Pre-Test, Post-Test & Feedback:

- Pre-Test & Post-Test shall be from the same questionnaire.(Annexure1)
- The test shall comprise questions on awareness of Ayurveda, BAMS programme details.
- The questions shall be within the frame work of the transitional curriculum.
- Thequestionnaireshouldinclude30questions(asmentionedinAnnexure1)
- Google forms are preferred.
- Results of the pre-test and post-test are compared .Post-test results should indicate that students achieved the course outcome.

Duration of the Course: The Transitional Curriculum shall be of ninety hours (Preferably6hrsx15 days)

Day wise Schedule of Events:-				
Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
27/01/2026 **Day- 1**	**9:00–10:00 AM**	Inaugural Ceremony & Dhanvantari Homa	Lamp lighting, prayer chanting, Dhanvantari Shloka recitation	Dr.. Mohite Sir
	10:00–11:00 AM	Know Your College	Time line Creation–Students draw a visual timeline of the institution‘s milestones	Dr. Sushama Shinde
	11:00 AM– **12:00PM**	Learning from Seniors	Ask Me Anything‖–Q&A with seniors;- Message to My Future Self‖ – personal reflection writing. Interaction with senior students	Dr.Akash Kumar Kewat
BREAK:10 mins				
	12:10–1:00 PM	Pre-Test & Parent Interaction(Annexure1)	Google Form pre-test (30 questions);Parent–student guided Q&A	Dr. Rajshree Khamkar
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Campus Orientation– Part 1	Campus visit- academic blocks/department visits/meet faculty of Rachana, Kriya &Samhita Encouraging observational learning	Dr. Sumit Pande
	3:00–4:00 PM	.Campus Orientation– Part 2	Photography in academic block, herbal garden, hospital, OPD /IPD, pharmacy, library etc	Dr .Ankit Jain
	4:00–4:50 PM	Day Reflection: Icebreakers & Faculty Interaction	Group sharing, funintro games	Dr. Mayuri Athare
	4:50–5:00 PM	Mindfulness	Sitting in silence, Guided breathing & relaxation	Dr. Rashmi Sapkal

Date	Time	Topic for the Hour	Activity	Name of Staff
28/01/2026 **Day- 2**	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Short group recitation and daily reflection	Dr. Sangita Lotlikar
	9:10–10:00 AM	Administrative Structure: Who is Who in the College Campus Rules, Regulations & Dress Code: General conduct, timings, and campus policies	Interactive introduction to Principal, Dean, Head of the Dept. and key staff Debate on―Why rules and discipline help learning‖	Dr. Smita Patil
	10:00–11:00 AM	Introduction to Ayurveda and History	Discuss on Ayurveda Avatarana from different Sampradayas	Dr. Rajshree Khamkar
	11:00 AM-12:00PM	Administrative Procedures: Leave applications, attendance policies, & fee payments.	Role-play: applying for leave, reporting grievances, library check-in	Dr. Akash Kumar Kewat
BREAK:10 mins				
	12:10–1:00 PM	Student Safety: & Ragging- Free campus Finding Help When Needed. Detailed session on student grievance redressal mechanism.	Simulation of anti-ragging scenarios; Poster-making– Say No to Ragging‖ Problem–solution mapping of student concerns	Dr. Shekhar Daud
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Basic principles of Ayurveda and Trisutra (Hetu, Linga, Aushadha)	Discussion on purpose of life and lifestyles	Dr.Pallavi Sonawne
	3:00–4:00 PM	Library Orientation	Library visit and digital resource search (Pub Med, AYUSH portal)	Rajesh Arke (Librarian)
	4:00–4:50 PM	Reflection:―Ayurveda & Me‖	Group circle discussion on why each student choose BAMS	Dr. Manisha Gavhane
	4:50–5:00 PM	Mindfulness	Short guided meditation/ Silent sitting	Dr. Rashmi Sapkal

Date	Time	Topic for the Hour	Activity	Name of Staff
29/01/2026 **Day- 3**	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Dr.Sumit Pande
	9:10–10:00 AM	What is Indian Knowledge System (IKS)?Overview: Orientation lecture on Vision of Holistic view of human well being .freality,	Storytelling: share one traditional home practice for health; Discussion–*"How is*	Dr. Akash Kumar Kewat
		Ayurveda's vision of health unique?"/ Quick quiz on ancient contributions in ancient medicine, Technology and Science etc.	Heritage and its relevance to health systems	Dr. Priyanka Khiradkar
	10:00–11:00 AM	Introduction to Ashtanga Ayurveda	Sloka recitation of eight branches of Ayurveda	Dr. Rajshree khamkar
	11:00 AM-12:00PM	Inter disciplinary exposure	Debate Ayurveda In various systems of medicine.	Dr. Akshay Bewal

BREAK-10mins				
	12:10–1:00 PM	Overview of other Indian Medical Systems: Unani, Siddha, Sowa Rigpa, Yoga Naturopathy & Homeopathy	Interactive quiz/discussion	Dr. Mayuri Athare
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Scope of Ayurveda: Current status, legal recognition, and national scope. Global Scope of Ayurveda: Growing acceptance and international opportunities.	Fact search on AYUSH and NCISM portals. World map in-up activity– mark countries recognizing/practicing Ayurveda (online/ offline)	Dr. Smita Patil
	. **3:00–4:00 PM**	Concept of_ Anand' the true goal of healing lessons from Taittarreeya Upanishad	Discussiononexperimental feeling of actual happiness	Dr. Smita Patil
	4:00–4:50PM	Ayurveda and Yoga as India's soft power Diplomacy through wellness	Group discussion on surprising or inspiring insights from IKS	Dr. Manisha Gavhane
	4:50–5:00 PM	Mindfulness	Gratitude practice, focusing on cultural heritage/Meditation	Smt. Ankit Jain

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
30/01/2026 **Day- 4**	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & brief reflection	Dr. Sumit Pande
	9:10–10:00 AM	Proposed Higher Education Pathways in Ayurveda (M.D./M.S./Ph.D., courses	Watch videos/ read short bios of MD/PhD career flowchart professionals; Create	Dr. Akash Kumar Kewat
	10:00– 11:00 AM	Different Career opportunities after BAMS: Practice, wellness centers, PanchaKarma Units, Govt. Ay. Dispensary, Entrepreneurship	Alumni talk (live or recorded); Role exploration: *"If I were a…"*	Dr. Kiran Mohite
	11:00 AM– 12:00PM	Ayurveda beyond Practice: CapacityBuildingactivities in Entrepreneurship development in context of Ayurvedafield.	Visit; introduction and entrepreneurial activity done in the college by Research innovation and entrepreneurship developmentcell(RIEDC).	Dr. Sangita Lotlikar
BREAK-10mins				
	12:10–1:00 PM	Concept of Dosha, Dhatu, Mala in brief with application aspects	Concept reflection: *"How is Tridosha seen in patients?"*; Analogy building using daily life examples	Dr.Priyanka Khiradkar
		Lunch Break		

	2:00–3:00 PM	Overview of BAMS Curriculum; Introduction to the competency-based curriculum and syllabus of First Professional BAMS subjects.	Subject puzzle(First Year); Timeline exercise marking academic milestones	Dr. Rajshree Khamkar
	3:00–4:00 PM	Introduction to Rachana Sharir concepts, Syllabus, Orientation on cadaver room etiquettes.	Model charts, cadaver room, specimen organs	Dr. Akash Kumar Kewat
	4:00–4:50 PM	Healing Hands and Compassionate Hearts: Reflection activity	Group sharing on readiness for clinical responsibilities	Dr. Shareef Pathan (MBBS,MS)
	4:50–5:00 PM	Mindfulness	Guided meditation/breathing with a focus on career visualization	Dr. Summaya Shah

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
31/01/2026	9:00–9:10AM	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Dr. Rashmi Sapkal
	9:10–10:00 AM	Sharir Kriya Orientation details of syllabus	Pulse respiration assessment practice visit dept/lab, charts models etc.	Dr. Sushma Shinde
Day- 5	10:00–11:00 AM	Introduction to Bruhatrayi– Charaka, Sushruta, Vagbhata	Three-corner debate: Charaka vs. Sushruta vs. Vagbhata;Quotematching activity	Dr. Rajshree Khamkar
	11:00 AM–12:00 PM	Laghutrayee with elaboration of Ashtang Hridaya	Discussion on difference between Ashtang Sanghrah and Ashtang Haridaya	Dr. Rajshree Khamkar
BREAK-10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation, Basics of Sanskrit alphabet, pronunciation or as annexed (Annexure – 2)	Writing drill: vowels and consonants in Devanagari/ Didactic with video, chant slokas of ayurveda (Ashtang Hriday Charaka Samhita)	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Indian Philosophical system – Overview of Darshanas linking to Ayurveda, Sankhya, Nayaya, Vaisheshika	Group discussionon Darshanas concepts	Dr. Mayuri Athare
	3:00–4:00 PM	Who is good Vaidya (Charaka's view) professional code of conduct/personal code of conduct	Discussion on modern challenges	Dr. Manisha Gavhane
	4:00–4:50 PM	Reflection activity: why have chosen Ayurveda (My Roots in Ayurveda)	Group sharing: Which Samhita do your sonate with most and why?	Dr. Pallavi Sonawane

	4:50–5:00 PM	Mindfulness	Guided visualization with meditation on connecting	Vinay Dhepe (Assosiate Professor)

			with ancient Ayurvedic wisdom	

Date	Time	Topic for the Hour	Activity	Name of Staff
02/02/2026	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Rajshree Khamkar
	9:10–10:00 AM	Self-directed, self-motivated, learning skills and studying skills		Dr. Aman Shah
Day- 6	**10:00–11:00 AM**	Regulatory Bodies; NCISM, concerned Universities, Directorate of Ayush, State ISM Registration councils	Public Health and Ayurveda in community (Role of Ayurveda in Public Health	Dr. Kiran Mohite
	11:00 AM–12:00PM		Draw NCISM organizational tree; Rapid-fire quiz on functions/policies	Dr. Kiran Mohite
BREAK-10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Orientation–Basic Grammar Or as annexed (Annexure– 2)	Verb conjugation drill; Sanskrit sorting game	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Healthy Food, Diet pattern, Nutritional plate, Nutritional values usually required	May refer Ayurveda Ahara Regulations (FSSAI – Ayurveda Ahara, 2021) making Ay. Herbal tea, balanced Ay. Plate	Asma Mujawar (Principal Of Nursing College)
	3:00–4:00 PM	Padartha Vigyana orientation in brief with detailed elaboration of Tantrayuktees	Discussion on practical application in day-to-day life	Dr. Mayuri Athare

	4:00–4:50 PM	Ayurvedic pathology, Nidana Panchaka ramework understanding disease in Ayurveda beyond pathogens	Discuss on causative factors beyond pathogenic virus, bacteria and other organisms	Dr. Rajshree Khamkar
	4:50–5:00PM	Mindfulness	Observation of Breath and body	Dr. Shekhar Daud
Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
03/02/2026	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & short reflection	Dr. Ankit Jain
Day- 7	**9:10–10:00 AM**	Ayurveda and Neuron mental science.Role of Ritucharya and Dinacharya in climate adaptation.	Discuss on herbal drinks according to ritus. Track your dinacharya and plan ritucharya for present local climate	Dr.Rashmi sapkal

	10:00–11:00 AM	First aid training basic/cuts	First-aid simulations	Archana Kharat

		wound, sprains, shock, bleeding and other common emergency situations		(Nursing)
	11:00 AM–12:00PM	Basic life support (BLS) training, Emergency protocols, CPR theory (adults, children, infants)	Role-play conscious/unconscious choking scenarios Watch CPR demo video; Group discussion on age- based differences Hands-on CPR practice	Dr. Sachin Pandit (MBBS. DCH)
BREAK-10mins				
	12:10–1:00 PM	Inspirational talk by senior Vaidya / Professor about why ayurveda is more relevant than ever/my journey as an ayurvedic doctor	Question answer session/interaction	Dr. Priyanka Khiradkar
	1:00–2:00 PM	**Lunch Break**		
	2:00–5:00 PM	Half day field visit	Ayurvedic herbology, field visit, herbal garden, incubationcenter,Ayurveda hospital, district ayurveda hospital, medicine manufacturing unit, any nearby Institute of National Importance (Anyone which is convenient as per availability nearby institution)	Dr. Akash Kumar Kewat Dr. Sumit Pande

Date	**Time**	**Topic for the Hour**	**Activity**	**ame of Staff**
04/02/2026	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Sumit Pande
Day-8	**9:10–10:00 AM**	Research awareness and evidence based ayurveda: Orientation	Discussion on basics of research methodology and data interpretation, read a published paper	Dr. Smita Patil
	10:00–11:00 AM	Hand Hygiene & Universal Precautions. Infection Control Measures	WHO7-stephandwashing demo. Gloves, masks, aprons, waste handling	Dr. Shareef Pathan (MBBS,MS)
	11:00 AM–12:00PM	Heritage in young hands: Youth as brand ambassadors of Ayurveda	Search for Start-ups, wellness industry on digital platforms.	Dr. Mayuri Athare
BREAK-10mins				

	12:10–1:00 PM	**वदतुसंस्कृतम** Spoken Sanskrit: Common communicational Phrases in class or as annexed (Annexure– 2)	Sanskrit basics focused on Ayurvedic terminology and classical texts	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	A healer‘s duty to health and environment, eco responsibility: Biomedical Waste Management Principles	Color code game–match items to bins	Asma Mujawar (Principal Of Nursing College)
	3:00–4:00 PM	**e-samskara**, building digital competence: Basic Computer Skills: MS Word, excel, PowerPoint etc. with AI.	Create PPT slides using presentation templates	Dr Ankit Jain
	4:00–4:50 PM	Environment alhygiene: Concept of Janapadadwamsa‖ in Ayurveda an ditsrelevance to environmental hygiene	Swachata abhiyana of surrounding environment, discussion on role of hygiene in professionalism	Dr. Sangeeta Lotlikar
	4:50–5:00 PM	Mindfulness	Slow breathing aligned with gentle stretches	Dr. Manisha Gavhane

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
05/02/2026 **Day- 9**	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Mayuri Athare
	9:10–10:00 AM	Role of Artificial intelligence in Academics AIin education, diagnostic research	Group discussion on different AI tools and their better utility in study circle, use of AI for data mining from classical texts.	Dr. Mayuri Athare
	10:00– 11:00 AM	Nation building: Ayurveda as apillar of India‘s Health security.	. Discussion: Ayurveda for Atma Nirbharata.	Dr . Summaya Shah
	11:00 AM– 12:00PM	Glory of Ayurveda in Global Health	Discussion on WHO GCTM (Global Centre for Traditional Medicine)	Dr. Manisha Gavhane
	BREAK-10mins			
	12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Ayurvedic Terminology Pronunciation or as annexed (Annexure – 2)	Group recitation; Shloka pronunciation drills	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00PM	Ayurveda & Communication /media studies	Countering mission formation of Ayurveda.	Dr. Akash Kumar Kewat

	3:00–4:00 PM	Ayurveda ethics & Philosophy in context of Sadvritta	Refer & Discuss Sadvritta & Bioethics.	Dr. Rajshree Khamkar

	4:00–4:50 PM	Guest Health policy in Lecture - Charak Samhita, Ayurveda's role in shaping Modern Health diplomacy	Search relevant context in Charak Samhita.	Dr. Pallavi Sonawne
	4:50–5:00 PM	Mindfulness	Gentle breathing with gratitude feeling	Dr. Shekhar Daud

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
06/02/2026	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Manisha Gavhane
	9:10–10:00 AM	Pride in becoming a Healer- -Interactive session	Discussion different healing modalities	Dr. Syed Rashidullah (MBBS)
Day- 10	**10:00– 11:00 AM**	Success Stories of Ayurveda in action: real life patient care success story by expert in modern research	Alumni talk on clinical/research/entrepreneurs hip; Vision board creation	Dr. Kiran Mohite
	11:00 AM–12:00PM	Integrative tradition with ambition: Goal setting in ayurveda education	Write SMART goals for academic & professional life under the heading of vision for Vikas it Bharat 2047.	Dr. Kiran Mohite
BREAK–10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Spoken Sanskrit: Introduction to Chhandas orasannexed(Annexure–2)	Chhand as chanting practice	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Effective time management strategies: _ Sankalpa to Siddhi'–Time management for obtaining academic and clinical excellence.	Design a weekly planner for studies & personal time	Dr. Shekhar Daud

	3:00–4:00 PM	Ayurveda & Personalized Medicine. Prakriti as a key to preventive and curative health.	Self-Prakriti Assessment by seniors.	Dr. Sangeeta Lotlikar
	4:00–4:50 PM	Reflection: becoming a Vaidya, discovering my Path to Purpose	Share one personal goal set during the day	Dr. Rajshree Khamkar
	4:50–5:00 PM	Mindfulness	Guided breathing with focusing on goal visualization	Dr. Sushma Shinde

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
07/02/2026 **Day- 11**	**9:00–9:10 AM**	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Maisha Gavhane
	9:10–10:00 AM	Ayurveda Psychology correlations of Satva, Rajas, Tamas with Modern Psychology,	Discuss on Bhoot vidya of Astangas, ancient insights for modern minds.	Dr. Summaya Shah
	10:00–11:00 AM	Applying Triguna theory for Emotional Intelligence, Stress management and Atmanirbharata	Discussion on harmony of mind: Triguna insights for students	Dr. Priyanka Khiradkar
	11:00 AM-12:00PM	National Health Programmes & Role of Ayurveda.	Make a calendar of National Health Programmes.	Dr. Rajshree Khamkar
BREAK-10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Shloka Recitation Practice or as annexed(Annexure– 2)	Group chanting session for accurate pronunciation	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Cultural Competence& Disability Awareness: empathy as therapy to disability care and rehabilitations	Discussion on Healing without barriers, disability awareness, inspiring students to be compassionate.	Dr. Aman Shah (MBBS)
	3:00–4:00 PM	Soft skills & Life skills in Ayurvedic context, building collaborative skills (Communication & empathy-based care)	Audio visual experience, discuss on personal and professional competencies expected for a student.	Dr. Mayuri Athare
	4:00–4:50 PM	Reflection:—Empathy and Expression‖	Group discussion on inclusivity in Ayurveda	Dr. Akash Kumar Kewat
	4:50–5:00 PM	Mindfulness	Observation of self/ meditation	Dr. Rashmi Sapkal

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
09/02/2026 **Day 12**	**9:00–9:10 AM**	Dhanvantari Prayer& Thought for the Day	Group recitation & reflection	Dr. Pallavi Sonawne
	9:10–10:00 AM	Ayurveda and agriculture (Krishi Ayurveda)	discussion on Ayurvedic Principles of soil and plant health	Dr. Ankit Jain
	10:00–11:00 AM	What are the risk if technology over take shuman wisdom? Digital toxicity.	Check your college website and learning websites.Debate on different selected crisis and situation. (**"No mobiles day"**)	Dr.Sushma Shinde

	11:00 AM-12:00PM	Ayurveda and Economics of Health: Ayurveda's role in preventive healthcare, affordability and sustainable health economics.	Discussion on cost effective health care vs modern health economics. (SDG)	Dr. Kiran Mohite
BREAK-10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice: Interactive Grammar Orasannexed (Annexure–2)	Noun declension game; Verb conjugation relay	Dr. Sumit Pande
	01:00 02:00PM	**Lunch Break**		
	2:00–3:00 PM	Presentation Skills: Structuring an Academic Presentation with good content.	Story board layout; Slide critique	Dr. Rajshree Khamkar
	3:00–4:00 PM	Digital Literacy: Learning Management System(LMS) Orientation ―How WillLMS HelpYour Academic Success?‖	Login, navigation, uploading a sample assignment Group discussion	Shital Shinde(Nursing)
	4:00–4:50 PM	Ayurvedic perspective of Dead diction: role of Satvavjeya chikitsa and rasayana	Discussion: sharing of key insights by students	Dr. Mayuri Athare
	4:50–5:00 PM	Mindfulness	Guided breathing / silent sitting awareness	Dr. Manisha Gavhane

Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
10/02/2026 Day- 13	9:00–9:10 AM	Dhanvantari Prayer & Thought for the Day	Group recitation & reflection	Dr. Summaya Shah
	9:10–10:00 AM	Academic Writing: Introduction to Scientific Writing & Plagiarism	Paragraph editing activity	Dr. Summaya Shah
	10:00–11:00 AM	Orientation on national tobacco control programme	Discussion on tobacco cessation centers	Dr. Akshay Bewal (MBBS, MD)

	11:00 AM–12:00 PM	Orientation on co-curricular arrangement, indoor outdoor sports facilities, house formation (Allotment of students to mentors)	Discussion on students cliubs, associations, club activity	Dr. Sushma Shinde
BREAK–10mins				
	12:10–1:00 PM	वदतुसंस्कृतम् Sanskrit Practice Session or as annexed(Annexure– 2)	Storytelling in Sanskrit (simple phrases);Group recitation	Smt. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–3:00 PM	Basic understanding of Ashtanga yoga for physical and mental well-being.	Search for videos of proper pranayama, yoga, dyana.	Dr. Mayuri Athare
	3:00–4:00 PM	Swasthya, Satya, Seva: The ayurveda student's commitment of self, society and world.	Discusson social responsibility	Dr. Pallavi Sonawne
	4:00–4:50 PM	Discussion on outreach activity of 14th day.	Planning to visit nearby village.	Dr. Smita Patil
	4:50–5:00PM	Mindfulness	Short gratitude-based meditation	Dr. Rajshree Khamkar

Day- 14				
Date	**Time**	**Topic for the Hour**	**Activity**	**Name of Staff**
11/02/2026 **Day- 14**	**9:00 AM–** **5:00PM**	‚Jeevaneeya‛ (Ayurveda Arogyamitra Abhiyan) visit of nearby village/rural area	Student outreach programme.- Rural house visits with questionnaire for interaction. (physical, mental, social, cultural conditions, health aspects, food and habits) One student has to visit one home\family and adopt to keep a follow-up of the family throughout his/her academic journey. **Note:** Till completion of his/her studies one should adopt the family and serve as **Ayurveda Arogya Mitra**, for that	Dr. Akash Kumar Kewat Dr. Sumit Pande Dr. Rajshree Khamkar Dr. Sangita Lotlikar

			home/family	

			throughout the period. Language may not be any barrier at all	

Date	Time	Topic for the Hour	Activity	Name of Staff
12/02/2026 **Day-15**	**9:00–9:10 AM**	Dhanvantari Prayer& Thought for the Day	Group recitation & reflection	Dr. Shekhar Daud
	9:10–11:30 AM	Talent show; the talent exhibition, talented students are to be identified and recorded. Such students are encouraged to participate in institutional activities and to participate in various events	Performing Arts, Visual Arts, Literary & Intellectual Talents, Innovation & Technical Skills , Leadership & Management Talents	Dr. Mayuri Athare
	11:30 AM–12:00 PM	Post-Test	Individual assessment	Dr. Akash Kumar Kewat
BREAK-10mins				
	12:10–1:00 PM	Feedback Collection	Written + oral feedback on programme content & delivery	Dr. Sumit Pande
	1:00–2:00 PM	**Lunch Break**		
	2:00–4:30 PM	Reflection on Mindfulness	Gratitude reflection for the entire programme	Dr. Rajshree Khamkar
	2:00–5:00 PM	Valedictory Function	Sharing future vision, felicitation ,awards for assignments/projects Final address by Principal/Dean Group Photo Informal Interaction	Dr. Kiran Mohite
Note	a) Institutescanshufflethesequenceoftopicandactivitiesaspertheavail abilityofthe Resource person and institutional faculties according to their convenience. b) Proposed 30 MCQ questionnaire esare enclosed for reference, provided the institute can frame their own setup 30 MCQ accordingly also.			