

**R. A. PODAR MEDICAL COLLEGE (AYU), WORLI, MUMBAI
(UG TRANSITIONAL CURRICULUM PROGRAMME 2024 - 2025)**

SCHEDULE

(25th November 2024 to 12th December 2024)

TIME	Day wise Lectures and activities
DAY 1 – Monday-25/11/2024-	
Inauguration	
10:00AM-01:00PM	Anchor – <ul style="list-style-type: none"> • Dhanvantari Pujan/Vandan • Lighting of the lamp (Deep Prajwalan) - Trustee and other dignitaries • Welcoming of new students Mantra/shloka – Tilak dhaaran and Akshat – by 3rd & 4th year students • Welcome speech – • Speech – • Introduction to college/hospital staffs – • Vote of Thanks –
1:00AM-2:00PM	Lunch Break
2:00AM-03:00PM	Pre-test on contents of Transitional Curriculum
3:00AM-4:00PM	Introduction to institute, institute office and roles in hierarchy
4:00AM-5:00PM	Introduction to MUHS AND NCISM
DAY 2 – Tuesday - 26/11/2024	
10:00AM-11:00AM	Over view of BAMS curriculum, subjects and highlights of MSE 2024
11:00AM-1:00PM	Lecture on Success stories of Ayurveda
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Rules and regulations of campus
3:00PM-4:00PM	Lecture on introduction of yoga and Role of yoga in student life
4:00PM-5:00PM	Campus visit
DAY 3 – Wednesday-27/11/2024	
10:00AM-11:00PM	Lecture on Introduction to various medical systems
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on functioning of hospital software and patient data entry
3:00PM-4:00PM	Lecture on Stress management
4:00PM-5:00PM	Campus visit
DAY 4 –Thursday- 28/11/2024	
10:00AM-11:00PM	Introduction to Electives
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break

2:00PM-3:00PM	Lecture on use of artificial intelligence in ayurveda
3:00PM-4:00PM	Lecture on time management in student life
4:00PM-5:00PM	Campus visit
DAY 5 – Friday-29/11/2024	
10:00AM-11:00AM	Lecture on Opportunities and scope after BAMS
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on Understanding interpersonal relationship in a health care team
3:00PM-4:00PM	Lecture on How to Set Goals and Practical Training on Goal setting
4:00PM-5:00PM	Campus visit
DAY 6 –Saturday- 30/11/2024	
10:00AM-11:00AM	Lecture on General laboratory skills and etiquettes
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on Basic life support
3:00PM-4:00PM	Lecture on emotional intelligence
4:00PM-5:00PM	Lecture on Importance of Ayurveda in practice
DAY 7 – Monday- 2/12/2024	
10:00AM-11:00AM	Panchbhautik chikitsa - an introduction
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Orientation of learning methods- self learning, collaborative learning and lifelong learning strategies
3:00PM-4:00PM	Lecture on Vrukshaayurveda and Mrugaayurveda
4:00PM-5:00PM	Lecture on Personality development
DAY 8 – Tuesday-3/12/2024	
10:00AM-11:00AM	Understanding the concept of group learning and group dynamics
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-4:00PM	Relaxation techniques for stress management – Meditation session
4:00PM-5:00PM	Importance of diet in day to day life according to Ayurveda
DAY 9 – Wednesday- 4/12/2024	
10:00AM-11:00AM	Lecture on cosmetology in Ayurveda
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on Basics of Prakriti pareeksha
3:00PM-4:00PM	Lecture on Role and impact of physician in the society
4:00PM-5:00PM	Lecture on Research opportunities in Ayurveda
DAY 10 – Thursday- 5/12/2024	
10:00AM-11:00AM	Lecture on Communication skills - needs and measures for improvement / training

11:00AM-01:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on Personal health & hygiene
3:00PM-4:00PM	Lecture on National health status goals and policies
4:00PM-5:00PM	Lecture on Medical ethics
6/12/2024-Friday-No lecture or Activity	
DAY 11 –Saturday- 7/12/2024	
10:00AM-11:00AM	Lecture on Job opportunities and entrepreneurship in Ayurveda
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on introduction to Panchakarma
3:00PM-4:00PM	Lecture on General introduction to excellence of Shalyatantra in management of surgical cases nowadays
4:00PM-5:00PM	Lecture on legal medicine (law and medical science)
DAY 12 –Monday- 9/12/2024	
10:00AM-11:00PM	Lecture on library orientation and introduction
11:00PM-01:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on cyber crime awareness and prevention
3:00PM-4:00PM	Lecture on Ashtang Ayurveda and introduction to kayachikitsa
4:00PM-5:00PM	Lecture on intelligence quotient (IQ)
DAY 13 – Tuesday- 10/12/2024	
10:00AM-11:00AM	Lecture on Computer Skills- Plagiarism and it's preventive measures
11:00AM-01:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Orientation lecture on examination strategies
3:00PM-4:00PM	Role of ASUS in Primary Health Care, Public Health and Disease Prevention
4:00PM-5:00PM	Student contribution in nation building and our constitution
DAY 14 – Wednesday-11/12/2024	
10:00AM-11:00AM	Importance of Soft skill development in Ayurveda
11:00AM-01:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Lecture on introduction of Rasa Shastra and medicine preparation
3:00PM-4:00PM	Lecture on activities of CCRAS and ministry of AYUSH
4:00PM-5:00PM	Lecture on Indian traditional knowledge system
DAY 15 – Thursday- 12/12/2024	
10:00AM-11:00AM	Lecture on critical thinking
11:00AM-1:00PM	Vadatu Samskrutam
1:00PM-2:00PM	Lunch Break
2:00PM-3:00PM	Post test on contents of Transitional Curriculum
3:00PM-5:00PM	Valedictory function Welcome of Chief Guest and Dignitaries Dhanvantari Pujan/Vandan - <ul style="list-style-type: none"> • Lighting of the lamp (Deep Prajwalan) –

	<ul style="list-style-type: none"> • Welcome Speech & Guest introduction - • Presidential address • Felicitation of guest • Introduction to institutional officials (including faculty members) and their roles in the hierarchy/Rules and regulations of institute - Introduction to New syllabus and curriculum – • Introduction to Departments • Opinions of Senior students • Cultural Activities- Song and Dance • Vote of thanks:
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Batches for Campus Visit

S.No.	Batch	Roll Numbers
1	A	1-30
2	B	31-60
3	C	61-90
4	D	91-125

Details of Campus tour (Batch wise):

Date	Time	Campus visits			
		Institute, Office & Department labs	O.P.D & O.T	I.P.D & PK	Pharmacy & Herbal Garden
26.11.2024	4 pm to 5 pm	Batch A	Batch B	Batch C	Batch D
27/11/2024	4 pm to 5 pm	Batch B	Batch C	Batch D	Batch A
28/11/2024	4 pm to 5 pm	Batch C	Batch D	Batch A	Batch B
29/11/2024	4 pm to 5 pm	Batch D	Batch A	Batch B	Batch C