



PRAVARA RURAL AYUVEDIC COLLEGE , LONI
[PRAVARA INSTITUTE OF MEDICAL SCIENCES]



TRANSITIONAL
CURRICULUM





Pravara Rural Ayurved College

At: Loni, Tal: Rahata, Dist: Ahmednagar, Maharashtra. Pin:413736

Report on Transitional curriculum for First professional BAMS Batch 2024-25

“पर्वारंभ” 2024-25

11th Nov 2024 to 27th Nov 2024

Transitional curriculum of ASU (Ayurveda), a 15 days program was designed as per the regulations and guidelines from national commission of Indian system of medicine (NCISM), New Delhi, for first professional BAMS Batch 2024-25.

In order to give orientation about course and curriculum of B.A.M.S. to Newly admitted students in first year BAMS 2024-25 batch, a 15 days program was successfully arranged in Pravara Rural Ayurvedic Medical College, Loni, Rahata, Ahmednagar, Maharashtra under guidance of Dr. Deodatta S. Bhadlikar Sir (Principal, Pravara Rural Ayurvedic Medical College, Loni) from 11th Nov 2024 to 27th Nov 2025.

Transitional curriculum ‘पर्वारंभ’ 2024-25 was efficiently organized by team of PRAC faculties and senior batch of 2023-24.

Day 1

The Inauguration program started with Tilak ceremony (Haldi-Kumkum) of the batch 2024-25 students, parents and guests was done by the batch of 2023-24 student and then the main program began with pooja of Lord Dhanwantari, singing of Dhanwantari stawan and Deep prajwalan by Chief guest Dr. Roshni Sir (Dean incharge, RMC), Ravindra Laware (Pharmacy principal) and Dr. Bhadlikar Sir (Principal, PRAC). A heart-warming welcome remark was delivered by Dr. Suryakant Patil sir. In his message Dr. Suryakant Patil sir stressed that Pravara Rural Ayurvedic Medical College has always been abide for comprehensive growth of students and institute and also importance of discipline.

Dr. Suryakant Patil sir, all faculties of Pravara Rural Medical Ayurvedic College interacted with students and parents. All doubts were cleared.

After inaugural function Dr. Rajashree Chitre ma’am elucidated students and parents about importance of transitional curriculum. Allotment of mentors was done.



Pravara Rural Ayurved College

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Inaugural Function

11th Nov 2024-Day 01

Inaugural Remarks by Dr Monali K Chandak

Deep Prajwalan & Dhanvantari Poojan

Ganesh Vandana

Classical Dance Performance By FYBAMS (2023-24) Girls

Welcome of new students with Haldi Kumkum and sweets

Welcome speech

By Principal & Superintendant Dr. Deodatta Bhadalikar Sir

Speech by Chief Guest

Dr. Ravindra Laware Sir (Principal, Pharmaceutical Sciences)

Dr. Roshni Sir (Dean incharge, RMC Loni)

Interaction with Parents

Feedback By Students of FYBAMS 2023-24

Vote of Thanks By Dr Suryakant Patil (Vice Principal, PRAC, Lon)

Date and Day	Time	Topic	Hrs	Speakers
DAY-1- Dr. Dhage 11 th Nov- Mon	9:30- 12:30 p.m	Welcome Guests and Students	1hrs	Hon Chancellor Sir, Vice Chancellor Sir, Dr Kunkullo Sir, Dr.Sabnis Sir Principal Sir Vice Principal Sir
		Lamp Lighting- Dhanvantari Pujan and Stavan		
		Cultural Event and Profile of Institute and University		
		Preface By Vice Principal		
		Key Note by Chief Guest		
		Key Note by Chairperson -Principal		
		Vote of Thanks		
		Refreshments		
	1:00-2:00	Lunch Break		
2:30- 3.30	Pre Test Google Form		Dr .Dhage& Dr Swati Vikhe	
3:30-5:00	Ice breaking		Dr.Nilesh & Dr Vaishnavi Sharangdhar	
DAY-2 Dr. Shriyankit a 12 th Nov- Tues	10:00- 11:00	Professional Medical Ethics	1hr	Dr.Solankhi
	11:00-1:00	VADATU SANSKRUTAM-1	2hr	Mr Gaikwad
	1:00-2:00 Pm	Lunch Break	1hr	
	2:00-3:00	Role of Ayurved in Covid	1 hr	Dr.Nivedita Dhanvijay
	3:00-4:00	Orientation of Regulatory Governing Bodies affiliated Universities	1hr	Dr.Suryakant Patil
	4:00 5:00	Ayurveda Immunity and Suvarna prashan	1 hr	Dr Sarangdhar
DAY-3 – Dr. Shriyankit a 13 th Nov- Wed	10:00- 11:00	Diet in Ayurveda	1hr	Dr. Gangurde
	11:00-1:00	VADATU SANSKRUTAM-2	2hr	Mr Gaikwad
	1:00-2:00	Lunch Break		
	2:00-3:00	Guest Lecture- Importance of Panchakarma in Ayurveda Practice		Dr Ashish Mhatre.PhD Kayachikitsa- Mumbai
	3:00-4:00	Bio Diversity ¹	1hr	Dr.Shriyankita

	4:00-5:00	Scope of Ayurved Pharmaceutical Industry	1hr	Dr .Vaishali Patil
DAY-4- Dr.Pooja Chavan 14 th Nov- Thur	10:00-1:30	Yadnya	3hr	Principal Sir Vice Principal Sir
	1:30-2:30	Lunch Break		
	2:30-3:30	Library Information	1hr	Librarian
	3:30-5:00	Yoga and Meditation	2hr	Dr.Sarde
DAY-5- Dr.Salve 15 th Nov- Fri	10:00-11:00	Basic of Prakriti	1 hr	Dr.Rohee Khan
	11:00-1:00	VADATU SANSKRUTAM-3	2hr	Mr Gaikwad
	1:00-2:00	Lunch Break	1hr	
	2:00-3:00	Introduction to Ayurved Practice and Stalwarts Ayurved Vaidya	1 hr	Dr.Jain
	3:00-5:00	Ayurved Practice Practical Approach	2hr Hrs	Dr.Sampat Bhatane
	4:00-5:00	Recreational Activity	1 hr	Dr Nilesh Salve , Dr Swati Vikhe
DAY-6 Dr. Pooja Chavan 16 th Nov- Sat	10:00-11:00	Basic of Computers	1hr	Ms Priyanka Yele BE, IT Support Engineer
	11:00-1:00	VADATU SANSKRUTAM-4	2hr	Mr Gaikwad
	1:00-2:00	Lunch Break	1 hr	
DAY-7 Dr. Vikhe Swati 18 th Nov- Mon	10:00-11:00	Personal Health and Dinacharya in Ayurveda	1 hrs	Dr.Dhage Padmeshwari
	11:00-1:00	VADATU SANSKRUTAM	2hr	Mr. Gaikwad
	1:00-2:00	Lunch Break	1 hr	
	2:00-3:00	Personal hygiene	1hr	Dr. Meghraj Bhondwe
	3:00-5:00	Campus Tour	2 hr	Dr.Dhage,DR Badakawad, Dr Gaikwad
DAY-8 Dr. Nivedita	10:00-11:00	Ayurveda herbs in daily life	1 hr	Dr. Deepal Chaudhari

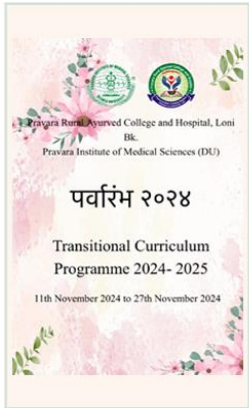
19 th Nov- Tuesday	11:00-1:00	How to be a Successful Practitioner	2hr	Vd Saharn Kathole Ayurveda Practitioner
	1:00-2:00	Lunch Break	1 hr	
	2:00-3:00	National Health Status Goals and Policies	1 hr	Dr.Sumit Sable at PSM Dept PMT
	3:00-4:00	Handling conflict and Managing Stress	1hr	Dr Bhat Pookala HoD Department of Psychiatry @PMT
	4:00-5:00	Self defense and Safety Apps	1 hr	Ms Sharmila Jamale, Msc IT support Engineer IT Dept @ PMT
DAY-9 Dr. Salve 21 th Nov- Wed	10:00-11:00	Know your Syllabus- Sharir Rachana	1 hr	Dr.Nitin Chandurkar
	11:00-1:00	VADATU SANSKRUTAM-6	1hr	Mr. Gaikwad
	1:00-2:00	Lunch Break	1 hr	
	2:00-3:00	Gender Sensitization	1 hr	Dr Chitre Rajashree
	3:00-4:00	Strategies & study skills	1 hr	Dr. bhatt sir
	4:00-5:00	Recreational Activity	1hr	Dr Chitre Rajashree Dr. Dhage
DAY-10- Dr. Sriyankita 22 th Nov- Thur	10:00-11:00	Know your Syllabus – Samhita Adhyayan-1	1 h	Dr.Chitre Rajashree
	11:00-1:00	VADATU SANSKRUTAM-7	2hr	Mr Gaikwad
	1:00-2:00	Lunch Break	1 hr	
	2:00-3:00	Upanayan Sanskar- vaikuntha chaturdashi		Dr. Suryakant Patil
	3:00-4:00	Importance of Physician in Society	1 hr	Dr.Nilesh Salve
	4:00-5:00	Recreational Activity	1 hr	Dr Swati Vikhe, Dr Dhage
DAY-11 Dr. Dhage 23 th Nov- Fri	10:00 11:00	Prakrukti Parikshan {zoom meeting}	1 hrs	
	11:00 -1:00	Prakrukti Parikshan {zoom meeting}	2hr	
	1:00-2:00	Lunch Break	1 hr	
	2:00-3:00	Know your Syllabus Kriya Sharir	1 hr	Dr. Avinash

				Bahadkwad
	3:00-4:00	Know your Syllabus	1 hr	Dr Namita Butley
DAY-12 25rd Nov- Sat Dr. Dhage	11:00-12:00	Introduction Mentor - mentee	1 hr	Dr. Mohan Pawar
	12:00-1:00	Gender Equality	2 hr	Dr. Rajshree chitre
	2:00-3:00	Leave process, Scholarship Schemes	1 hr	Mr. dethe and Mr.Wani
DAY-13 Dr. Shriyankit a 26 th Nov- Mon	10:00-1:00	Visit to Engineering College		Dr. Suryakant Patil Dr,Vaishali Patil, Dr Rajashree Chitre
	1:00-2:00	Lunch Break	1hr	
	2:00-4:00	Sanskrit Play and songs by students	2 hrs	
	4:00-5:00	Sanskrit Play and songs by students	1 hr	
DAY-14- Dr. Gangurde 27 th Nov- Tues	10:00-11:00	Rasa aushadhi and Ayurved Practice	1 hr	Dr. Satpute
	11:00-1:00	Basic Life Support training	1 hr	dept. of anesthesia
	1:00-2:00	Lunch Break	1 hr	
			1hr	
DAY-15- Dr. Dr.Sarde 29 th Nov- Wed	10:00-12:00	Feedback program	2 hrs	
	1:00-2:00	Lunch Break	1 hr	
	2:00-4:00	Post Test	1 hr	Dr .Dhage, Dr Pooja Chavan & Dr Swati Vikhe
	4:00-5:00	Valedictory Session. Student's feedback Interaction.	2 hr	Principal Sir Vice Principal Sir

Transitional Curriculum



Day 1 : 11 november 2024



Pre Test (2:30 to 3:00)



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Day 2 : 12 November 2024

Medical Ethics
(Dr. Solankhi)
10 am to 11 am



Role of Ayurveda
in COVID-19
(Dr.Nivedita)
2pm - 3pm



Dr. Sarangdhar
(Ayurveda
immunity &
Suvarna
prashan)



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Day 3 : 13 November 2024



Sanskrit
(Gaikwad Sir)
10am to 1 pm



Biodiversity
(Shriyankita
Mam)
3pm to 4pm

Pharmaceutical
Industry
(Dr Vaishali
Patil)
4 pm to 5 pm



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Day 4 : 14 November 2024

An invitation poster for a ceremony. At the top, it features the Sanskrit phrase 'ॐ धन्वंतरये नमः।' (Om Dhanvantariye Namah) in white text on a red background. Below this is a photograph of a deity (Dhanvantari) seated on a throne, adorned with garlands and jewelry, set against a golden backdrop. The deity is flanked by two circular emblems: the one on the left is green and white, and the one on the right is blue and white. The text 'Pravara Rural Ayurved College and Hospital invites you to -' is written in white. Below this, the title 'SHISHYOPANAYAN YADNYA' is prominently displayed in large, bold, yellow capital letters. Further down, a smaller white text reads: 'Let us all join to celebrate a pious and pure ceremony of Dhanvantari adnya as well as Shishyopanayan at Pravara Rural Ayurved College and Hospital, Loni Bk.' The date 'On 14th November 2024' is enclosed in a yellow rectangular box, followed by the time '11 AM Onwards' and a yellow location pin icon. The venue 'Venue: Pravara Rural Ayurved College and Hospital, Loni Bk.' is listed at the bottom. The entire poster has a red background with gold decorative borders at the top and bottom.





Yadnya
10am to 2:30pm

Yoga and Meditation

**(Dr. Prashant Sarde
Sir)**

3:30pm to 5:00pm



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Day 5 : 15 November 2024



Basic of Prakrit
(Dr Rohee Khan Mam)
10:00am to 11:00am



Ayurved Practical
Approach

(Dr. Sampat Sir)

3:00pm to
5:00pm

Ayurved Practice
and Stalwarts
Ayurved Vaidya

.(Dr Jain Sir)

2:00pm to 3:00pm



<https://www.instagram.com/p/DDLkE4jo5ZF/?igsh=eWUzMnZudGtsZHdw>



Day 6 : 16 November 2024



Basic of computers
(Ms. Priyanka yele
IT cell @ PIMS)
IOam to llam



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Day 7 : 18 November 2024

Personal Health and Behavior."Dinacharya" in Ayurveda

(Dr Dhage Mam)

10:00am to 11:00am



Personal Hygiene

(Dr. meghraj bhondwe)

2pm to 3pm

Campus Tour 3pm to 5pm



<https://www.instagram.com/p/DDLk0AJoyrO/?igsh=MThvaTIwaTgwdmRkdQ==>

Day 8 : 19 November 2024

Scope in Ayurveda
Medicine

(Vd. Sharan Sir)

11am to 1pm



Handling conflict
and Managing Stress

(Dr Bhatt Sir)

3pm to 4pm

Ms. Sharmila jamle
(self defence and safety apps)



<https://www.instagram.com/p/DDRDW7Rhob5/?igsh=MzBxM3prbXJ0bTF3>



20 November 2024

Election Holiday



Day 9 : 21 November 2024



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Day 10 : 22 November 2024



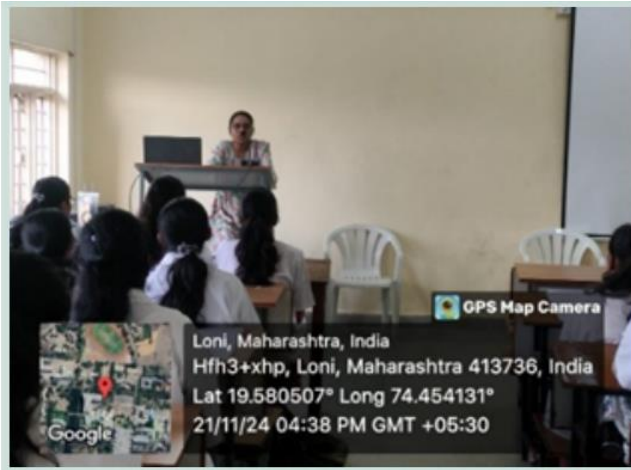
sanskrit vadatu
sanskrutam

(Mr. Gaikwad sir)

10am-12 pm



Loni, Maharashtra, India
Hfj3+89r, Loni, Maharashtra 413736, India
Lat 19.580523° Long 74.45346°
22/11/24 10:29 AM GMT +05:30



Loni, Maharashtra, India
Hfh3+xhp, Loni, Maharashtra 413736, India
Lat 19.580507° Long 74.454131°
21/11/24 04:38 PM GMT +05:30

Recreational
Activity

(Dr. Swati Vikhe)

4pm to 5pm

Importance of
Physician in Society

(Dr. Nilesh salve)

3pm to 4pm



Loni, Maharashtra, India
Hfj3+7wg, Loni, Maharashtra 413736, India
Lat 19.580793° Long 74.455137°
21/11/24 03:56 PM GMT +05:30

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Prakruti Parikshan
(Zoom Meeting)
10 am to 1pm



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Day 12 : 25 November 2024

Role of Mentoring -
Mentor Mentee
Scheme

Dr. mohan pawar (11am -12pm)



Dr. Rajashree Chitre

Gender Equality
(12pm - 1 pm)

Mr. Dethe (Leave process & Scholarship Schemes)



Mr. Wani
(Leave process,
Scholarship
Schemes)
2pm - 3pm

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Day 13 : 26 November 2024





Visit to
Pravara Rural
Engineering
College
10am to 1pm



Sanskrit
songs and
drama
2pm to 5pm



<https://www.instagram.com/p/DDRfJf6hRY3/?igsh=b3prem1xbDzODFm>



Day 14 : 27 November 2024



Basic life support
dept. anaesthesia .
@PMT
10pm to 1pm




<https://www.instagram.com/p/DDRFmluhBKR/?igsh=MWJqbWhkZXZiYzkwbA==>

Day 15 : 29 November 2024




Feedback
program



The 15-day transitional curriculum for the new 2024 batch was designed to help students seamlessly transition into the world of Ayurveda, with a strong focus on overcoming language barriers, as Sanskrit is the primary language used in Ayurvedic studies. The program aimed to familiarize students with both the academic aspects of Ayurveda, ensuring a smooth integration into their new learning environment.

Key components of the curriculum included:

1. Orientation: unique inaugural following our ancient way to welcome newly admitted students, provide an overview of the Ayurvedic program, and explain the key aspects of the transition, including the importance of Sanskrit in Ayurvedic studies.
2. Dhanwantari Yagnya (Sacred Fire Ritual): A hands-on experience of the ancient Vedic ritual, offering students a deeper understanding of its spiritual and Ayurvedic significance leading to true understanding of gurukula concept. Students were explained about shishya upadesha mentioned in Charak Samhita (cha.vi.8)
3. Basic Life Support (BLS): Hands-on training on mannequin to equip students with essential life-saving skills in skill laboratory.
4. Engineering College Visit: A visionary aiming for research, incubation centre, various method of research, machine learning.
5. Sanskrit Play: A cultural event designed to introduce students to Sanskrit in a fun and engaging way, enhancing their language skills while immersing them in the traditions of Ayurveda.



6. Campus Tour: A comprehensive tour of the campus to familiarize students with their new environment, facilities, and resources, ensuring they feel comfortable and settled.

7. Prakruti Parikshan Seminar: A seminar introducing students to the concept of Prakruti (individual constitution) in Ayurveda, and its role in health diagnostics and personalized treatment approaches.

8. Introduction to Syllabus: A detailed session outlining the course structure, syllabus, and expectations for the upcoming academic year, helping students prepare for their studies.

9. Mental Health Lecture: Addressing the importance of mental well-being and its connection to holistic health in Ayurveda.

10. Lecture on Gender Equality: Discussing contemporary issues related to gender, highlighting Ayurveda's inclusive and balanced approach to human health.

11. Mentor-Mentee Program: A mentoring system aimed at providing guidance and support, ensuring students' academic and personal growth throughout their journey.

This well-rounded transitional program ensured that students were not only prepared academically but also embraced the cultural and holistic practices central to Ayurveda, giving them a solid foundation for their future studies.