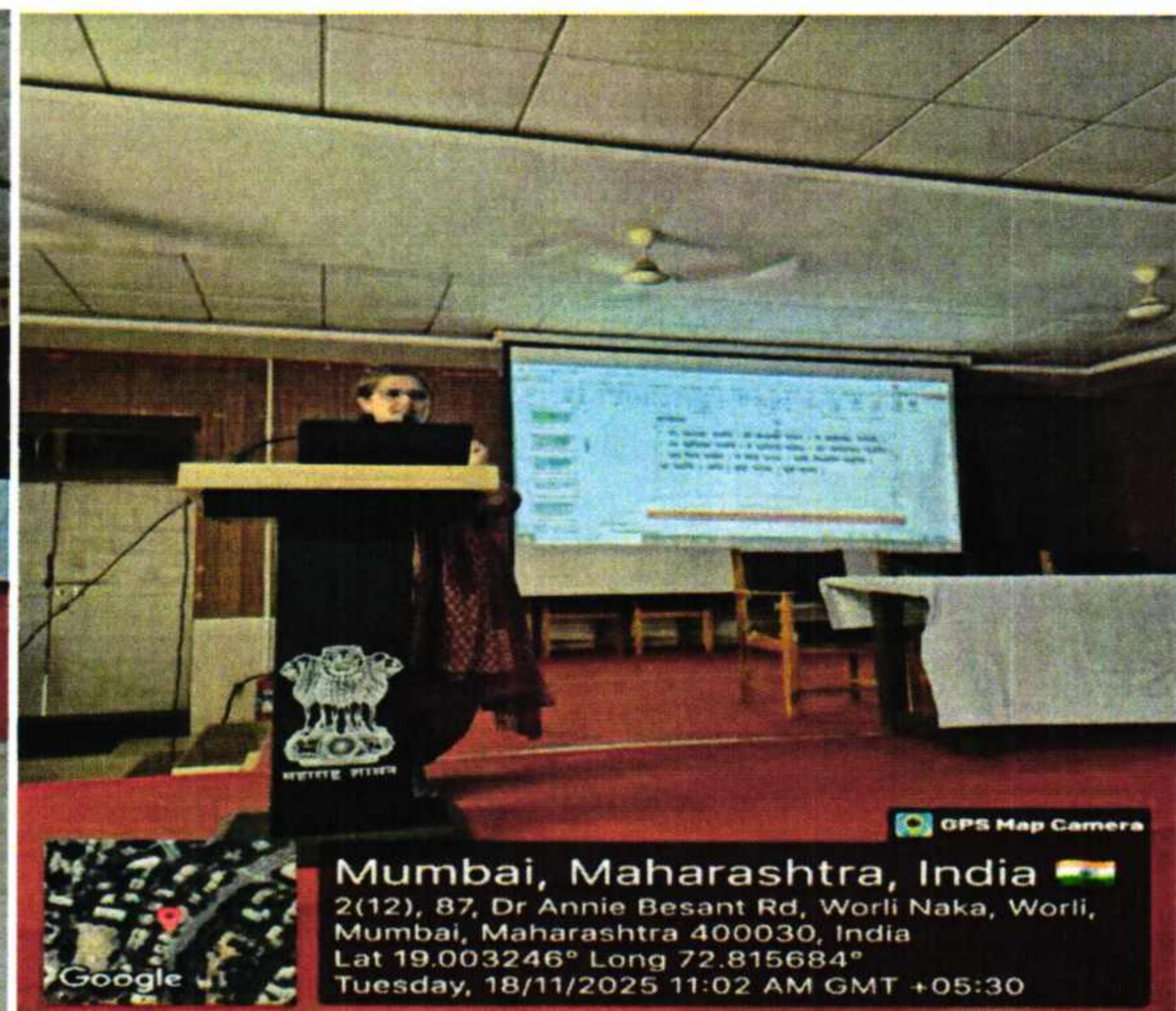
The 3rd lecture by Dr. Shrikant wakudkar, Assistant Professor, Shalyatantra Dept. R.A.Podar Ayurveda Medical College, Mumbai. On the topic of ‘Hand Hygiene and Universal precautions’ This helped students to understand importance of taking precautions while examining patients and handling body fluids.

4th session was conducted by Dr.Saranya Sasi, Associate Professor in the Department ofRasashashtra and Bhaishajya Kalpana RAPMC, Mumbai, on the topic of ‘Evidence Based Ayurveda: A critical appraisal of current research and future perspectives’ which was highly appreciated by students.

The fifth lecture concluded with session conducted by Dr. Niketan zodpe, Chief medical officer, R A Podar Medical College. The topic of the hour was ‘A Healer’s Duty to Health and Environment -Biomedical Waste Management Principle’ it was an engaging and informative session.

The 6th lecture concluded with session by Vd. Vinay Velankar ,Senior Ayurvedic practitioner on the topic of ‘Inspirational talk by senior Vaidya about why Ayurveda is more relevant than ever’ the session was enriched with relevant cases and examples, leaving students inspired and amazed.





Date: 19-11-2025 (Day 9)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 9 of the Transitional Curriculum – Ayurpraveshika began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Dr. Sheetal Nathgosavi, Assistant Professor, Samhita department on the topic of ‘Guest health Policy in lecture - Charak Samhita, Ayurveda’s role in shaping modern health diplomacy’, encouraging students to read and learn Principles of samhita

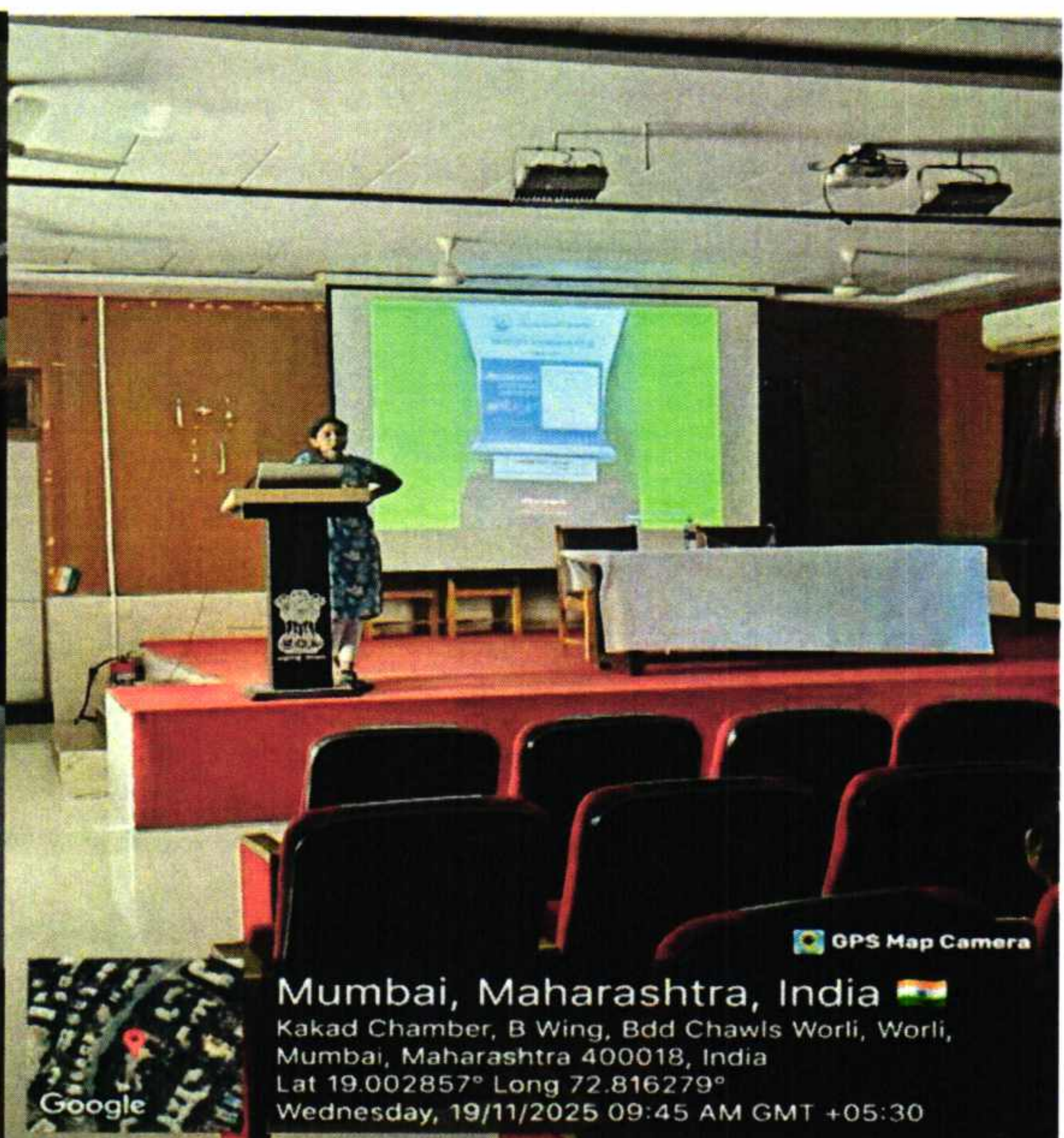
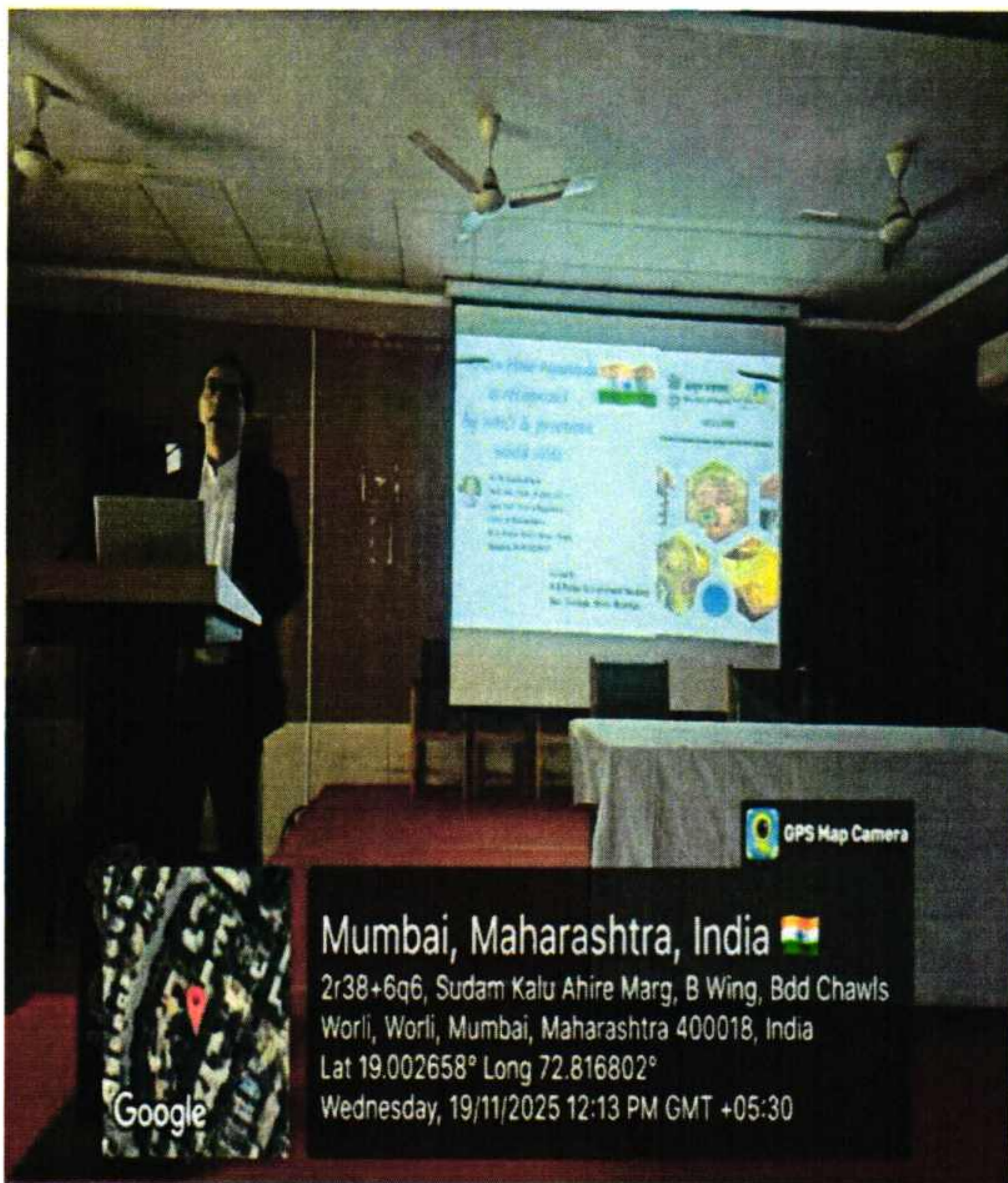
The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम् ‘Sanskrit Orientation- Basic Grammar’ the session provided valuable insights into the fundamental principles of Sanskrit.

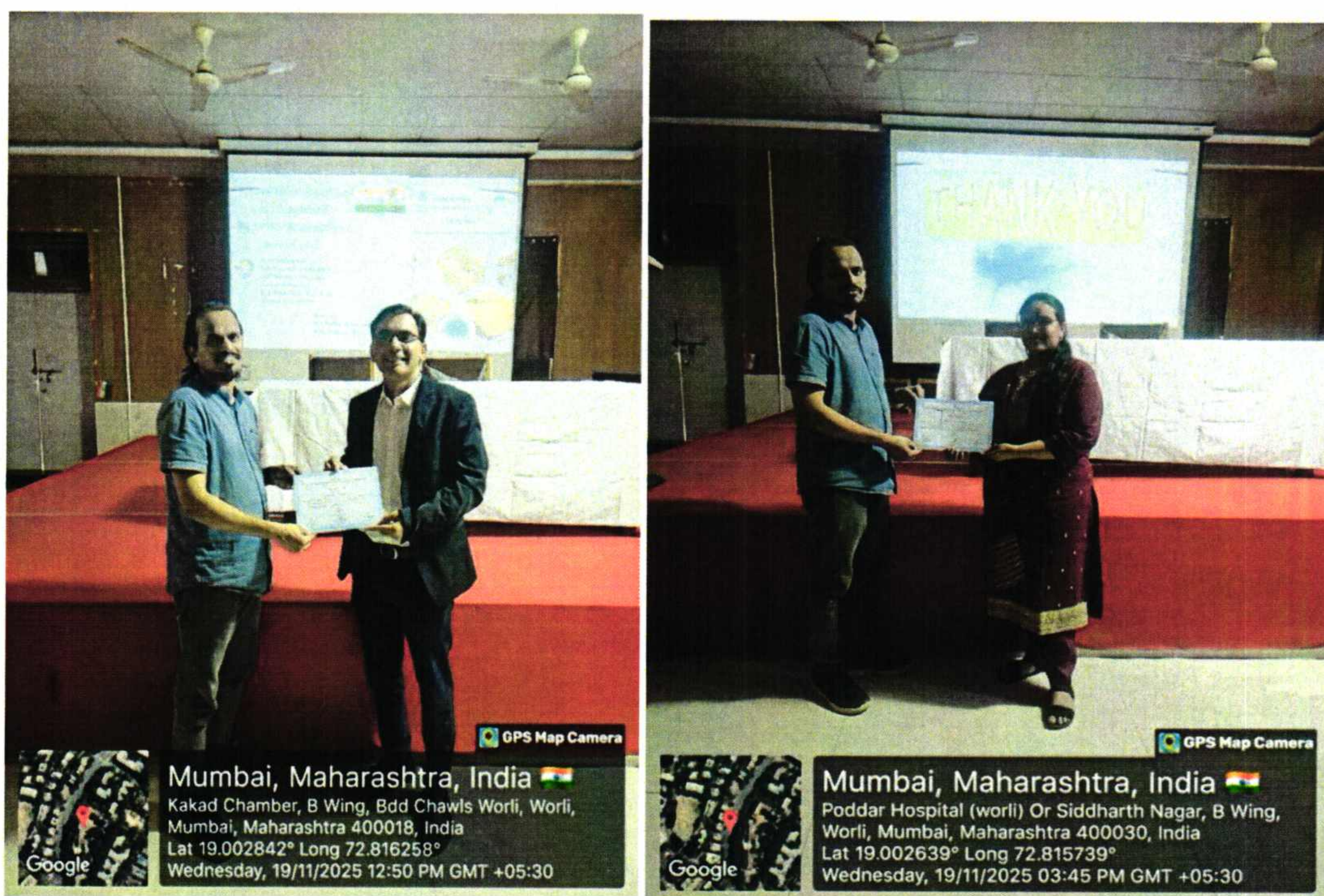
The 3rd lecture by Dr. Sandeep Kale, Assistant Professor, Rognidan Dept. R.A.Podar Ayurveda Medical College, Mumbai. On the topic of ‘Glory of Ayurveda in global health’ and this session was very informative and It provided valuable updates on Ayurveda’s growing success and recognition worldwide.

4th session was conducted by Dr. Kiran Pabitwar, HOD & Professor in the Department of Kriya-sharir, RAPMC, Mumbai, on the topic of ‘Prakruti/ Body constitution and its understanding’ which was highly appreciated by students.

The fifth lecture concluded with session conducted by Dr. Snehankita Dhanvijay, Associate professor, Agadtantra department, R A Podar Medical College. The topic of the hour was ‘Ayurveda ethics & Philosophy in context of Sadvritta’ it was an engaging and informative session.

The 6th lecture concluded with session by Dr. Pradeepkumar Tiwari, Associate Professor Department of Kriya-Sharir, RAPMC, Mumbai on topic ‘Ayurveda & Communication/Media studies’ the session was enriched with relevant examples, leaving students inspired and amazed.





Date: 20-11-2025 (Day 10)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day10of the Transitional Curriculum –Ayurpravesika began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Dr. Aditya indani, on the topic of Pride in becoming healer-interactive session, encouraging students to read and learn Principles of samhita

The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम्‘Sanskrit Orientation- Basic Grammar’ The session provided valuable insights into the fundamental principles of Sanskrit.

The 3rd lecture by Dr.Prashant Rathod on the topic of Success stories of Ayurveda in action-real life patient core success story by expert in modern research. It provided valuable updates on Ayurveda’s growing success and recognition worldwide.

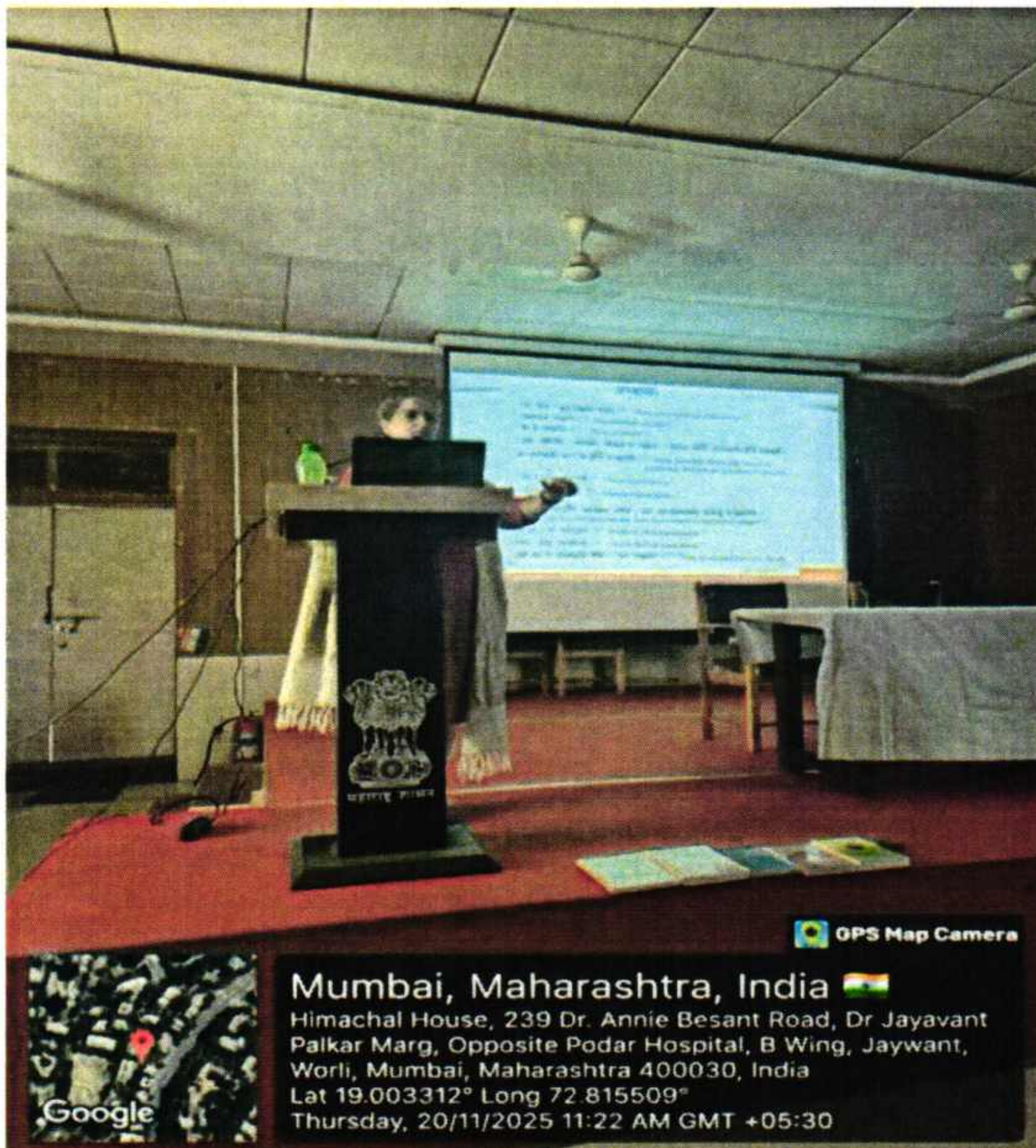
Last session was conducted by Dr.Viraj Nimbalkar on the topic design a successful time and career management after BAMS which was highly appreciated by students.



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Date: 20-11-2025 (Day 11)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day 11 of the Transitional Curriculum – Ayurpravesika began with the auspicious Dhanvantari Stavan.

The first lecture was delivered by Dr Gayatri Gaonkar, on the topic of Digital Literacy-Learning Management System (LMS) orientation.

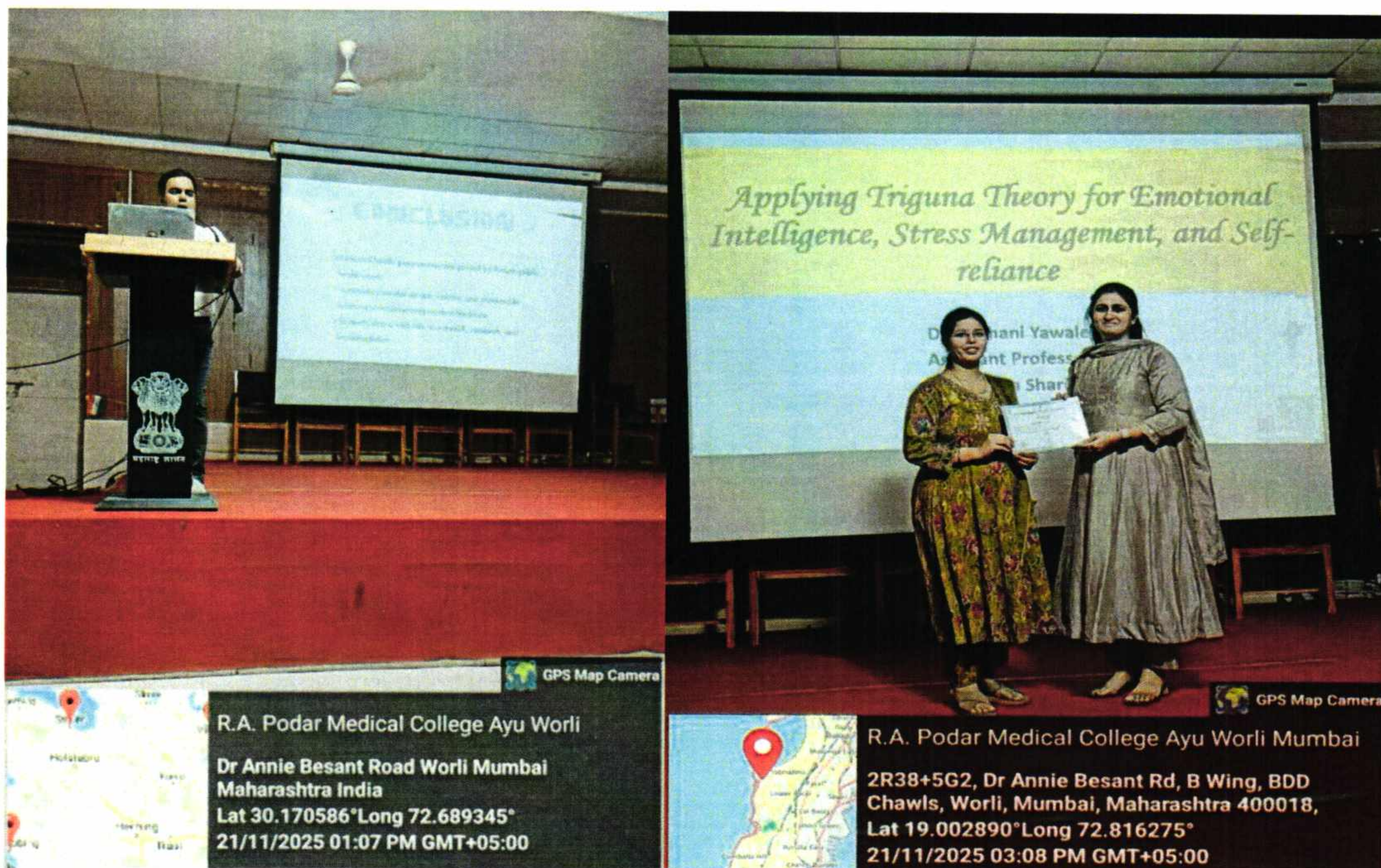
The next lecture was delivered by Dr. Leena Doshi, Working as a Senior Linguist Scholar, Vyoma Linguistic Labs Foundation. The topic of the hour was वदतुसंस्कृतम् 'Sanskrit Orientation- Story Understanding in Sanskrit' The session provided valuable insights into the fundamental principles of Sanskrit.

The 3rd lecture was taken by Dr Santosh Kadam on the topic of National health programmes & Role of Ayurveda.

After Lunch break the next lecture was taken by Dr Roshani Yawale on the topic of Ayurveda Psychology – Correlations of Satva, Rajas, Tama with Modern Psychology & Applying Triguna theory for emotional intelligence, Stress management & Atmanirbharta.

The last lecture was taken by Dr Sarvesh Sharma on Reflection- Empathy & Expression.

At the end of day Mindfulness was performed.

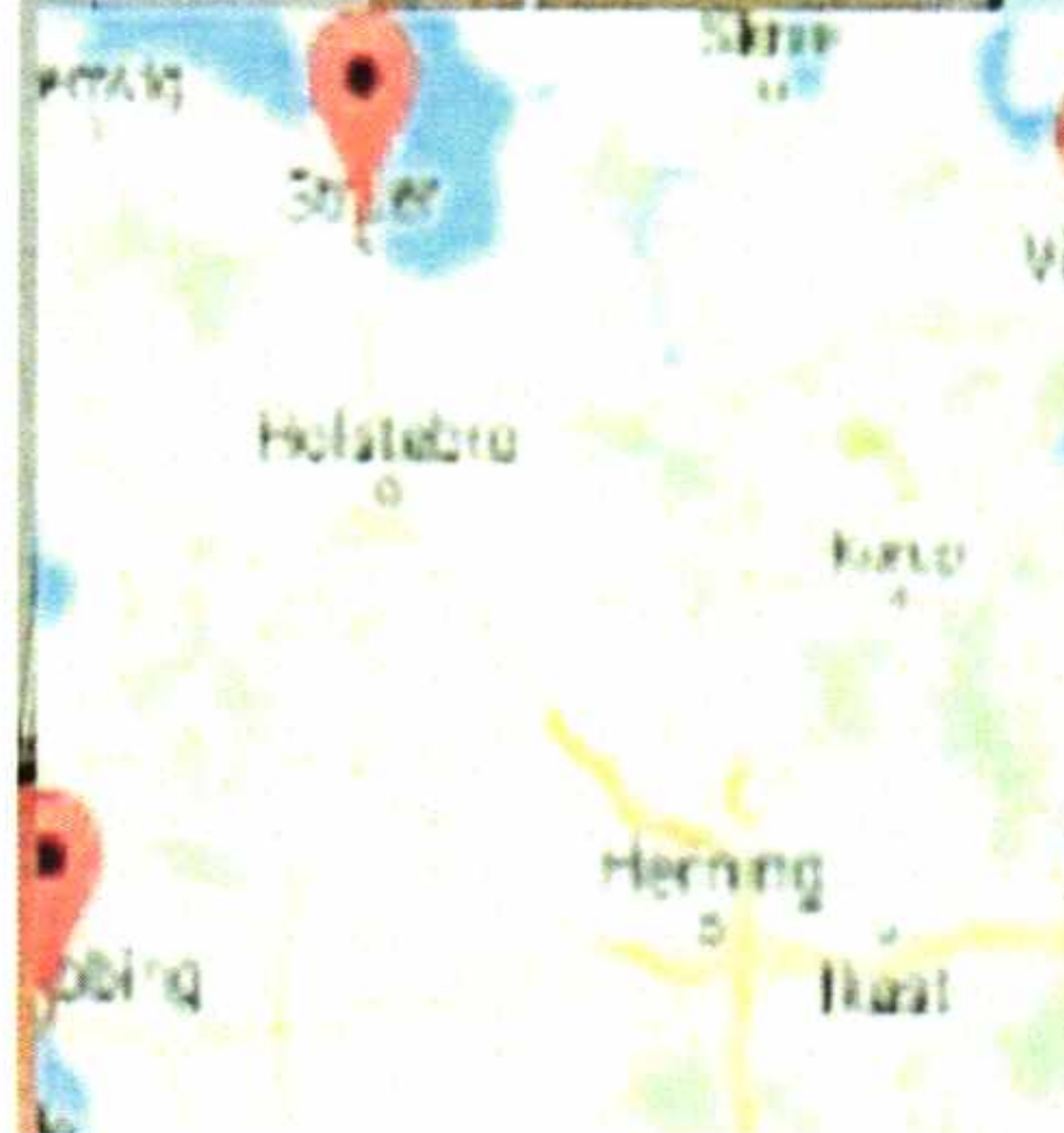
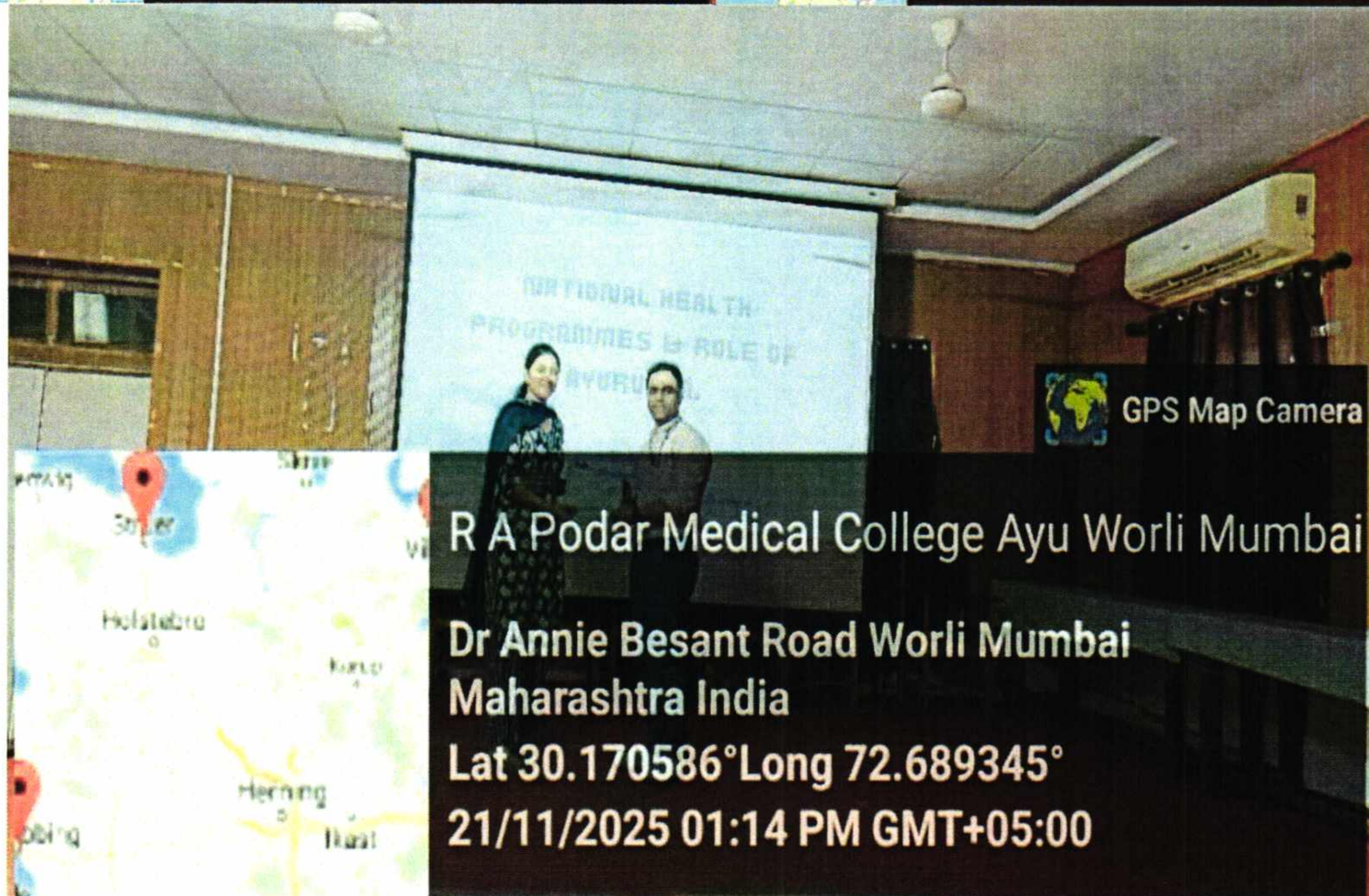




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Date: 24-11-2025 (Day 12th)

Venue: Golden Jubilee Hall,

Organized by: R. A. Podar Medical Ayurvedic College

Participants: First Year BAMS Students, Faculty Members, and Resource Persons

Day12 of the Transitional Curriculum – Ayurpravesika began with the auspicious Dhanvantari Stavan. The day's session was anchored by Dr Roshani Yawale.

The first lecture was delivered by Dr. Rashmi Patekar, Associate professor Department of Dravyaguna, on topic “Ayurveda and agriculture (Krishi Ayurveda)” along with-it discussion with students on Ayurvedic Principles of Soil and plant health done. Students were aware about organic farming.

Second lecture was delivered by Dr Aditi Kulkarni Assistant Professor Department of Rasashastra and Bhaishajya Kalpana On topic “Integration of Ayurved in National Health Policy”.

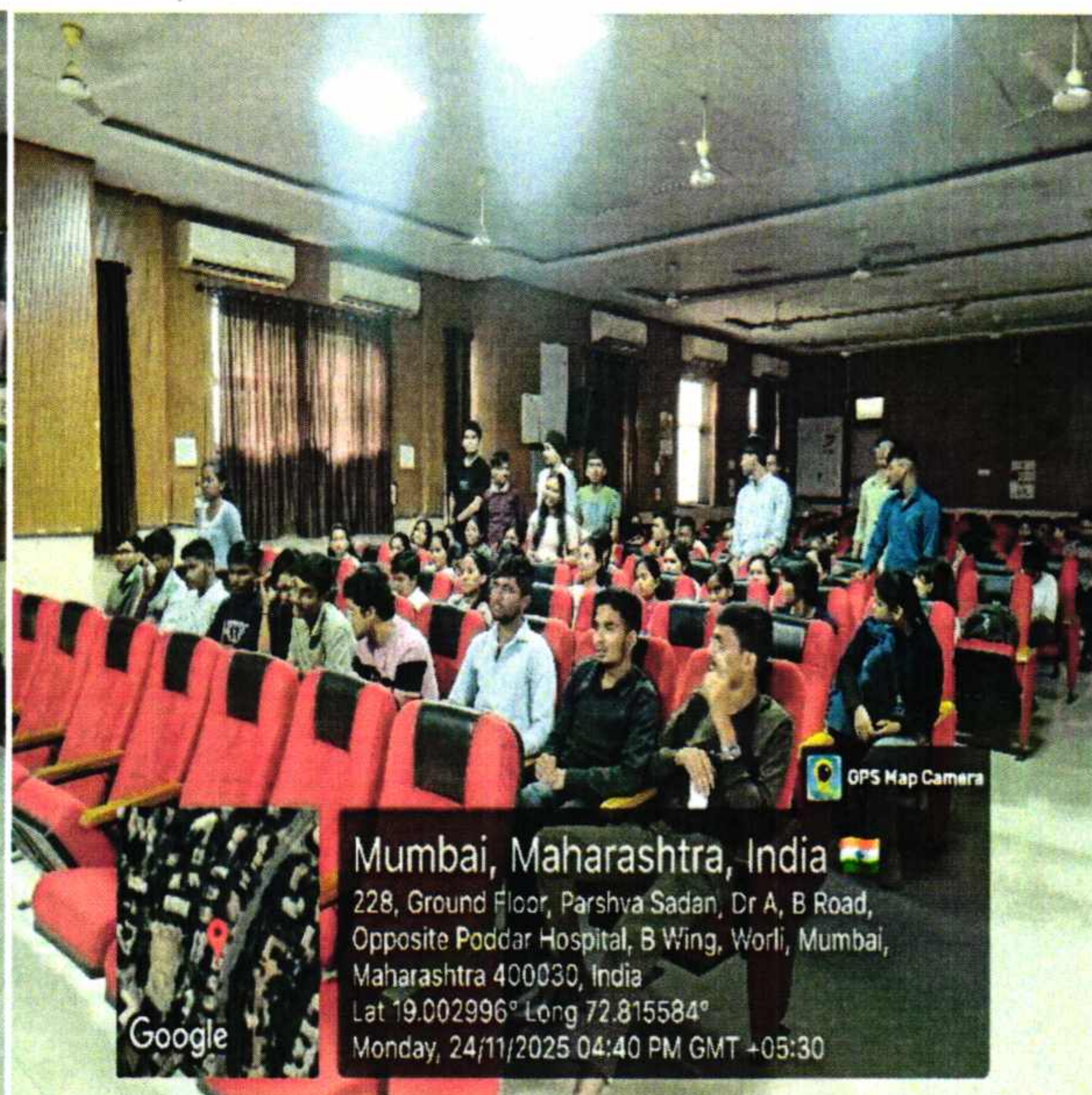
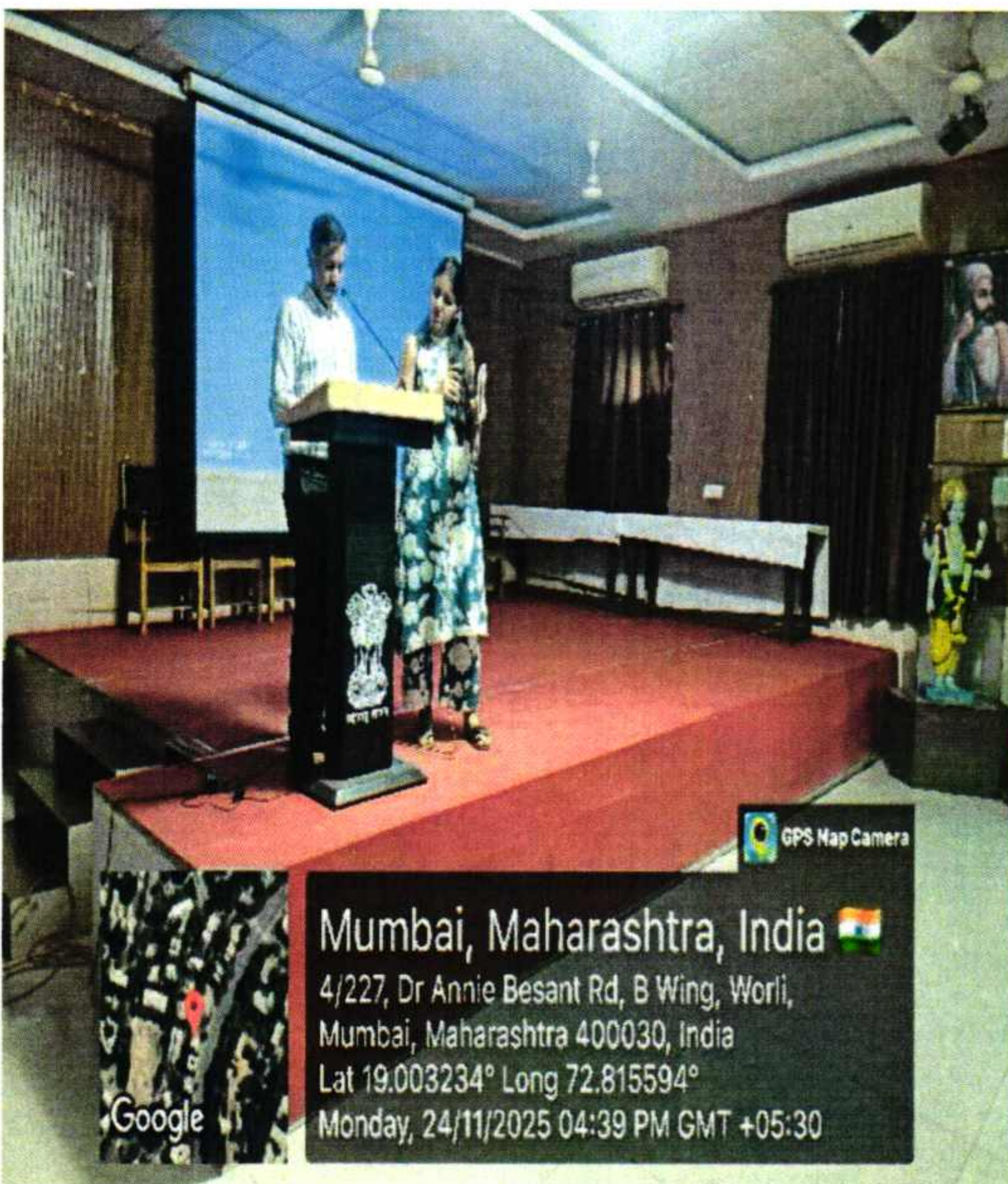
Third lecture was delivered by Dr Saranya Sasi Assosiate Professor Department of Rasashastra and Bhaishajya Kalpana on topic “ The impact of Digital Technology on Cognitive Function and Mental Health”. She has discussed the positive and negative impact of digital Technology with students.

Fourth lecture was delivered by Dr. Prashant Dalvi Assistant ProfesssorSteerog and prasutitantra on topic “Soft skills and Life skills in Ayurvedic Context.”The session was more interactive and the made it more interesting and easier to flow

Fifth lecture was delivered by Dr Pooja Singh Assistant Professor Roganidan and Vikriti vigyan department on topic “Cultural Competency and Disability Awareness”.

In last lecture Dr Pooja Sharma Assistant professor Rachana Sharir , Dr Sarvesh Tiwari Assistant professor Sanskrit -Samhita Siddhant,Dr Roshani Yawale Assistant professor Rachana Sharir, Dr Kumta Mali Assistant professor Rachana Sharir has discussed about the outreach activity i.e. planning to visit nearby village (Palghar – Chitupada) withstudents.





Transitional Curriculum – Day 13 Report

Report on Rural Village Visit – Chintu Pada, Palghar

Transitional Curriculum – Student Outreach Programme

Date: 25-11-2025

Organized and Managed by:

- Dr. Rajesh Kolarkar, HOD, Department of Samhita and Siddhanta
- Dr. Kailash Sonmankar, Associate Professor, Kriya Sharir Department
- Dr. Sarvesh Sharma, Assistant Professor, Department of Samhita and Siddhanta
- Dr. Pooja Sharma, Assistant Professor, Rachana Sharir Department
- Dr. Shubhada Hake, Assistant Professor, Streerog and Prasutitantra Department
- Post Graduate students of each department

1. Introduction

As a part of the Transitional Curriculum and the *Student Outreach Programme*, a rural health visit was organized for first-year BAMS students at **Chintu Pada, Palghar**.

The primary objective of this initiative was to expose students to real-life community health scenarios, enhance their understanding of rural lifestyle determinants, and introduce them to the concept of **Ayurveda Arogya Mitra**.

2. Purpose of the Visit

The visit aimed to:

- Facilitate **direct interaction** between students and rural families.
- Assess **physical, mental, social, cultural, and dietary habits** of rural households through a structured questionnaire.
- Link rural communities to **Ayurvedic concepts of health preservation (Swasthavritta)**.
- Encourage students to **adopt one family** and maintain follow-up throughout their academic journey.

3. Activities Conducted

a. Orientation and Planning

Before departure, students were briefed by the organizing faculty about:

- Objectives of the visit

- Ethical and respectful communication
- Use of the structured questionnaire
- Safety and documentation guidelines

b. Village Interaction and House Visits

Upon reaching **Chintu Pada**, students were divided into small groups and guided by the faculty members Post Graduate Students of all three departments.

Each student visited **one rural household**, introduced themselves, and conducted a detailed interaction covering:

- **Physical conditions:** housing structure, sanitation, access to water
- **Mental and emotional well-being:** stress, lifestyle, family dynamics
- **Social and cultural environment:** community practices, traditions, occupation
- **Health aspects:** common illnesses, hygiene, health-seeking behaviour
- **Diet and habits:** daily food patterns, addictions, nutritional awareness

Students ensured sensitive, respectful interaction while collecting holistic data about the family.

c. Adoption of Families – Ayurveda Arogya Mitra Initiative

Each student formally **adopted one household**, committing to:

- Maintain regular health follow-up throughout their BAMS course
- Provide guidance on basic Ayurvedic preventive health concepts
- Act as an **Ayurveda Arogya Mitra** for that family
- Promote awareness about Dinacharya, Ritucharya, diet, hygiene, and lifestyle

This long-term mentorship will continue till the completion of their studies.

4. Student Learning Outcomes

The visit significantly enhanced students' understanding of:

- The **health challenges** and strengths of rural communities
- The importance of **Ayurveda-based preventive care**
- Person-centred communication and empathy
- Real-life determinants of health: environment, lifestyle, culture, and economy
- Responsibilities of a future Ayurvedic physician towards society

Students also developed improved confidence in field interaction and community engagement.

5. Role of Faculty

The programme was efficiently coordinated and supervised by:

Dr. Pooja Sharma, Dr. Rajesh Kolarkar, Dr. Kailash Sonmankar, Dr. Sarvesh Sharma, and Dr. Shubhada Hake,

who ensured smooth execution of the visit, guided students at each step, and facilitated meaningful learning experiences.

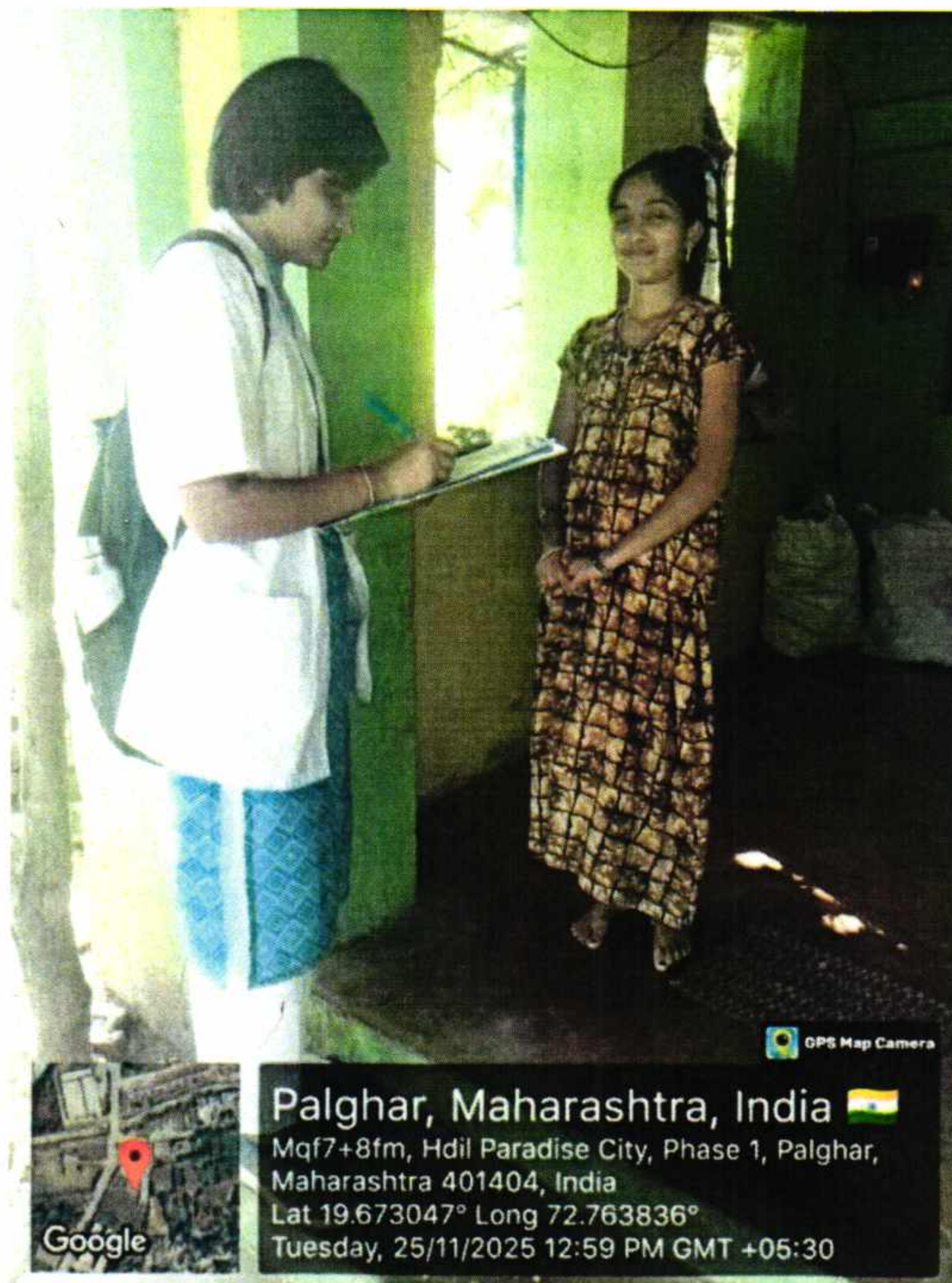
6. Conclusion

The rural visit to **Chintu Pada, Palghar** provided invaluable exposure to community health realities and strengthened the students' commitment to service.

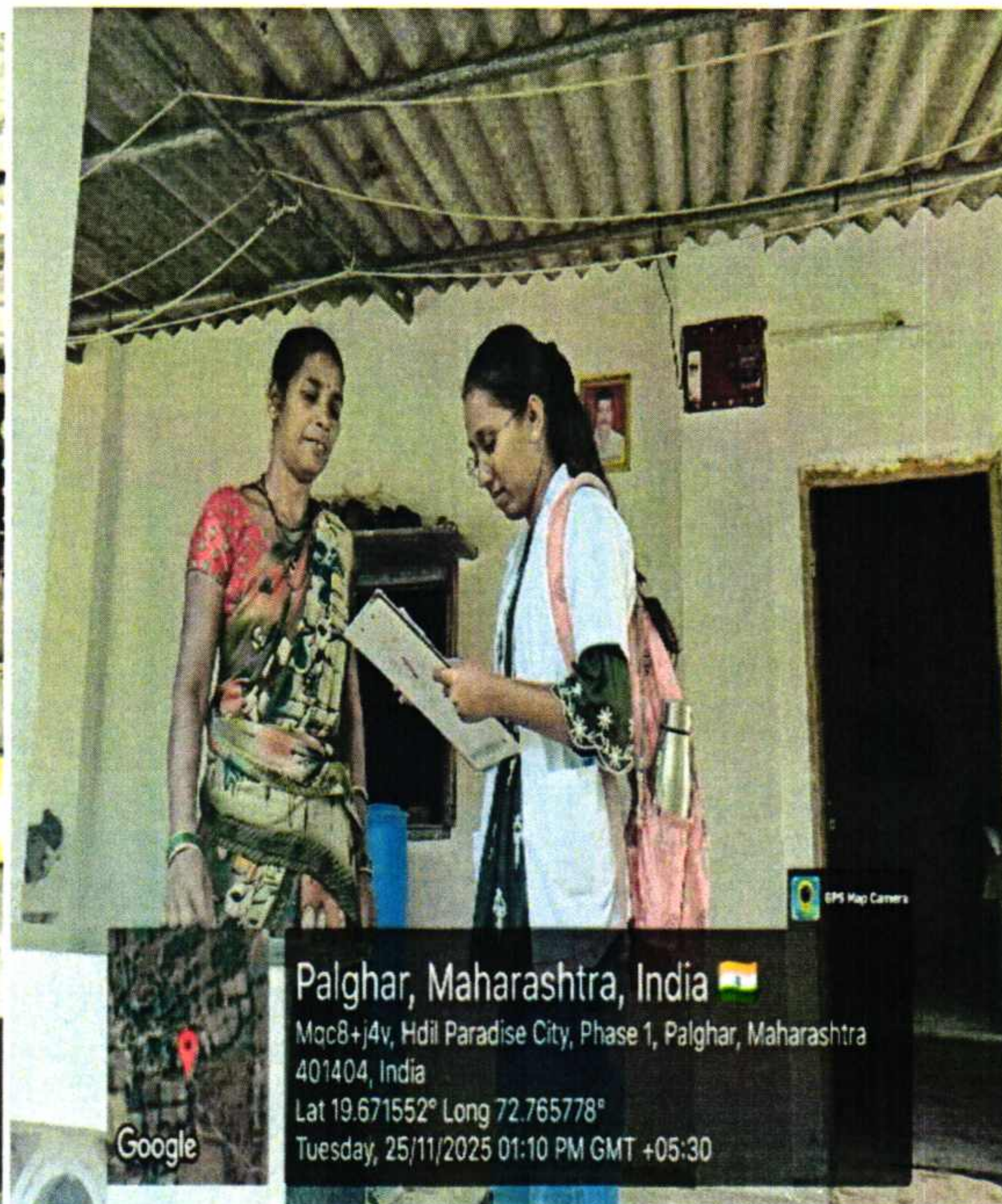
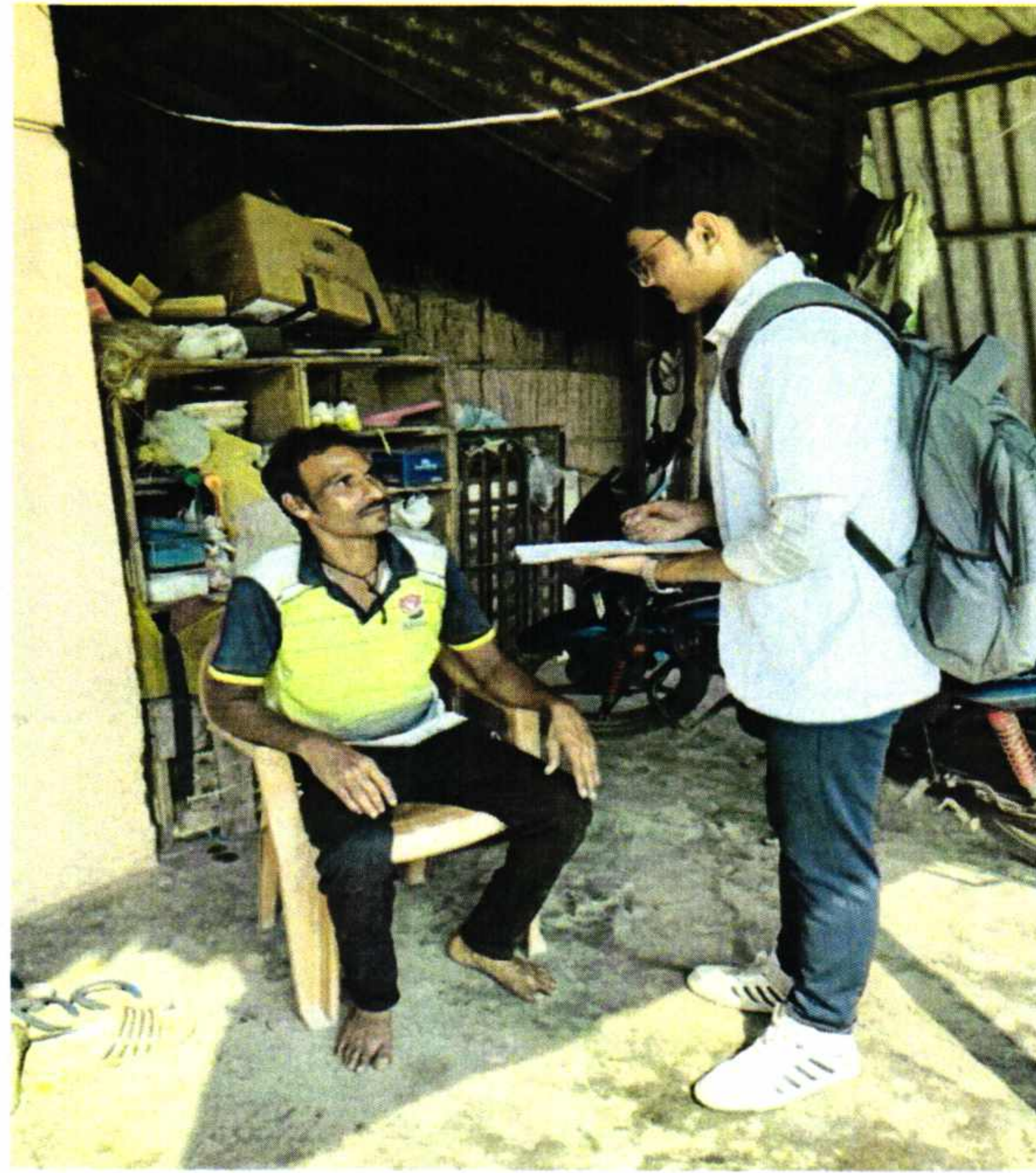
The interaction with rural families, adoption of one household per student, and the role of Ayurveda Arogya Mitra collectively marked a significant step in linking traditional health concepts with community well-being.

The programme aligned perfectly with the objectives of the Transitional Curriculum and inspired students to uphold the principles of Ayurveda in real-life contexts.









Transitional Curriculum – Day 14 Report

Date: 26-11-2025

Venue: Golden Jubilee Hall

Class: First Year BAMS – 2024–25 Batch

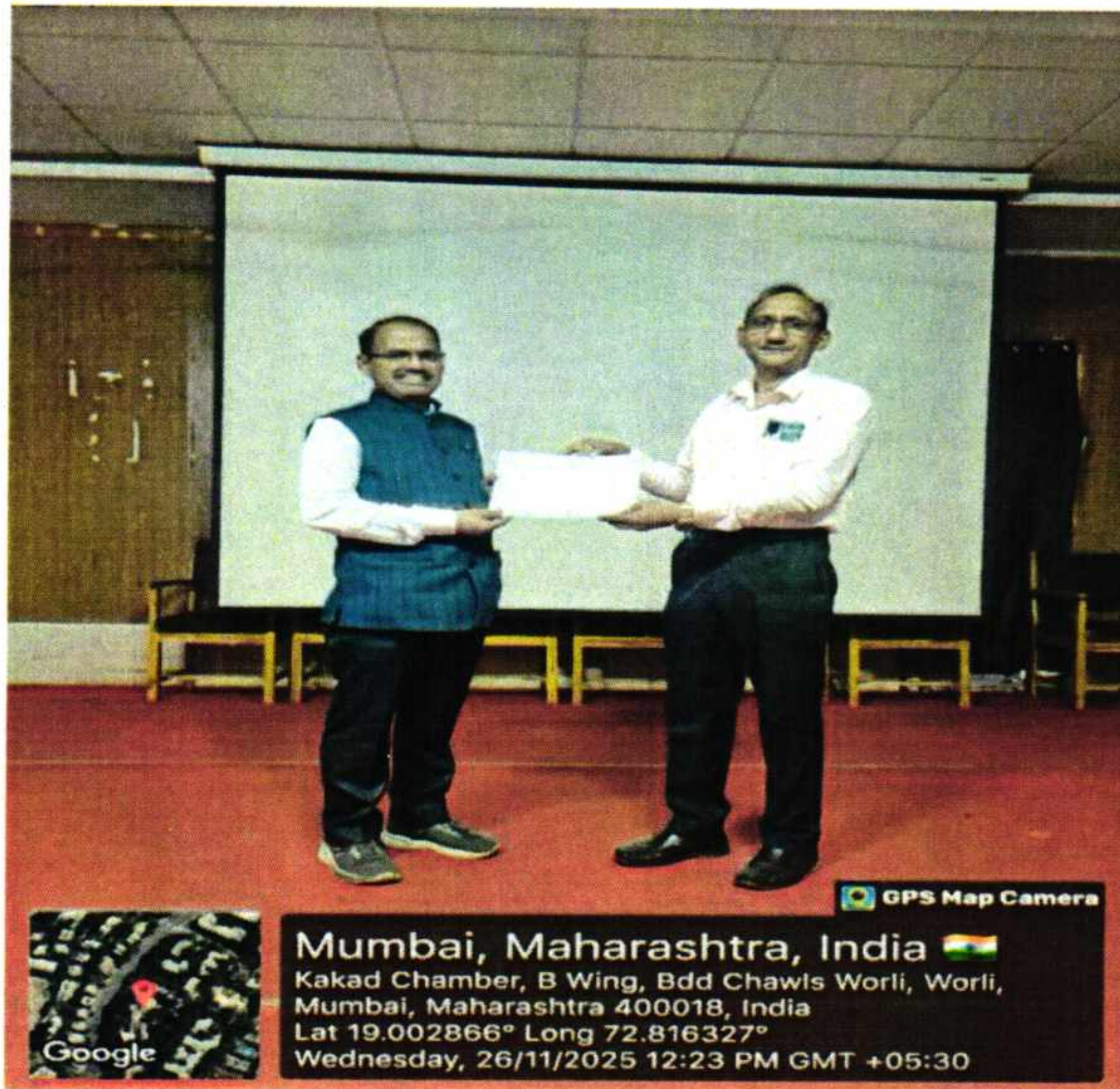
1. Constitution Day Rally (Morning Session)

The Day 14 activities commenced with a **Constitution Day Awareness Rallyat Rajya Bhawan, Marine Drive**. First-year BAMS students actively participated in the rally, holding placards highlighting constitutional values such as justice, liberty, equality, and fraternity. The faculty members supervised the procession and encouraged students to understand the significance of Constitutional responsibilities. The rally concluded with a brief address emphasizing the importance of being informed and responsible citizens.



2. Academic Sessions (Four Lectures)

A total of **four lectures** were conducted, delivered by **four distinguished speakers**, covering diverse and meaningful topics relevant to the transitional curriculum.



Lecture 1

Speaker: Dr. Sanjay Talmale

Topic: Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world

The speaker explained key concepts with relevant examples and motivated students to develop clarity and discipline in their academic journey.





Lecture 2

Speaker: Dr. Pallavi Jadhav

Topic: Orientation on National tobacco control programme

This lecture focused mainly on oral health. Students gained insights into the same and interacted actively during the discussion.

Lecture 3

Speaker: Dr. Pooja Sharma

Topic: Ayurvedic perspective of Deaddiction: role of satvavjeya chikitsa and rasayana

The speaker elaborated on role of satvavjeya chikitsa and rasayana on de-addiction from the habits that has to be changed, highlighting its relevance for first-year learners. The session was informative, engaging, and helped students develop a foundational understanding of the subject.

Lecture 4

Speaker: Dr. Kumta Mali

Topic: Basic understanding of ashtang yoga for physical and mental well-being

The final lecture of the day covered ashtang yoga for physical and mental well-being. Students appreciated the practical perspectives shared by the speaker and enthusiastically participated in the Q&A session.

3. Overall Feedback

Day 14 of the Transitional Curriculum was productive and enriching.

The Constitution Day rally instilled a sense of civic responsibility, while the four academic sessions contributed significantly to student's orientation toward Ayurveda and medical education.

The participation, discipline, and enthusiasm of students throughout the day were commendable.

Transitional Curriculum – Day 15 Report

Report of the Valedictory Programme

Transitional Curriculum – First Year BAMS (2025–26 Batch)

Date: 27 November 2025

Venue: Golden Jubilee Hall, R. A. Podar Ayurved Medical College (Ayu), Mumbai

1. Introduction

The Valedictory Programme marking the successful completion of the *15-day Transitional Curriculum* was organized on **27 November 2025** at the Golden Jubilee Hall of R. A. Podar Ayurved Medical College. The event brought together dignitaries, faculty members, coordinators, and the newly admitted First Year BAMS students.

2. Presence of Dignitaries

The ceremony was graced by the following eminent personalities:

- **Dr. Sampada Sant**
Dean, R. A. Podar Ayurved Medical College, Mumbai
- **Dr. Milind Nikumbh**
Head, Department of Rachana Sharir
- **Dr. Kiran Pabitwar**
Head, Department of Kriya Sharir
- **Dr. Rajesh Kolarkar**
Head, Department of Samhita & Siddhanta

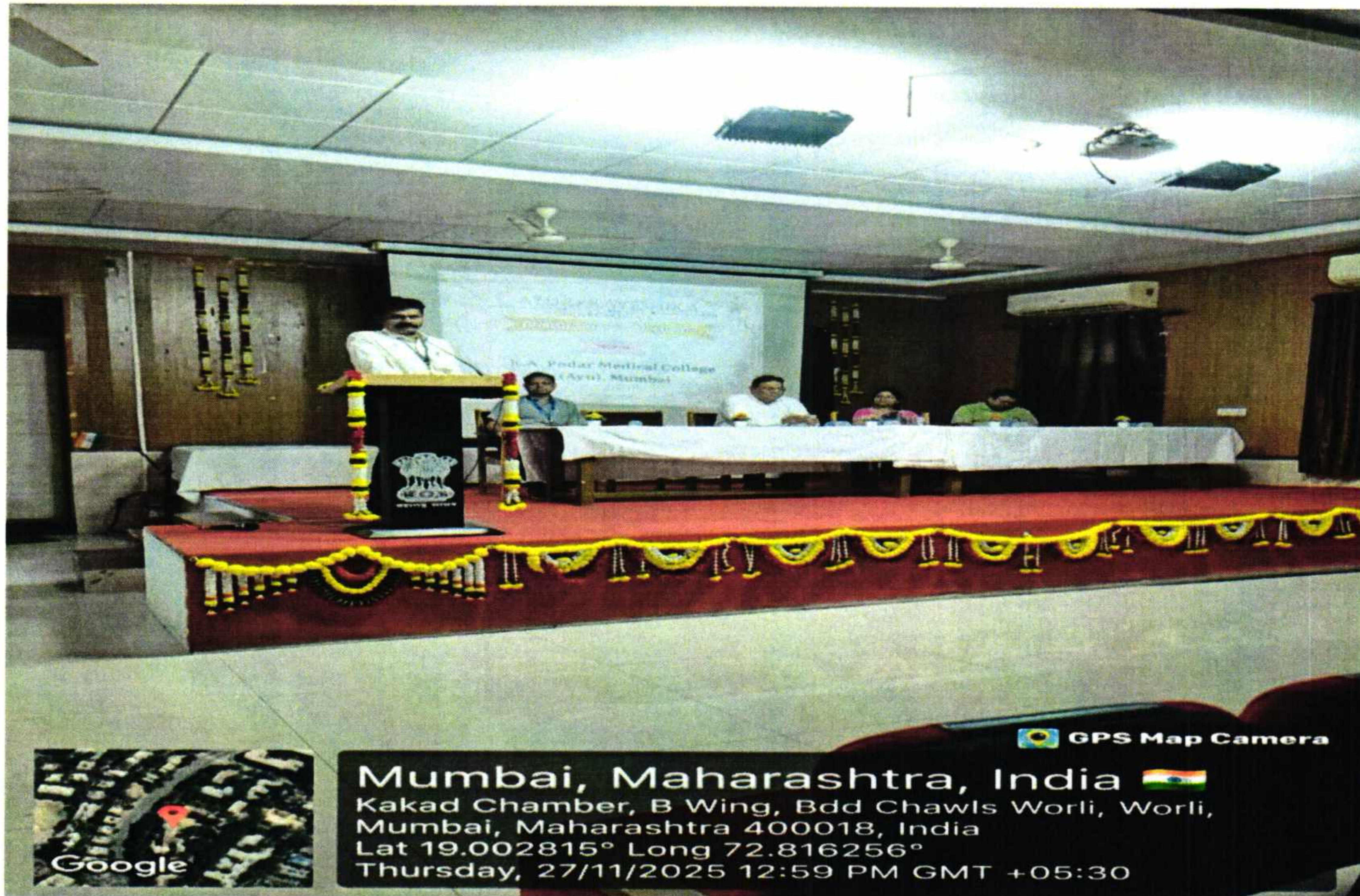
Their presence added great value and inspiration to the concluding ceremony of this academic module.

3. Programme Flow

3.1 Welcome Address

The programme commenced around 11:00 am with a warm welcome extended to all dignitaries, faculty members, and the first-year students. The host emphasized the purpose of the valedictory function-celebrating the successful completion of the 15-day Transitional Curriculum designed to orient students to the institutional environment, academic structure,

and Ayurvedic philosophy.



3.2 Dhanwantari Pujan

The ceremony began with an auspicious **Dhanwantari Pujan**, invoking blessings from *Lord Dhanwantari*, the divine father of Ayurveda.

All dignitaries, faculty, and students were requested to gather near the stage for the puja. Senior faculty members performed the rituals with devotion, marking the spiritual foundation of the event.



3.3 Inviting the Dignitaries on the Dais

Following the puja, dignitaries were invited to the dais with due respect and honour. Each dignitary—Dr. Sampada Sant, Dr. Milind Nikumbh, Dr. Kiran Pabitwar, and Dr. Rajesh Kolarkar—was welcomed to take their seat on the stage.

The formal acknowledgment of their presence set a dignified tone for the programme.



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Maharashtra 400030, India
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Thursday, 27/11/2025 01:06 PM GMT +05:30

GPS Map Camera



Mumbai, Maharashtra, India 🇮🇳
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Marg, Opposite Podar Hospital, B Wing, Jaywant, Worli, Mumbai,
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3.4 Welcoming the Audience

All faculty members, coordinators, administrative staff, parents, and students seated in the auditorium were warmly welcomed.

The host appreciated their active involvement and continuous support throughout the Transitional Curriculum.

3.5 Talent Showcase

One of the most anticipated segments of the event was the **Talent Showcase** by first-year students.

During the 15-day programme, students not only focused on academics but also developed friendships, creativity, and confidence.

Students presented performances such as:

- Singing
- Music
- Dance
- Poetry
- Art demonstrations
- Short skits

Each performance was met with appreciation and applause, highlighting the diverse abilities of the newly admitted batch.





3.6 Student Feedback Sharing

After the performances, selected students were invited to share their reflections. Students expressed their gratitude for:

- the supportive faculty
- informative lectures
- interactive sessions
- departmental exposure

- rural visit
- Constitution Day activities
- overall guidance received during the 15-day programme

Their reflections conveyed how the Transitional Curriculum helped them adapt to the new academic environment and understand the ethos of Ayurveda.

3.7 Felicitation of Coordinators

The programme proceeded with the **felicitation of the Coordinators** who played a pivotal role in planning, organizing, and executing the entire Transitional Curriculum.

Dignitaries on the dais were requested to felicitate the coordinators with appreciation for their dedication and seamless teamwork.



3.8 Distribution of Gifts as token of reward to participants

The dignitaries then distributed gifts to students for their active participation in the programme.

Names were announced sequentially, and students received their tokens of appreciation with enthusiasm.



3.9 Addresses by Dignitaries

The dignitaries delivered insightful and encouraging speeches:

- **Dr. Sampada Sant** highlighted the importance of discipline, sincerity, and holistic learning.
- **Dr. Milind Nikumbh** emphasized the foundational role of Rachana Sharir in the understanding of Ayurveda.
- **Dr. Kiran Pabitwar** motivated students to cultivate a scientific temperament along with Ayurvedic principles.

Their words served as a guiding light for the students as they begin their professional journey.



3.10 Vote of Thanks

The programme concluded with a sincere **Vote of Thanks** offered by **Dr. Rajesh Kolarkar**,
HOD, *Samhita & Siddhanta* Department.

He expressed gratitude to:

- the Dean and all dignitaries
- faculty and coordinators
- administrative staff
- student volunteers

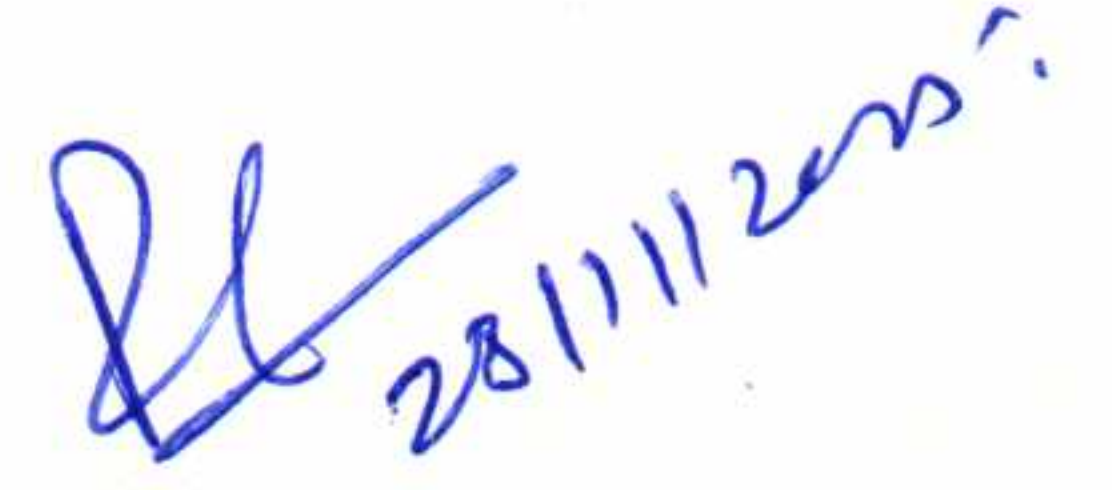
- the first-year students

for making the Transitional Curriculum a meaningful and successful academic event.



4. Conclusion

The Valedictory Programme of the Transitional Curriculum (27-11-2025) concluded successfully, marking the beginning of the academic journey for the First-Year BAMS students. The ceremony encapsulated devotion, discipline, learning, talent, and inspiration. The event served as a memorable milestone, motivating students to embrace Ayurvedic education with dedication and pride.

 28/11/2025

Dr. Rajesh Shivajirao Kolarkar

Professor and HOD

Sanskrit Samhita Siddhant Department

R.A. Podar Medical College Worli, Mumbai.

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Dr. Sampada Sant

Dean

R.A. Podar Medical College Worli, Mumbai.

Dean
R. A. Podar Medical College (Ayu.)
Worli, Mumbai - 400 018.